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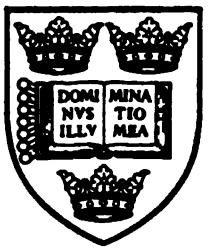

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THE

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THOMAS HARRISON YEOMAN, M.D.,

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THE

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AND

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EDITED BY T. H. YEOMAN, M.D.

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ANNOUNCEMENT.

The purpose of this periodical is to diffuse popular knowledge on the laws of Health and Disease; to instruct how the one may be preserved, the other removed; to improve the sanitary condition, and add to the well-being, of the Industrious Classes; to afford competent and legitimate advice to the Invalid; to spare his purse, and lessen the unjust gains of the extorting quack and the advertising pill-vendor.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. I.

CATARRH.—"A COLD."

The symptoms of common catarrh are familiarised to the inhabitants of this climate by abundant experience in their own persons, as scarcely one man in ten thousand passes a winter without having a cold of some description; and, as every one esteems himself competent to be his own doctor, it may be thought little need be said of the treatment; indeed, in simple cases, the medical management may be safely confined to the usual domestic and popular remedies. When, however, we consider the serious and fatal complaints that have their origin in a slight cold; that it may be the prelude to various inflammatory diseases; and that consumption may be one of its terminations, the propriety of commencing the history of disordered respiration with catarrh, will not be questioned.

Catarrh is a febrile affection, in which there is some trifling inflammation of the mucous membranes, (especially those which line the air-passages,) and an increased secretion of mucus.

The common cause of catarrh is cold, however applied to the body, but particularly when it is combined with moisture. Exposure to cold when the body is heated,—thus arresting the perspiration; wet feet; remaining in damp clothes; insufficient clothing; a damp atmosphere; sitting in a room filled with smoke; sleeping in a strange bed; removing from one house, or from one town to another; in fact, everything that suppresses perspiration, or suddenly diminishes, or even alters, the temperature of the body and the immediate atmosphere, may be considered, in a greater or less degree, as near or remote causes.

As the complaint assumes different symptoms according to the part especially affected, I shall consider it, first, as *cold in the head* (*coryza*), when the mucous membrane of the nostrils and eyes are affected; secondly, as *cold on the chest* (*pulmonary catarrh*), when the mucous membrane of the air-passages is inflamed; and, thirdly, as *influenza*, when the attack is sudden and epidemic;—that is, attacking a multitude of persons at the same time and at the same place. Catarrh also affects other mucous membranes, and those of the stomach and bladder are not free from its invasion.

COLD IN THE HEAD.—CORYZA.

Cold in the head, although considered a very simple disorder, is one that causes the greatest discomfort; the whole body appears to be unhinged; flying pains are felt in different parts; the spirits are depressed, and the patient is miserable. The approach of an attack is generally announced by frequent chills and shivers; there is a sense of fulness in the head, and weight or pain in the forehead; the nostrils are dry and "stuffed-up," which renders breathing through them difficult, and induces frequent and ineffectual attempts to remove the obstruction by blowing the nose; afterwards there is a secretion of thin watery mucus, that rapidly increases in quantity, and is so acrid as to excoriate the nose and upper lip; the sense of smell is impaired, or altogether lost; the patient sneezes violently and frequently; the eyes are red, inflamed, and suffused with tears, which roll down the cheek; the throat is sore, and the act of swallowing painful; there is some tickling and irritation at the upper part of the windpipe, causing a constant dry cough: there is tightness and uneasiness across the chest, and sometimes difficulty of breathing. Rheumatic pains are felt at the back part of the head and neck, and the whole surface of the body is tender; the appetite fails, thirst increases; the tongue is coated and white, and the taste more or less perverted; the patient complains of being cold, whilst the skin is dry and parched, or burning to the touch; the pulse is accelerated, and towards evening all the symptoms increase in intensity.

When the attack is severe, it is attended with more or less fever; violent pains and stiffness are experienced in the limbs and down the back and loins; the heaviness in the head becomes a stupor; the patient is weary, restless, and peevish; he is chilly, the least breath of cold air is acutely felt, and he creeps towards the fire; there is some hoarseness, and a sense of roughness and soreness in the windpipe; the chest feels tight, stuffed, and constricted; the breath is hot, the cough frequent, and the disorder then runs into catarrh on the chest.

In some cases the throat and stomach are more particularly implicated; we then find the most distressing symptoms to be nausea and sickness, a burning heat, or gnawing pain in the stomach, which is increased on pressure, and loathing of food.

Catarrh has a disposition to travel, and generally begins above and proceeds downwards; the eyes and nose being first affected, then the throat, and sometimes the eustachian tubes, which induces deafness; afterwards the gullet and stomach suffer, causing sore-throat, qualmishness and indigestion; or the trachea and bronchial tubes are inflamed, giving rise to cough, expectoration, and bronchitis; as it leaves the upper part it increases in severity

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in the lower, so that that which was a trifling cold in the head may become a serious affair in the chest.

In ordinary and favourable cases the disorder is at its height about the third day, and then begins gradually to decline; the thin serous fluid secretion from the nose becomes thicker, and as it becomes thicker, it becomes less irritating also; it is also more viscid, opaque, and yellow: the swelling in the membrane of the nose subsides, it is less raw and sensitive, and is sometimes succeeded by an eruption or "breaking out" around the mouth. About the fifth day, the secretion resumes its natural quality and natural quantity, and on the seventh day the disorder is entirely removed. This is the course of cold in the head, when not complicated with inflammation in the trachea or bronchi. It should be recollected that the individual during convalescence is most susceptible of taking fresh cold from the slightest cause; and until every symptom is entirely banished, he should be careful of the least exposure to cold or damp air, as a relapse, or "fresh cold" always brings back the old symptoms in greater violence.

Catarrh in the head is frequently the forerunner of measles and small-pox; it usually precedes, if it does not cause, rheumatism; and although of itself seldom attended with any danger, yet it often lays the foundation of disease, which, in time yet to come, may jeopardise life. A vigorous passage in Mr. Warren's "Diary of a late Physician" is so applicable to the present subject, and expresses my own ideas in language so much more elegant and emphatic than any I could employ, that I adopt the sentence: "Let not those complain of being bitten by a reptile which they have cherished to maturity in their own bosoms, when they might have crushed it in the egg. Now if we call a slight cold 'the egg,' and pleurisy, inflammation of the lungs, asthma, *consumption*, the venomous reptile, the matter will be no more than correctly figured. There are many ways in which this 'egg' may be deposited and hatched. Going suddenly slightly clad from a heated to a cold atmosphere, especially if you contrive to be in a state of perspiration—sitting or standing in a draught, however slight—it is the breath of death, reader, and laden with the vapours of the grave. Lying in damp beds, for there his cold arms shall embrace you; continuing in wet clothing, and neglecting wet feet; these and a hundred others, are some of the ways in which you may slowly, imperceptibly, but surely, cherish the creature, that shall at last creep inextricably inwards, and lie coiled about your vitals. Once more, again,—again,—I would say, ATTEND to this, all ye who think it a small matter to neglect a SLIGHT COLD."

[To be continued in our next.]

TREATMENT OF HYDROCEPHALUS.—WATER ON THE BRAIN.—Every one is acquainted with the difficulty of finding any effectual treatment for this disease, especially for that most dangerous form known as "tubercular meningitis." M. Hahn, physician to the hospital at Aix, recommends strongly the following method, in cases where the disease has already made some progress before the medical attendant has been called in. Dr. Hahn's method consists in employing tartar emetic ointment in friction on the scalp, which is previously shaved. The ointment is rubbed in for ten minutes at a time, and a piece of linen besmeared with it is then placed on the head. The frictions are renewed every two hours, until the pustules begin to appear. The effects are, of course, very severe. The whole scalp becomes inflamed, and numerous small ulcers are formed, which heal with difficulty, and generally destroy the points of the scalp in which they were situate. The author affirms that he has employed this severe, but absolutely necessary mode of treatment, with success for the last twenty years, having thereby saved more than a dozen children, whose lives would have been inevitably sacrificed but for it.

BURNS AND CHILBLAINS.—A correspondent in the *Medical Times* says:—"I have had two opportunities of trying the effects of creosote upon burns, in both cases with the most complete success; the first, my own, a severe burn on the back of the hand. The pain was relieved almost instantly. Supposing that considerable analogy existed between burns and chilblains, I have tried the effect of creosote upon them, in several cases among my children, and in every instance the irritation has been allayed, and an almost miraculous cure has been effected.

HEALTH & DISEASE.

HEALTH admits neither of definition nor description; of none, at least, which can be applied to any useful purpose. If we define it as the integrity of every structure, and the perfect and harmonious play of every function, we give a true definition, but not a useful one. The more lengthened description in which some physiologists have indulged answers no better end; for it establishes no standard of comparison, and that is what we are in want of. Perfect health, like perfect beauty, is perhaps an ideal, compounded of the perfections of many different individuals; or if it exists, it falls to the lot of few, and its phenomena have met with no accurate description.

DISEASE.—To define disease we must first define health, for the one is but the negative of the other. In like manner, the description and right understanding of disease depends upon the description and right understanding of health. Without attempting a formal definition of disease, it will be sufficient to state that disease is present when any structure of the body is changed (provided that change be not the direct and immediate effect of external injury), or where any function is either unnaturally active, or torpid, or altered in character.

ON CHLOROFORM IN CHILDBIRTH.

DR. SIMPSON, of Edinburgh, who, we must admit, is a prejudiced, but still a just advocate of the efficacy of chloroform in childbirth, thus sums up the results of his experience, deduced from more than one hundred cases in his own practice, or in the practice of his personal friends. He says: "The effects of chloroform have been delightful. The mothers, instead of crying and suffering under the strong agonies and throes of labour, have lain in a state of quiet, placid slumber, made more or less deep at the will of the medical attendant, and, if disturbed at all, disturbed only unconsciously from time to time by the recurring uterine contractions, producing some reflex or automatic movements on the part of the patient,—like those of a person moving under any irritation of the surface, or from the touch of another, though still in a state of sleep; nor have the ultimate consequences and results been less happy. I never saw mothers recover more satisfactorily or rapidly, or children that looked more viable. And the practice is not a great blessing to the patient merely: it is a great boon also to the practitioner; for whilst it relieves the former from the dread and endurance of agony and pain, it both relieves the latter from the disagreeable necessity of witnessing such agony and pain in a fellow-creature, and imparts to him the proud power of being able to cancel and remove pangs and torture that would otherwise be inevitable. It transforms a work of physical anguish into painless muscular effort; and changes into a scene of sleep and comparative repose that anxious hour of female existence which has now been proverbially cited as the hour of the greatest of moral suffering." Again: "I never had the pleasure of watching over a series of more perfect or more rapid recoveries; nor have I once witnessed any disagreeable result to either mother or child. I have kept up the anæsthetic state during periods varying from a few minutes to three, four, five, and six hours. I do not remember a single patient to have taken it who has not afterwards declared her sincere gratitude for its employment, and her indubitable determination to have recourse again to similar means under similar circumstances. All who happened to have formerly entertained any dread respecting the inhalation, or its effects, have afterwards looked back, both amazed at and amused with their previous absurd fears and groundless terrors. Most, indeed, have subsequently set out, like zealous missionaries, to persuade other friends to avail themselves of the same measure of relief in their hour of trial and travail; and a number of my most esteemed professional brethren in Edinburgh have adopted it with success and results equal to my own. All of us, I most sincerely believe, are called upon to employ it by every principle of true humanity, as well as by every principle of true religion."

IMPORTANCE OF VENTILATION.

IN consequence of a passage which occurs in a recent notification of the Board of Health, Dr. Neill Arnott has addressed a letter to the *Times*, from which we subjoin some extracts. The passage in question is the following:—"Under such circumstances, considerable and immediate relief may be given by a plan suggested by Dr. Arnott, of taking a brick out of the wall near the ceiling of the room, so as to open a direct communication between the room and the chimney. Any occasional temporary inconvenience of down-draught will be more than compensated by the beneficial results of this simple ventilating process." Dr. Arnott says: "A system of draining and cleansing, water supply, and flushing, for instance, to the obtainment of which chiefly the Board of Health has hitherto devoted its attention, can, however good, influence only that quantity and kind of aerial impurity which arises from retained solid or liquid filth within or about a house, but it leaves absolutely untouched the other and really more important kind, which, in known quantity, is never absent where men are breathing, namely, the filth and poison of the human breath. This latter kind evidently plays the most important part in all cases of a crowd, and therefore such catastrophes as that of the Tooting sch ol.

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with 1,100 children, of whom nearly 300 were seized by cholera, of the House of Refuge for the Destitute, and of the two great crowded lunatic asylums here, where the disease made similar havoc—for places so public as these, and visited daily by numerous strangers, could not be allowed to remain visibly impure with solid and liquid filth, like the Rookery of St. Giles's, and other such localities. Now, good ventilation—which, although few persons comparatively are as yet aware of the fact, is easily to be had—not only entirely dissipates and renders absolutely inert the breath-poison of inmates, however numerous, and even of fever patients, but in doing this it necessarily at the same time carries away at once all the first named kinds of poison, arising from bad drains, or want of drains, and thus acts as a most important substitute for good draining, until there be time to plan and safe opportunity to establish such. Is in further to be noted, that it is chiefly when the poison of drains, &c., is caught and retained under cover, and is there mixed with the breath, that it becomes very active; for scavengers, nightmen, and gravediggers, who work in the open air, are not often assailed with disease; and in foul neighbourhoods, persons like butchers, who live in the open shops, or policemen, who walk generally in the open streets, or in Paris, the people, who manufacture a great part of the town filth into portable manure, suffer very little.

"In regard to the dilution of aerial poisons in houses by ventilation, I have to explain that every chimney in a house is what is called a sucking or drawing air-pump, of a certain force, and can easily be rendered a valuable ventilating pump. A chimney is a pump—first, by reason of the suction or approach to a vacuum made at the open top of any tube across which the wind blows directly; and, secondly, because the flue is usually occupied, even when there is no fire, by air somewhat warmer than the external air, and has therefore, even in a calm day, what is called a chimney draught proportioned to the difference. In England, therefore, of old, when the chimney breast was always made higher than the heads of persons sitting or sleeping in rooms, a room with an open chimney was tolerably well ventilated in the lower part, where the inmates breathed. The modern fashion, however, of very low grates and low chimney openings has changed the case completely, for such openings can draw air only from the bottom of the rooms, where generally the coolest, the last entered, and therefore the purest air, is found; while the hotter air of the breath, of lights, of warm food, and often of subterranean drains, &c., rises and stagnates near the ceilings, and gradually corrupts there. Such heated, impure air, no more tends downwards again to escape or dive under the chimney-piece, than oil in an inverted bottle immersed in water will dive down through the water to escape by the bottle's mouth; and such a bottle or other vessel containing oil, and so placed in water with its mouth downwards, even if left in a running stream, would retain the oil for any length of time. If, however, an opening be made in the chimney flue through the wall near the ceiling of the room, then will all the hot impure air of the room as certainly pass away by that opening as oil from the inverted bottle would instantly all escape upwards through a small opening made near the elevated bottom of the bottle. A top window-sash, lowered a little, instead of serving, as many people believe it does, like such an opening into the chimney flue, becomes generally, in obedience to the chimney draught, merely an inlet of cold air, which first falls as a cascade to the floor, and then glides towards the chimney, and gradually passes away by this, leaving the hotter, impure air of the room nearly untouched.

"For years past I have recommended the adoption of such ventilating chimney openings as above described, and I devised a balanced metallic valve, to prevent, during the use of fires, the escape of smoke to the room. The advantages of these openings and valves were soon so manifest that the referees appointed under the Building Act added a clause to their bill allowing the introduction of the valves, and directing how they were to be placed, and they are now in very extensive use. A good illustration of the subject was afforded in St. James's parish, where some quarters are densely inhabited by the families of Irish labourers. These localities formerly sent an enormous number of sick to the neighbouring dispensary. Mr. Toynbee, the able medical chief of that dispensary, came to consult me respecting the ventilation of such places, and on my recommendation had openings made into the chimney flues of the rooms near the ceilings, by removing a single brick, and placing there a piece of wire gauze with a light curtain flap hanging against the inside to prevent the issue of smoke in gusty weather. The decided effect produced at once on the feelings of the inmates was so remarkable, that there was an extensive demand for the new appliance, and as a consequence of its adoption, Mr. Toynbee had soon to report in evidence given before the Health of Towns' Commission, and in other published documents, both an extraordinary reduction in the number of sick applying for relief and of the severity of diseases occurring. Wide experience elsewhere has since obtained similar results. Most of the hospitals and poor houses in the kingdom now have these chimney valves; and most of the medical men and others who have published of late on sanitary matters have strongly commended them. Had the present Board of Health possessed the power, and deemed the means expedient, the chimney openings might, as a prevention of cholera, almost in one day, and at the expense of about a shilling for a poor man's room, have been established over the whole kingdom.

ON PATENT MEDICINES.

BY DR. CONQUEST.

[We beg to acknowledge the courtesy of Dr. Conquest in permitting his admirable "Letter" to appear in our columns.]

THE subject of this letter is one of the greatest importance, and connected with the interests of the nation, of families, and of individuals. It is one, the neglect of which has destroyed many more lives than the combined ravages of small-pox and measles, or than the havoc of war, even when that curse has most generally prevailed. It is nothing short of *extensive murder by patent or quack medicines*.

The appalling mortality which prevails in our manufacturing districts may be traced to the murderous practice of the administration of quack medicines, and specifics of various kinds. It is a duty of every mother to assist, by her social influence, in causing appeals to be made to the legislature of this enlightened country, to suppress the sale of agents, notoriously the annual slaughterers of thousands of all ages, but especially of young and helpless children, whose lives are committed to their parents as a solemn trust, and which is thus fearfully abused.

But to show that prejudice does not dictate these remarks, it is readily admitted that many patent medicines have done good when their exhibition has been guided by skill in those cases for which they may have been exclusively appropriate. To an unreflecting mind the admission may be dangerous; but the truth is, that this assumption and admission of benefits conferred proves nothing. Arsenic is a most deadly poison,—prussic acid more deadly still: but who would place the administration of these agents, powerful for good or evil, in the hands of debased ignorance, selfish aggrandisement, and unflinching and unscrupulous pretenders and impostors? But if arsenic and prussic acid when known to us require so much care in their administration, how much care should be required with secret agents of unknown power!

The cause of humanity demands an exposure of the iniquitous practices and poisonous system of quackery; for the extent to which they are carried on in this country would reflect lasting disgrace on the most credulous, superstitious, and uncivilised nation. Were we to read in history of an ancient empire, the inhabitants of which aspired to the character of the especial citizens of the world, who were pre-eminent for their deeds of greatness and goodness, who respected property so much that the severest punishments followed the smallest infringements on its rights, and who apparently valued life so highly that they instituted state investigations into the cause of every sudden or obscure death,—and yet found it recorded in the state documents, that all over the empire there were individuals who vended secret substances, which they termed "medicines," but which produced an annual mortality of several thousands of the inhabitants, who were misled by the false statements put forth to recommend these medicines; and that the government derived a revenue from the sale of these poisons, and thus encouraged this class of men,—what would we think? But yet such is the fact; and until our great men become wise, and cease to be the patrons of quacks; and until the legislature ceases to sanction their vile impositions, the difficulty of crushing their distressing ravages is insurmountable, and no hope can be entertained of the complete abolition of so great a national curse and disgrace. Language too strong cannot be used to induce parents to flee the pestilential contagion of its spurious and mournfully fatal deceptions.

Common sense, one would suppose, must convince every person blessed with reason, that the unknown and dangerously active nature of the ingredients entering into the composition of

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quack medicines, and the long catalogue of affectingly fatal consequences that have followed their use, are sufficient grounds for legal interference, and for their general discontinuance.

The majority of patent medicines lay claim to the physically impracticable power of curing all, or a number of diseases. But the existence of an universal remedy is an insult to the understanding: and none but the most ignorant or credulous of mankind will sanction a medicine to which is attributed the power of removing all complaints, or even two dissimilar diseases.

Will any one so impose on his judgment as to deny that the same medicine judiciously and successfully given to a patient of one kind of constitution and habit of body, may not only be useless, but do incalculable mischief to another patient, whose constitution and habit of body are different? or where is the person so profoundly ignorant as not to know that even the same disease in different stages, requires very different remedies?

Besides, mention but the name of a single disease (take cough or head-ache, complaints arising from twenty different and most opposite causes), and it will be found that the most opposite remedies will be required for the same symptoms, or the same disease. Independently of this, so dissimilar are the same diseases, arising from the same causes, in persons of different ages, sex, temperament, constitutional powers and habits of life, that they assume an infinity of modifications of character, and require great variety and discrimination in the employment of means for their removal.

The many well-authenticated instances of death which are daily recorded, and constantly result from the use of patent medicines, would, we should suppose, intimidate the most fearless from perseverance in their employment; but deaths are not the sole items in the balance sheet of quackery: how innumerable are the cases in which they have permanently enfeebled and undermined the powers of life, though they have not been directly fatal!

Nor is this great amount of human infirmity and premature death to be wondered at, when we reflect on the poisonous ingredients of which quack remedies are nearly universally composed; and when it is well known that many of the most popular patent medicines contains, under the disguise of a false name or spurious title, the most active and dangerous articles of the mineral and vegetable kingdoms,—such as arsenic, corrosive sublimate, deadly nightshade, and opium.

The ointments, creams, and lotions puffed off for the removal of eruptions from the faces of children, have for their basis lead and mercury. These articles become introduced into the system by the skin, and often produce, by their deleterious qualities, the most deplorable consequences.

Most of the patent medicines given to children contain the strongest and most heating aromatics in ardent spirits, or opium in different forms, and artfully concealed. Such are the active ingredients in syrup of meconium, or of poppies, Godfrey's Cordial, Dalby's Carminative, Daffy's Elixir, and similar preparations.

It is not intended to affirm that these medicines never do good. Many proofs to the contrary might be adduced; but it is no less true that their habitual and indiscriminate administration kills a vast number of children in this country.

Inflammatory diseases carry off by far the major part of the infants and children that die in the early stages of life; and in these affections the quack medicines advertised for infants and children, from their stimulating and anodyne properties, become poisonous, and in a very short time destroy all hope of recovery. The history of a case may be thus stated:—a child is in great pain, indicated by screaming; this may be a symptom of inflammation of the brain, lungs, or bowels;—but to deaden this pain, and to quiet the sufferer, immediate recourse is had to these medicines, and because unnatural sleep and a little temporary and specious relief are obtained, a parent's fears are lulled, whilst the disease is making irreparable ravages on the constitution.

How common a practice is it, when children are in pain, to refer it to their bowels, and immediately to give stimulants or opiates without any reference to the *cause* of the pain, though perhaps inflammation may be destroying life, or the griping and purging may be critical, being an effort of nature to carry off some acrid and offending matters from the bowels—an effort which if checked by opiates is productive of alarming and sometimes fatal consequences!

Nurses should never be permitted to have these dangerous and poisonous weapons in their possession; yet it is a fact of lamentably frequent occurrence, that such medicines may often be found concealed in their boxes, and in other places, ready to be given to a child, should the little sufferer's wakefulness or cries interfere with their night's rest.

To conclude:—patent medicines acquire the most unmerited reputation by false and confident assertions that startle the unreflecting mind, and maintain the reputation they have so unjustly obtained by the practice of the most evasive delusions on the unwary. Not one case in a hundred, brought forward in support of their alleged efficacy, ever occurred: and were it possible to obtain the evidence of those unfortunate creatures who have trusted to the professions of quacks, they would bear testimony to the dangerous and fatal effects of their remedies.

The insidious manner in which these medicines are advertised, often obtained for them such unlimited and ill-founded confidence, as to induce parents and nurses to postpone recourse to a judicious and rational plan of treatment, till the infallible remedies, in which they have confided, have brought the patient to the brink of the grave, and rendered ineffectual the greatest talents and extensive experience of the most eminent practitioners.

PRESERVATION OF LEECHES.

The increasing price of leeches, and the great difficulty of procuring them, almost at any price, render it a matter of great importance to discover the best method of preserving them. Leeches kept in the ordinary manner secrete a quantity of gelatinous matter, which becomes attached to their bodies, and soon kills them. M. Dominé has observed that nothing enables leeches better to get rid of this gelatinous matter than moss. This must be selected as green as possible, washed and perfectly cleaned, then placed in a bottle (a quart one for 100 leeches). During the heat of summer it will be well to place a little water in the bottle. During winter they need not be changed often; but in summer the moss must be changed every second day, and the leeches kept in a cool cellar. Following these simple rules, M. Dominé has been able to preserve his leeches in perfect vigour, and with very moderate loss, considering the numbers preserved.

A MECHANICAL LEECH.

An important discovery occupies the attention of the French scientific world. It is a mechanical leech, invented by M. Alexandre, a civil engineer, already celebrated for his useful discoveries. All the scientific bodies, after satisfactory trials, have caused this leech to be adopted in all the hospitals; having proved not only the immense economy of its use, but what is better, the decided advantage which it has over the natural leech, often so scarce always repugnant to the patient, and sometimes dangerous.

THE STOMACH.

I firmly believe that almost every malady of the human frame is, either high-ways or by-ways, connected with the stomach. The woes of every other member are founded on your belly timber; and I must own I never see a fashionable physician mysteriously consulting the pulse of his patient, but I feel a desire to exclaim, Why not tell the poor gentleman at once, "Sir, you have eaten too much; you've drunk too much; and you have not taken exercise enough!" The human frame was not created imperfect. It is we ourselves who have made it so. There exists no donkey in creation so overloaded as the stomach.—*Bubbles from the Brunnens.*

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DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. I.

INDIGESTION is a theme on which volumes have been written—on which volumes will again written. It is a disorder under the thraldom of which a majority of mankind groan and writhe; it spares neither the peer nor the peasant, the luxurious nor the starving, the indolent nor the—yes, the industrious, the toiling, the temperate man, frequently possesses—truly by the sweat of his brow—an immunity from this root of much evil, which the wealth of a millionaire can seldom purchase. Healthful labour is well requited if it disarm such a foe to all ease, comfort, and happiness, as indigestion. Justly does the erudite Burton, in his "Anatomy of Melancholy," exclaim: "If the stomach (which he elsewhere calls the 'King of the Bellye') be distempered, all the rest suffer with him, as being deprived of their nutriment, or fed by bad nourishment; by means of which come crudities, obstructions, winde, rumbling, griping, &c." A more modern, but equally correct observer, Whytt, says, "When the stomach is in a sound state, and digestion is properly performed, the spirits are good, and the body is light and easy; but when that organ is out of order, a languor, debility, melancholy, watchfulness, or troublesome dreams, the nightmare, &c., are the consequences."

Indigestion must not be considered merely as a solitary disorder or disease of one particular organ—would that it were so; but as one which influences and controls, to a great degree, every other malady to which the human frame is liable. When the digestion is imperfect, it is impossible that a due supply of pure and nourishing blood can be elaborated in the system for the purpose of carrying on the functions of life, and compensating for the loss of support and strength occasioned by the wear and tear of continued action and sensibility. The stomach is the arch-director of the physical man; it is the electric telegraph from which emanates every mandate for the preservation of health or the induction of disease: an impression on one wire irritates the heart or lungs; on another, the brain and the faculties of the mind; on a third, the joints; on a fourth, the skin; so that each separate organ and tissue, not only owes allegiance, and has to pay tribute, but also has to suffer for the bad policy of its imperious ruler.

Before we can properly understand the alterations and disorders produced by disease, it is requisite that we should know something of the organs of the body, and their functions when in health. I therefore give a short outline of the offices performed by the organs concerned in the process of digestion. The stomach is the receptacle of the food, and the chief organ of digestion. The food, after it has undergone mastication, and admixture with the saliva of the mouth, is carried by the œsophagus into the stomach, where it is acted upon by the gastric juice, and converted into a greyish pulpy mass, named chyme; this passes by the pyloric, or lower end of the stomach, which acts as a sentinel, by rejecting every particle which has not undergone chymification, and enters the first portion of the intestines, called the duodenum; here the chyme is submitted to the action of the bile and pancreatic fluid, and is separated into two parts, the one white, rich, and nutritive, called chyle; the other the bulky, indigestible residuum, which is afterwards excreted. The intestines are studded with innumerable tubes of lymphatics, which cover their inner surface, like the pile of velvet; and having a muscular coat, they are endowed with a longitudinal, or *peristaltic* motion, and a circular, or vermicular motion, by which their contents are urged forwards, the chyle to be taken up by the open mouths of the lymphatic tubes, and afterwards converted into fresh blood; while the useless mass, which has now acquired its feculent odour and character, is carried on to the termination of the alimentary canal. The liver is the most bulky of all the organs; its functions is to secrete bile, which is carried to its reservoir, the gall-bladder, where it is kept until the arrival of chyme in the duodenum, when it ejects a portion of its contents into this part of the intestines, by means of a duct, or tube, common to it and the pancreas. The effect of the bile is to act chemically upon the chyme, by precipitating the useless matter from that which is nutritive.

THE CAUSES OF INDIGESTION are as numerous—may we not say innumerable?—as the effects to which it gives rise; in some instances it is purely a local disorder, occasioned by actual *disease* in the stomach itself; but more frequently it exists without any structural change or disorganisation of the viscera, and is rather a derangement or irregularity of function than a breaking down of the machinery. When there is disease and disorganisation of the stomach, as inflammation, ulceration, thickening of the coats, cancer, &c., the indigestion thence arising must be considered more as a symptomatic complaint than a malady *per se*; in the present paper our attention will be confined to indigestion as a derangement of functions—a departure from healthy digestion.

In searching for *causes* of this complaint, I cannot but place first in the list, a natural predisposition of the body, which persons of certain TEMPERAMENTS unfortunately possess, by which the disorder exists without other adequate cause, or is acquired by such means as to other individuals would prove innocuous. Probably some explanation of the term *temperament* may not be out of place, as a peculiar condition of the body is thereby indicated, which is of the greatest importance in all medical investigation. By temperament, then, is meant certain combinations or groups of peculiarities of mind and body, quite compatible with health, but rendering the possessor more liable to some diseases than to others, and imparting to diseases, when present, a peculiar character. Temperaments are born with us, but may be modified by circumstances; indeed by early care and cultivation, a peculiar temperament may be, to a certain extent, diverted from its original bias. The meaning popularly attached to the word "constitution" approaches nearly to that which is inferred by medical writers by "temperament."

The temperaments, which, for all useful purposes, may be limited to four, are the *sanguine*, the *lymphatic*, the *bilious*, and the *nervous*; the following are the chief physical and mental qualities of each.

The *sanguine* temperament derives its name and character from the preponderance of the vascular system. The pulse is strong, the circulation vigorous, the complexion ruddy, the muscles well developed, the chest large and well formed, the skin fair, the eyes blue, and the hair red or reddish brown. The mental qualities of the man of sanguine temperament are well known; he is ardent, impetuous, and passionate, but not unforgiving; of high hopes and buoyant spirits, daring and uncalculating; often possessing the highest order of intellect, but not achieving so much as he might for want of steadiness; he is not so delicately sensitive as the nervous, nor so persevering as the bilious; fond of gratifying his senses, he is yet willing to exert himself for the benefit of others. In such persons disease more frequently assumes a high inflammatory character, and goes through its stages rapidly; they are peculiarly liable to inflammation of the lungs, and active diseases of the heart. Indigestion seldom attains the chronic form, and the disordered functions of the stomach depends, in a majority of cases, on some temporary cause.

The *lymphatic* temperament is marked by a softness and fulness of the system, paleness of the complexion, light-coloured hair and eye-brows, and light blue or grey eyes; the muscles are large, but not firm nor strong, the body is inclined to obesity, and the abdomen, in particular, is corpulent; the circulation is always languid. The mental qualities are remarkable for slowness and indolence; the temper is equal and not easily ruffled; the spirits are regular, not high, nor, on the other hand, readily depressed; the judgment is cool, and frequently correct; works of great enterprise are seldom conceived or achieved, yet, by calmness and steadiness, persons of this constitution often effect much, and that much, well; they are not liable to active or high inflammatory diseases, but rather to those of a chronic character: in them we frequently find diseases of the heart and of the large blood-vessels; they are prone to disorders of the liver and stomach, especially flatulent indigestion, and to dropsy.

The *bilious* temperament is marked by characteristics which are supposed to depend on an excess of bile in the system; the skin is sallow, or yellow; the complexion dark; the eyes also dark; the hair black and profuse; the chest is not largely developed, and the circulation is not vigorous. In such persons the disposition is serious, grave, often melancholy and desponding; they are not buoyant or elastic, but possess considerable perseverance; they are hasty and irritable in temper, nevertheless they are constant in love and in hate; continued and enduring bodily and mental exertion can easily be borne, and, by the combination of talent with industry, they are equal to accomplish great object. The diseases to which individuals of this temperament are subject, are in general more inflammatory in their nature than are those of the lymphatic temperament; the liver is frequently deranged, attended with constipation; they are prone to sick head-aches and to indigestion.

The *nervous* temperament is marked by excitability of the nervous system;

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we observe the head well developed, the person not large, and the complexion of every shade; the muscular system is small, but very energetic for a short effort, soon exhausting itself by intensit of action; the circulation is quick but not powerful, easily affected by very slight causes, and like all the other functions, very much influenced by mental emotions. The mental characters are marked by refinement; there is great delicacy of sentiment, nicety of feeling, and quickness of perception. Nervous persons are usually intellectual. There is not, however, so much vigour in their intellectual power as in the sanguineous, nor so much perseverance as in the bilious. Most persons engaged in the learned professions, and artists, acquire a portion of this temperament by their habits and occupations, in addition to that which they may originally have had. The diseases to which they are liable are what are called *nervous*; as, hysteria, chorea, spasmodic affections, neuralgia, and very frequently, "a bad stomach," attended with intense headache.

It seldom happens that we find any of these temperaments in a pure and genuine form, single and unmixed: they are generally met blended in the same individual; thus we have the sanguino-bilious temperament, which makes a powerful character for good or evil; the nervco-bilious, which renders the individual rather unhappy, though intellectually eminent; the nervco-lymphatic temperament constitutes a character irritable and passionate; in some instances, all the temperaments may be happily and equally blended together, as we see in persons of *equal* temperament.

As well as temperament, there is another natural cause of disorder which should not be lost sight of in reference to indigestion—that is, IDIOSYNCRACY, or a simple peculiarity, or *singularity* of constitution, which influences one individual and not another; an example or two will best illustrate the exact meaning of the word, and I have little doubt but that the experience of the reader will furnish many others.

A lady of my acquaintance can detect the smell of onion if placed at a distance remote from where she is—a distance from the drawing-room to the kitchen—and immediately suffers sickness, and that irritation and discomfort of the stomach which attend an attack of indigestion. An instance has come to my knowledge of a gentleman who is invariably purged by the smell of Russian leather. Some persons cannot be put to sleep by opium, others cannot be salivated by mercury. The occasional effect of ipecacuanha in exciting a spasm or cough-like asthma, is well known to medical men. The poet Pope doubtless alluded to this power in some articles to produce most strange and contradictory effects in certain individuals, when he wrote the line—

"Die of a rose in aromatic pain.'

Although dyspepsia is not generally considered *hereditary*, yet I have seen so many instances in which several members of the same family, and in different generations, were afflicted with the disease, that I am inclined to think hereditary predisposition should not be omitted from the list of causes. Gout is decidedly hereditary, and gout and dyspepsia are most intimately connected, if not closely related.

The MIND and the BODY exert a reciprocal sway over each other; and, as the smallest deviation from the standard of high health immediately affects the spirits or the intellect, so does the excess or excitement of one emotion or passion affect the health of the body. What frame is there so hardy as to escape the agitations and afflictions of the mind? And what mind so firm as to remain unharmed amid the infirmities and sufferings of the body.

The influence of the mind as a remote cause of disease is too frequently overlooked in the diligent search for more tangible causes; those of the medical profession ever concentrating their attention upon the physical, are too prone to neglect the mental causes of disease. A knowledge of the secret troubles and anxieties of our patients would, in many instances, shed a new light on their treatment; it might suggest a more speedy and effectual remedy; it might tell us decidedly that it is a moral balm which can alone reach their inward sorrow, and thus we might spare them that ever drugging which cannot "minister to a mind diseased." How often does it happen that some unhappy unrevealed passion, or anxiety, is preying on the very spring of life, producing fearful and uncontrollable symptoms, which are all, unjustly imputed to bad diet, impure air, want of exercise, &c. When the medical attendant possesses the confidence of his patients, his duty is not confined to the mere prescribing of drugs; he should become the *friend*, as well as the physician.

The medium by which the injurious influence of a perturbed mind is exerted, is the nervous system, which becoming depressed and deranged, directly affects the whole function of life, but especially that of the stomach and of digestion. We therefore find that those passions or emotions which are in their action *depressing*,—as grief, anxiety, anger, jealousy, the troubles and cares of business, continued mental labour, heart-ache, occasioned by absence from home, or country, or by unrequited love, envy, disappointment, &c., are frequent causes of indigestion. At some period of our lives, we have all experienced mental agony, either at the loss of a beloved relative, pecuniary reverses, the shipwreck of the heart's dearest hopes, or other "sad sorrow". and the memory of the hour is too lasting to require present description. Every sudden grief meets with immediate sympathy in the stomach and interferes with digestion; on the instant an exhausting pain or "sinking," is felt at the pit of the stomach; the mouth becomes parched; a feeling like choking comes on; the idea of food excites loathing, and the attempt to swallow anything solid is unbearable. Suppose an individual in rude, robust health, receives, whilst at dinner, intelligence of some calamity which bankrupts his happiness:—with what disgust does he see the savoury dishes which a moment before delighted his palate; the function of the stomach is arrested, almost revulsed, and he quits a scene which adds so much to his misery. Shakspere rightly appreciated this property of grief, when he made King Henry say to Cardinal Wolsey,—

"——— Read o'er this;
And after, this; and then to breakfast, with
What appetite you have.

When nervous excitement, sorrow, or despondency, is of long duration, the indigestion is not only confirmed, but may lead to organic disease of the stomach. The death of Napoleon was, without doubt, caused by continued indigestion—induced and increased by the mental torture he suffered in his confinement at St. Helena, which ended in ulceration, or, as some say, cancer of the stomach.

Persons of a gloomy disposition, or irritable temper, seldom have a perfect digestion; for "a sour temper makes a sour stomach;" and although low spirits, hypochondriasis, or nervousness, is as frequently an *effect* as a cause, yet we must all admit that the more cheerful and light-hearted of our acquaintance are generally the most vigorous and healthy. The influence of depressing emotions on the liver is so well marked, that the word "melancholy" is derived from two Greek words, signifying *black bile*; and our great bard says we may—

"——— creep into the *jaundice*
By being peevish."

During the last few years, cases of indigestion, produced by the anxieties of business, fluctuations of profit and loss, have been most rife. I have daily under my care patients troubled in body, because troubled in estate; and, however successfully medicine may palliate their symptoms, their amelioration or total disappearance, is commensurate with resignation of mind or brighter prospects. Men of studious habits, who devote their whole time to severe mental labour, depriving themselves of exercise and natural repose, are generally dyspeptics; the nervous energy is exhausted by the mental application, the stomach becomes torpid, and if the appetite continue, the food "lies heavy" and undigested. The student's midnight lamp is frequently trimmed with gastric juice.

[To be continued in our next.]

THE MANAGEMENT OF THE FINGER-NAILS.

ACCORDING to European fashion, they should be of an oval figure, transparent, without specks or ridges of any kind; the semilunar fold, or white half-circle, should be fully developed, and the pellicle, or cuticle which forms the configuration around the root of the nail, thin and well-defined, and when properly arranged, should represent, as nearly as possible, the shape of a half-filbert. The proper arrangement of the nails is to cut them of an oval shape, corresponding with the form of the fingers; they should not be allowed to grow too long, as it is difficult to keep them clean; nor too short, as it allows the ends of the fingers to become flattened and enlarged, by being pressed upwards against the nails, and gives them a clumsy appearance. The epidermis, which forms the semicircle around, and adheres to the nail, requires particular attention, as it is frequently dragged on with its growth, drawing the skin below the nail so tense as to cause it to crack and separate into what are called *agnails*. This is easily remedied by carefully separating the skin from the nail by a blunt, half-round instrument. Many persons are in the habit of continually cutting this pellicle, in consequence of which it becomes exceedingly irregular, and often injurious to the growth of the nail. They also frequently pick under the nails with a pin, penknife, or the point of sharp scissors, with the intention of keeping them clean, by doing which they often loosen them, and occasion considerable injury. The nails should be cleansed with a brush not too hard, and the semicircular skin should not be cut away, but only loosened, without touching the quick, the finger being afterwards dipped in tepid water, and the skin pushed back, with a towel. This method, which should be practised daily, will keep the nails of a proper shape, prevent agnails, and the pellicle from thickening or becoming rugged. When the nails are naturally rugged or ill-formed, the longitudinal ridges or fibres should be scraped and rubbed with lemon, afterwards rinsed in water, and well dried with the towel: but if the nails are very thin, no benefit will be derived by scraping; on the contrary, it might cause them to split.—*Durlacher.*

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

A Warm Mild Aperient for Elderly Persons. — Take two scruples of compound rhubarb pills, and one scruple of pill aloes with myrrh (London Pharmacopœia), oil of peppermint, or cloves, two drops. Beat and mix well together; divide into twelve pills. Dose, one, two, or three.

A Strong Cathartic for Robust Adults. — Take calomel twelve grains; compound extract of colocynth and extract of jalap, of each one scruple; oil of cloves, two drops. Beat and mix well together; divide into twelve pills. Dose, two or three.

A Gentle Laxative for Children.—Take tartrate of potash, two scruples; powdered rhubarb, one scruple; manna, one drachm; spirits of nutmeg, half a drachm; cinnamon water, two ounces. Mix. Dose, from a dessert-spoonful to two table-spoonfuls, according to age.

Cough Mixture.—Take ipecacuanha wine, oxymel of squills, tincture of squills, tincture of hops, of each four drachms. Mix. Dose, a tea-spoonful occasionally in half a wine-glassful of water.

Cough Mixture for Children.—Ipecacuanha wine, three drachms; syrup of tolu, five drachms; mucilage of gum arabic, one ounce. Mix. Dose, a tea-spoonful every hour or two. This is very useful for children threatened with *Croup* or *Bronchitis*.

Three Laws to ensure the Health of Infants. — First, let them breathe pure air. Second, feed them with diet of nature's cooking, the mother's milk. Third, keep them religiously clean. By adhering to these directions, a large proportion of the diseases of infants may be prevented.

When the hands or the feet are frost-bitten or benumbed from the effects of cold, the parts should be rubbed with camphorated spirit, applied with the utmost gentleness, so as not to irritate the surface by violent friction. When the first effects of cold are removed, it will be proper to apply cold poultices; for warm applications are to be carefully avoided. When parts are frost-bitten in colder climates, the common practice is to restore the circulation by rubbing them with snow water.

DIETARY WHOLESOME AND ECONOMIC.

We are indebted to M. Soyer for many of the following Receipts; it is not our intention to publish one that has not been prepared in our own kitchen, and tested at our own table, or in practice.

Bread and Butter Pudding.—Butter a tart dish well, and sprinkle some currants all around it, then lay in a few slices of bread and butter; boil one pint of milk, pour it on two eggs well whipped, and then on the bread and butter; bake it in a hot oven for half an hour. [An excellent pudding for convalescent invalids.]

Apple and Rice Pudding.—Boil half an ounce of Carolina rice in a gill of milk until very tender; then add a very small piece of butter, sugar, a little cinnamon, and a grain of salt; then peel, core, and slice a middling-sized apple, which put into a stewpan, with a small piece of butter, a little sugar, and a drop of water, and stew it until tender; when done, put the apple in a small tart dish, mix an egg with the rice, which pour over the apple, and bake ten minutes in a moderate oven. It may also be made quite plain, if preferred. [Excellent and refreshing.]

Soyer's Beef Tea.—Cut a pound of solid beef into very small slices, which put into a stewpan, with a small pat of butter, a clove, two button onions, and a salt-spoonful of salt, stir the meat round over the fire for a few minutes, until it produces a thin gravy, then add a quart of water, and let it simmer at the corner of the fire for half an hour, skimming off every particle of fat; when done pass through a sieve. The same if wanted plain, is done by merely omitting the vegetables, salt, and clove; the butter cannot be objectionable, as it is taken out in skimming. Pearl barley, vermicelli, rice, &c., may be served in it, if required.

Wine Posset.—Take half a pint of new milk, and some bread crumbs, boil till the bread is quite soft, then add some grated nutmeg and sugar; pour into a basin and add gradually a wine glassful of sherry. The wine must be mixed carefully, otherwise the posset will curdle, and be hard and tough. [This is a capital "night cap"—frequently a cure for a simple cold.]

Sago Gruel.—Put two table spoonfuls of sago into a small saucepan, which moisten gradually with a pint of cold water, set it over a slow fire, keeping it stirred until becoming rather thickish and clear, similar to a jelly, then add a little grated nutmeg and sugar according to taste, and serve; half a pat of butter might also be added with the sugar, or it might be made with new milk, and a little salt added; and a glass of wine in either case makes it more palateable.

A very Strengthening Drink.—Put a tea spoonful of pearl barley into a saucepan, with three pints of cold water, the rind of a lemon, and a small piece of cinnamon; boil the whole very gently until the barley becomes tender, then strain it through a fine sieve, and sweeten with a spoonful of treacle; if treacle be objectionable, honey or sugar will do.

ADVERTISEMENTS.

Price 2s.; by post, 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, and Rational Treatment, with the means of Prevention. By T. H. Yeoman, M.D.

"There is so much good sense, scientific knowledge and useful information in this little volume, that we gladly assist in giving it publicity. Dr. Yeoman discountenances all empirical modes of treatment, at the same time that he suggests some safe and beneficial rules for the cure or amelioration of the disease. The remarks on the healthy discipline of home shew that the author is a sound social philosopher, as well as an experienced physician."—*The Britannia*, Nov. 11, 1848.

"There is no assumption or quackery in this little volume—it is just such a work as might be anticipated from an intelligent and experienced physician. The suggestions and recommendations of Dr. Yeoman are extremely valuable, and may be unhesitatingly and advantageously adopted by all who are interested in the health and well-being of the rising generation."—*Morning Herald*, Oct. 23, 1848.

Also by the same Author, price 2s.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. Yeoman is well known by his Work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: Sampson Low, 169, Fleet Street, Effingham Wilson, 11, Royal Exchange; Webster & Co., 60, Piccadilly; and all Booksellers.

ROOFF'S IMPROVED RESPIRATOR (Patent), for Consumption, Asthma, &c., has separate channels for the inspired and expired air; warms and purifies the atmosphere without becoming clogged; it neither requires cleaning nor repairing, has no unsightly appearance, and may be had resembling a handkerchief held to the mouth. Testimonials to be seen, and descriptions had, on application.—Depot, 183 Strand, near Norfolk Street.

JOHN MILES (Late BUTLER & CO.), DISPENSING CHEMIST, 78, Gracechurch Street, respectfully informs the Public that the most vigilant care and attention is always paid by him to the selection of the purest and best Drugs and Chemicals; the too frequent dangerous adulteration and careless preparation of Medicines, upon the exact action of which depend the health and safety of our fellow creatures, induces J. Miles to pledge himself that every article sold at his Establishment is genuine, and that all Prescriptions are dispensed by well qualified assistants under his own immediate direction.

Agent for Rooff's Patent Improved Respirator. J. M. has now a large supply of Cod Liver Oil, prepared from the finest Fish of the Season.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment, at the following low prices: Double Trusses, 14s. each; single ditto, 8s. Manufacturer of Lace Stockings, Knee Caps, Suspensory Bandages, Riding Belts, &c.—Mrs. Smith attends on Ladies.

THE TEETH.—Mr. SMARTT, DENTIST, AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. Mr. Smart attends at 48, Harmer Street, Gravesend, every Friday.

LAWRENCE & CO'S PATENT IMPROVED FLESH GLOVES and STRAPS, for producing a healthy state of the System by Friction, without the risk of tearing the Skin, as all the ordinary Horse-hair Gloves are liable to do.

The great value of the Horse-hair Renovator as a therapeutic agent, when applied to the human body, is now too well known to every one who has paid the least attention to the importance of a healthy action of the skin, to require further comment.

Manufactured under the sole License of the Patentee, by Messrs. Lawrence & Co., Islington Place, Park Road, Islington. Communications will also be received at 74, Fleet Street. Sold at 78, Gracechurch Street, and by Druggists in general.

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HEALTH OF LONDON DURING THE WEEK ENDING DECEMBER 22.

The Deaths registered in the week were 119 below the average. In the corresponding week of the year 1846, 1276 deaths were returned; in that of 1847, 1946 deaths, when the mortality was increased by Influenza; and in the same week of 1848, the deaths were 1118. But, though still considerably less than usual, the weekly contingent now shews a tendency to rise to the winter rate of mortality, and the present return shews an increase of 41 on the deaths of the previous week. In three successive weeks ending December 15, the deaths from bronchitis were respectively 60, 86, 89; last week they rose to 110, whilst the average is only 68; from asthma there were 21, 16, 26, and 19 in the last four weeks; and from pneumonia (or inflammation of the lungs), 94, 88, 90, and 81. The mortality from pneumonia, which is less than the average, occurs to a much greater extent among children than aged persons; and the latter class are now the chief sufferers, from the increased coldness of the weather. Three men and five women died last week at 90 years and upwards; two of the women had turned 95 years. From diarrhœa and dysentery the deaths were 19; a woman of 70 died on the 16th December, in Great Pulteney-street, from debility which succeeded an attack of cholera. All epidemics are less fatal than usual, except measles, which rather exceed the average.

The mean daily reading of the barometer at Greenwich Observatory was above 30 inches on the last three days of the week; the mean of the week was 20·952. The daily mean temperature, which was 51° on Sunday, gradually fell to 33° on Friday and Saturday; the mean of the week was 42°, rather more than the average of the same week in seven years. The daily mean was about 10° above the average on Sunday and Tuesday, and 6° below it on Friday.

TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book, for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from half-past One until Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

IN consequence of the great publicity given to the publication of the PEOPLE'S MEDICAL JOURNAL, we have already been favoured with numerous applications, to some of which we now reply. We have to thank many kind correspondents, who, recollecting our former efforts, have promised us their support.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such cognomens or signatures as "A Subscriber"—"Constant Reader"—"Wellwisher," &c. Where the correct name is not given, it will ensure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath) —DELTA (Manchester Square).

SENEX writes: "As I see in your prospectus that you intend to wage war against quackery, will you tell me if you consider the practice of hydropathy to be quackery?" Certainly, it is quackery of the *first water*. Within the last few months a case came under our notice in which death resulted from "packing in the wet sheet." Collapse came on, the child never rallied, and died in fifteen hours.

J. B. L. You are correct; the Editor is the author of the Essays, and was the medical referee of the paper in question.

COD LIVER OIL. Although it is only during late years that the attention of the public has been drawn to this more fashionable than useful remedy, its employment may be traced back to the latter part of the 18th century, at which time it was extensively used in the Manchester Infirmary, and its effects, as there exhibited, have been reported by the late Dr. Bardesley, in his "Medical Reports," published in 1807. The dose is one, two, or three teaspoonfuls taken twice a day, in a small quantity of coffee, milk, beer, infusion of orange-peel, or peppermint water.

FIGARO. Collodion is a solution of gun cotton and gutta-percha in sulphuric ether. It may be termed artificial skin; it is most useful in guarding irritated parts, as abrasions of the skin, from all sources of irritation. It may be applied with a camel's-hair paint-brush.

RESPIRATOR. We cannot defer noticing the utility of Respirators until we have occasion to speak of them in the papers on "Diseases of the Chest," as in this season of fog, damp, and sleet, their use becomes imperative to many who suffer from irritability of the air-passages. We have had an opportunity of examining Rooff's Patent Respirator: the principle of its construction is founded on most correct physiological and mechanical knowledge, whilst the delicacy and durability of its manufacture is an exalted example of art ministering with science to the amelioration of bodily infirmity. To those of our readers who may be advised to procure a respirator, we would say, with much sincerity, "Get Rooff's."

SALUS. We are not "physic doctors." We would treat disordered health rather by diet and regimen, than by mixtures, pills, potions, and draughts. We shall in an early number give an article on "Training." Accept our thanks for your good wishes.

A SUFFERER. The law does not forbid a druggist recommending his drugs behind his own counter, and he therefore presumes to prescribe, which, if not illegal, is impolitic and unsafe. We recently saw a druggist examine a diseased eye—and a very diseased one it appeared to be—across his counter, by the aid of a gas-light. A Guthrie or a Lawrence could not, and certainly would not, attempt so much, nor arrive so quickly at the precise character of the disease, and its required treatment, as did our mercantile friend, who in a few minutes sent his customer away rejoicing, loaded with lotions, mixtures, pills, and draughts.

P. C. (Maryhill). Take tincture of sesquichloride of iron, four drachms; liquor potassæ, three drachms; spirits of nitric æther, three drachms; tincture of opium, two drachms. Mix. Dose, thirty drops three times a day in water. Diet; fresh animal food, few vegetables, and not any spirituous or malt liquors. A warm bath once or twice a week will be of service. Write to us in a fortnight.

DIAGNOSIS, or the discrimination of diseases, is the necessary prelude to the treatment of disease. It is the first duty which the physician has to perform at the bedside, and everything depends on the way in which he discharges it. A correct observation and just appreciation of symptoms are essential to the true diagnosis. Diagnosis, indeed, may be said to be the art of converting *symptoms* into *signs*.

PROGNOSIS. The meaning of this term is foreknowledge, and, as used by the physician, it means the anticipation of the course and event of diseases. The power of foretelling the progress and termination of a malady is of the first importance, not only as regards the treatment to be adopted, but as respects the comfort and well-being of the patient and his friends, and the reputation of the physician himself. A correct prognosis implies a just diagnosis, an appreciation of all the peculiarities, original and acquired, which distinguish one man from another, and experience of the power and operation of remedies.

PETER.—(Bradford.)—Take tincture of squills, four drachms; ipecacuanha wine, two drachms; syrup of red poppies, two drachms; dilute sulphuric acid, half a drachm; mucilage of gum arabic, six ounces. Mix. Dose, two table-spoonfuls when the cough is troublesome.

R. G. C.—(Sheerness.)—We do not intend to advise for cases similar to yours in this column. Send your address, and you will receive a private answer.

B. E.—Look back to your early youth, and you will find a cause adequate to all your present suffering. Your employment is adverse to your recovery. Tonic medicines can be of little avail whilst the stomach is unfit to receive them; stimulants may give you artificial vigour, which, like the "Dutch courage" produced by spirits, soon evaporates, and induces greater subsequent depression. You are "used up," and require to go into moral training. Our best services are at your command.

ADVERTISING "CONSULTING SURGEONS!" An article on these pests of Society will appear in our next number.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 2.—Vol. I. SATURDAY, JANUARY 12, 1850. [One Penny.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. II.

THE TREATMENT OF COLD IN THE HEAD.

Continued from page 2.

The first object should be to keep the body warm and of an equable temperature, so as to get rid of the chilliness; to avoid any re-exposure to whatever may be a cause of the complaint; to avoid stimulating the body by too exciting or nourishing diet; and to induce some exhalation or perspiration from the skin. It is an old-fashioned notion that we may beneficially increase the temperature of the body by wine-whey, spiced wine, brandy and hot water, gruel and rum, and many other pleasant beverages, which are more agreeable to the palate than useful in the removal of the disorder; whenever wine or brandy be added to hot drinks, headache will invariably follow, and the risk of exciting fever is sufficient to forbid their use. The safest, and consequently the best plan, is to consider "a cold" actually as a departure from health that demands proper and immediate remedies. With this view I would advise, when necessary, that the bowels be gently acted upon by a warm mild aperient, rather than by any of the cold saline purgatives: fifteen or twenty grains of rhubarb powder, with a few grains of ginger; or two four-grain pills of the compound rhubarb pill, will be, in general, sufficient. At bed-time the feet may be put in hot water, as hot as can be borne,—a table spoonful, or two, of the flour of mustard added to the water, increases the good effect; —a diaphoretic, as eight or ten grains of Dover's powder; or, from twenty to thirty drops of antimonial wine, with a drachm of the spirits of sweet nitre in a small quantity of camphor mixture, should be taken whilst employing the foot bath, and when the patient is *in* bed he should take a possit, or basin of warm gruel; if the gruel or other warm drink be taken with, or immediately after the diaphoretic, it is apt to induce nausea and sickness, instead of perspiration:—he should sleep with some additional bed-clothing, so as to encourage perspiration, and to avoid checking it when induced. A warm bath or a vapour bath, when easily procured without the risk of exposure to cold afterwards, is preferable to the foot bath, as a general bath more speedily excites some considerable exhalation from the skin.

The patient should abstain from animal food and stimulating drinks; a spoon diet of arrow-root, sago, tapioca, gruel, "tops-and-bottoms," or biscuit, soaked in weak tea, or any similar article of invalid diet must be the only nourishment allowed; and he should drink plentifully of warm diluent fluids, as gruel barley water, linseed tea, mucilage of gum arabic, or whey.

If the fever run high it will be necessary to give some saline febrifuge medicine; as, small doses of James's powder, nitre, or antimonial wine, or subcarbonate potash, three or four times a day. The following is a simple and appropriate "fever mixture.'

Take—Nitrate of potash, 1 scruple;
Potassio-tartrate of antimony, 1 grain;
Syrup of lemons, 3 drachms;
Distilled water, sufficient to make 8 ounces;
Mix. Dose—Two table spoonsful every three or four hours.

In cases where there is much fever and inflammation, with pain in the head, chest, or throat, it may be necessary to abstract blood from the arm or to apply leeches; when the throat is much inflamed and sore, a mustard poultice will frequently afford great relief; inhaling the vapour of boiling vinegar and water is sometimes equally efficacious. The uneasiness and annoyance in and arround the eyes and nostrils may be materially diminished by placing the head over the steam of boiling water, or bathing the eyes with hot water. When the cough is troublesome and there is roughness and irritation at the back part of the throat, demulcents may be advantageously used; such as, almond emulsion, gum mucilage, or linseed tea: or, a "cough mixture" thus composed may be taken occasionally,

Take—Ipecacuanha wine, 2 drachms;
Syrup of the balsam of Tolu, 4 drachms:
Cinnamon water sufficient to make 6 ounces;
Mix. Dose—one table spoonful.

Opiates should be prescribed with great caution, as they are apt to check the secretion from the irritated membranes and thus induce inflammation, or increase it if it already exists; whenever there is a disposition to fulness or plethora they are inadmissible, but to those who are habitually troubled with a slight catarrh, and when there is nothing to contra-indicate its use, twenty drops of laudanum, taken at bed-time, will frequently afford relief, and arrest what otherwise might prove a tedious attack. When the sleep is much disturbed, a full dose of Dover's powder will generally induce a comfortable night's rest; a gentle laxative, however, should be taken the following morning to remove any constipation that may result.

If the catarrh becomes chronic and has affected the individual for any length of time, one of the best modes of getting rid of the disorder, when confined entirely to the head, is by inducing perspiration by good brisk exercise in the open air or exercise with dumb-bells, or even the child's game of battledore and shuttlecock; great care however should be taken so as not to catch fresh cold by allowing the perspiration to be suddenly arrested. Sometimes a chronic cold is cured by a good dinner and an extra glass of wine.

I must not omit to mention a plan of treatment that has been recommended by Dr. Williams, which consists of total abstinence from liquids: he says, "To those who have the resolution to bear the feeling of thrist for thirty-six, or forty eight hours, I

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can promise a pretty certain and complete riddance of their colds, and which is perhaps more important, a prevention of those coughs which probably succeeded to them." I confess I do not possess the required resolution: I attempted the treatment, but would rather sneeze and snuffle for a month than endure the torture of unquenched thirst for six hours. On such excellent authority as Dr. Williams, I offer the suggestion to such of my readers as may feel disposed to give it a trial.

PULMONARY CATARRH—COLD ON THE CHEST—COUGH.

PULMONARY catarrh, or cold on the chest, is distinguished from other diseases of the mucous membrane of the air-tubes by alteration in the character, by profuseness, or by diminution, of the mucus secretion, and by the absence of active inflammation; when acute inflammation is present the disease then becomes *bronchitis*.

A few words descriptive of the "air-tubes," "bronchial tubes," or "air-passages," by which the atmosphere is conveyed to the lungs, will assist the reader to comprehend the disorders to which they are liable.

The *larynx*, or organ of the voice, opens into the mouth, and is situated anterior to the gullet; it terminates in the *trachea*, or wind-pipe, which is a hollow tube, composed of from fifteen to twenty fibro-cartilaginous arches or rings,—incomplete at the back part,—contained or enveloped in a fibrous, slightly elastic membrane, which connects them together, and supplies the deficiency at the posterior part: the trachea descends some short distance (to the second or third dorsal vertebra) and then divides into two lesser tubes, called the right and left *bronchi*, similarly formed, except that the rings are thinner and smaller; the bronchi again divide and subdivide into innumerable lesser tubes or branches, like those of a tree, which spread throughout the lungs, and ultimately terminate in the *bronchial cells* into which the air penetrates: a number of these cells, united together by a delicate substance, termed cellular membrane, constitutes a *pulmonary lobule*; the union of these lobules forms the *lobe*, and by the junction of the lobes (three in the right and two in the left lung) the whole *lung* results. Thus the substance of the lungs is formed of minute bronchial, or air cells, cellular membrane, the pulmonary blood-vessels and nerves, and lymphatic and bronchial glands. The lungs are soft spongy, yielding bodies of a conical form; the base resting on the *diaphragm*, or muscular partition between the abdomen and the chest, and the apex in contact with the first rib, immediately beneath the collar bone: they are contained in two serous membranes or bags, called the *pleura* of the *ribs*, and the *pleura* of the *lungs*. The windpipe and the bronchial tubes are lined with a delicate membrane, called *mucous membrane*, which in a state of health, is kept constantly moist by a secretion of mucus—a bland unirritating fluid, such as is secreted in the nose, mouth, stomach, and intestines.

I shall next proceed to consider the effects produced on this membrane and its secretion by cold; namely, Dry Catarrh, and Humid or Mucus Catarrh.

(To be continued in our next.)

ON THE CHOICE OF A MEDICAL ATTENDANT.

TO THE EDITOR OF "THE PEOPLE'S MEDICAL JOURNAL."

SIR,—I am one of those unfortunate beings who, as Mrs. Malaprop would say "enjoy bad health," and, like many valetudinarians, I delight in Medical literature. I have long sighed for a journal on Popular Medicine, and hail the appearance of your periodical with thankfulness. I have suffered much sickness, I have known many "doctors;" and I now venture to give you my experience on one of the most important matters for the consideration of invalids, namely, the selection of their Medical attendant.

A "Doctor," like the friars of the middle ages, should heal the ailments of the mind as well as those of the body. He should be the faithful depositary of family secrets, which should remain in his own bosom, as in the vault bearing upon its eternally closed brazen doors, the seal of Solomon the Wise. He should become the bedside confessor of his patients. He should well study till he knows his patients and their constitution; and, by means of such knowledge, he should seek to prevent disease as well as to cure it, to preserve health as well as to restore it. Besides talent, he should possess blandness of manner, kindness of disposition, fluency of speech, perspicuity in explanation, and extensive general information. He should inspire unbounded confidence, by appealing to the understanding of his patients, and, except under acute and dangerous disease, explaining to them so much information in reference to their indisposition as their general knowledge and previous studies enable them to understand. In short, he should be looked upon as a family oracle. If a man wholly such as I have described cannot be found, the one should be selected who approaches nearest in likeness to my sketch.

There is one species of medical man frequently to be met with in small country towns, whom I should recommend all invalids, especially if they are nervous, to avoid.

The doctor of this class assumes a stern and swaggering bearing, affects extreme rudeness of manner, and wraps up his own ignorance in the veil of mystery which he throws over the practice of his profession. For he has such a tendency to empiricism, that he makes a secret of every disease he treats, and of every medicine he prescribes, because he disapproves of enlightening unprofessional persons, or giving any explanations to the uninitiated. He therefore acts in darkness, and shrouds his ignorance under a cloud which none but an adept can penetrate. His language, at times, brutal, is frequently unintelligible from its pedantic affectation. If there is a scratch on his finger, he calls it "an abrasion of the cuticle,"—if any liquid has become very thick, he will say that it is "inspissated,"—a patient with loss of speech, he terms "obmutescent,"—a refractory invalid, "a fellow full of obluctation;" in a word, he would most probably, if asked the meaning of "net-work," say, with Dr. Johnson, that it is "any thing decussated or reticulated at equal distances, with interstices between the intersections." Such a man would inspire a nervous patient with dread rather than confidence, and would, in most instances, cause death, while his bland, more communicative, and kinder rival would effect a cure. Because the late Mr. Abernethy indulged in eccentricities of manner, in which I am convinced there was not a spark of affectation, nor a thought of giving offence, but which were the mere exuberance of animal impulse not under proper discipline,—these men fancy that, by imitating the defects of this celebrated man, they will gain credit for possessing his talents—a sad mistake.

I am, sir, yours, &c. P. N.

ON THE INTEMPERATE USE OF OPIUM.

OPIUM must not be considered *solely* a narcotic, having for its effect stupor, sleep, and death; on the contrary, it is a powerful stimulant, producing considerable excitement; when its stimulating power is exhausted, it is then followed by a corresponding degree of depression, generally succeeded by sleep. To counteract this depression and langour, the opium-taker has recourse to repeated doses to continue the excitement, and to restore him to that equilibrium necessary for his very existence; the quantity necessary to effect this rapidly increases, until the wretched individual sinks in the grave a deformed and slavering idiot.

The personal appearance of an habitual opium-taker can scarcely be mistaken by those who have carefully noticed a few who use it to excess. The aspect of the face is most peculiar, the complexion is of a sickly, almost jaundiced, paleness,—perhaps it is best expressed by that color known as "whity-brown"—the eye is sunken, and, when not under the influence of a recent dose, is dull and heavy; at other times it is of unnatural brightness, and sparkles as though beaming with intelligence; the lips are bloodless, the cheeks emaciated, and the whole features betray that anxious expression so characteristic of acute mental disease; the form is wasted, the gait unsteady and feeble, and the whole frame appears borne down by premature old age. For the most part cleanliness in person and in dress is

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entirely neglected, squalor and misery is depicted in their every action and appearance. When not excited by the effect of a former dose the uneasiness and anxiety are extreme; the strength is completely prostrated. We have noticed them breathless and exhausted unable to drag themselves to a druggist's counter to articulate their want of a "pennorth;" as soon as it was swallowed an almost immediate effect is produced. We do not assert however, that this proceeds direct from the opium itself, but from the mind being relieved of that anxiety which the fear of *not obtaining* the drug creates; then succeeds its absolutely stimulating power; the countenance is then cheerful, the eye regains its brilliancy, the step is comparatively elastic, the mind is tranquilised, and the poor victim enjoys a new existence: the imagination is preter-naturally excited, the preceptions are more acute, in some the ideas are of the most pleasureable nature, objects of most fanciful creation are presented to the mind's eye, and the opium-eater breathes in an atmosphere peculiarly his own. Every reader must be familiar with the confessions of the celebrated De Quincy. These sensations soon subside; the imagination is again vapid—a distressing restlessness supervenes to the previous tranquil soothing condition, and he is once more in an agony of anxiety and prostration; thus the opium taker alternates, supported through a miserable life by that which must eventually terminate it. We know instances in which this dreadful habit of taking opium has had its origin in the cradle!—We fear the practice of adminstering the drug to infants is daily increasing; it constitutes the basis of the chief nostrums sold under the name of *Restoratives* and *Cordials;* the most common of which is the Diacodion, or "Syrup of Dyer's Cordial," as it is vulgarly called; this correctly should be the *Syrupus Papaveris* of the Pharmacopœia, which is directed to be made from the capsuls of the white poppy, but too frequently it is prepared from sugar, water, and opium; this lulls the child to rest,—the mother, pleased to see her infant sleeping composedly and free from pain, is willing to believe in its remedial powers, and thus persists in its use—the child, no more an infant, still requires its usual excitement, and the habit is confirmed until death closes its short career—"deformed and sullied."

From our own observation the majority of those who use opium are females, the greater part of whom are certainly beyond the meridian of life, while alas! others are in the prime of womanhood. Among men those whose occupations are sedentary are more prone to its use. It cannot be denied that pain and disease have, at the outset, been the cause of many gratifying themselves with this species of intemperance; but it must be admitted that many, far too many, indulge in it only for the stimulating yet enervating effects which it produces. The custom is not alone confined to the lower orders of society, as, unfortunately, there are some whose previous habits should have shielded them from an abandonment so debasing.

The principal form in which opium is taken in this country is in the tincture, or *laudanum;* a fluid ounce of which contains forty-five grains of opium—twenty drops nearly a grain. In those cases where the full medicinal effect of opium is desired, about sixty drops would be considered a full dose for an adult. We have under our notice at this time a person who occasionally takes an ounce, and whose regular quantity is about half an ounce repeated three times a day; we know a boy not yet ten years of age, accustomed to laudanum from his infancy, who takes a drachm every night, and again during the day if he can procure it. We remember a girl in St. Thomas's Hospital, under the care of Dr. Ellioteon, who took the immense quantity of two ounces at a time. It is stated by Russell, in his History of Aleppo, that Mustapha Shater, an opium-eater in Smyrna, took daily three drachms of gum opium, and felt a necessity for increasing the dose.

ADVERTISING "CONSULTING SURGEONS"!

'Tis strange what an apathy prevails on the subject of the progress of medical knowledge. One would think that, next to the soul, the body of man ought to be his chief concern; but all experience shews that it is otherwise. Any new act of parliament, that effects our property or fortune, is read with avidity, and studied with the most minute and scrupulous care; yet that knowledge on which life often depends, and which gives us health, without which we cannot enjoy fortune, is despised or neglected, or only sought for when the danger presses—when necessity calls—when the time for inquiry is past. Mankind are more prodigal of their health than their fortune. If property be endangered, the most prompt advice is immediately taken, and talent and competency are instantly summoned to our aid. Yet when health and life are endangered, advice is often delayed until it can be of no avail, and even then it is often sought for among quacks and charlatans, who found their pretensions on the ignorance and credulity of their dupes and whose advertisements, in our daily and weekly papers, are a disgrace to the enlightened spirit of the age in which we live.

The success of medical charlatans is owing in a very great degree, to the deficiency of education and want of reflection in those who are the victims of their impositions and frauds; and that these victims are not always found in the lower classes, is only too true, and cannot be too much lamented. Who would think of employing an advocate who professed to gain every cause—who appeared as an advertising quack in every newspaper, proposing a panacea for every grievance that law could possibly redress? Is the medical quack any better? He is only more successful because he practices in a profession less generally understood, and where ignorance and credulity pay the more ready tribute to charlatanism and imposture.

Who can calculate the amount of misery, the wreck of health, the ruin of fortune, that has been inflicted on society by those pests of the present day, the advertising, self-styled, "consulting surgeons"?

The previous education of these men must totally unfit them for any occupation in which gentlemanly feeling, sincerity and honesty are required. Ignorant of the laws which rule nature; ignorant of the properties of remedies which are at our disposal to remove disorder from the regularity of her actions; ignorant of the very grammar of their language,—they are wise only in effrontery, cupidity, and deceit. Their knowledge of the healing art, in five cases out of six, has been acquired in the purlieus of Houndsditch; their dissections confined to "ripping up" *old cloe*; their operations to the steaming of *real Saint Michael's* and the books, of which they announce themselves the authors, are plagiarised from medical authorities by degraded members of the profession, who for "a consideration," have prostituted their talents (small though they be) at the shrine of successful knavery.

In illustration of the above remarks, we append the following letter, which we select from several that have already reached us.

TO THE EDITOR OF "THE PEOPLE'S MEDICAL JOURNAL."

SIR—Inasmuch as the prospectus of your work bears an honest face and presages a singleness of purpose in its offspring rarely encountered in these degenerate days, I am induced, although a complete wreck in mind and body, and scarce able to put pen to paper, to address you.

I am (during my illness my situation has been filled up) a merchant's clerk. Some six months since I had occasion to ask medical assistance, and was provoked, by the joint perusal of a very elaborate treatise on my disease, and an equal specious advertisement concerning the certainty of an early cure, to make application to a firm carrying on business in a street not far from Oxford Street. The parties in question style themselves "Consulting Surgeons," and professors of a merciful regard for the feelings and finances of their patients. You will perceive, however, what little right they possess to these appellations. On the occasion of my first visit, I was

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received with infinite courtesy, and, as I then imagined, consideration; insomuch that not being able to meet their pecuniary wishes by some 40 per cent., they readily agreed to accept the sum I offered, namely, three guineas. For this amount—more, indeed, than I could well afford to part with, but which, at their desire, I paid down on the spot—they pledged their reputation to cure me effectually in one week. Of course I was satisfied with this assurance, and it was only natural that I should have retired, with my bottle of medicine and box of pills, quite impressed with the idea that the parties in whose hands I had placed my life were alike intelligent, experienced, and respectable practitioners. In three days, according to directions, I visited them again, but met with somewhat less civility than before. However, I was presented with fresh medicine, and requested to call on the morrow. This I did; when, after having been subjected to an apparently scientific examination, I was informed that I had another complaint—a "—— weakness," I think they termed it—which would require very expensive antidotes to treat, and which it was necessary to dispose of first. With this, they produced a number of plates, &c., descriptive of the different stages of my disease, the last being "consumption," and represented the severe sufferings contingent upon its neglect. Indeed, they uttered so many gloomy things, and played upon my feelings in such a way, that I became seriously alarmed, and believed myself to be in a really dangerous condition. But they partly dissipated my anxiety, by asserting that they could—and for a consideration adequate to the task, the difficult and responsible task, would—restore me to perfect health. I told them I was prepared to meet any reasonable demand: I laid a stress on the word "reasonable," because, as I explained, the sphere I moved in was a humble one, and I had to labour hard, very hard, for a living. Upon this, he said, in a tone of voice so sharp and frigid, that I quite shook with affright, "Making allowance, sir, for your position in life, I will undertake your desperate case for fifteen guineas, exclusive of the three you paid the other day." "Fifteen guineas more?" I cried: "why that sum is little less than a quarter of my year's salary." I then requested him to reduce the charge, but to no purpose; and not having at my command anything like the amount required, I quitted the place in a desponding state. The independent manner, however, in which I was treated impressed me with a profound idea of their ability, and, on the following morning, I went again, determined to make any sacrifice, so that I might remove the load of disease under which they taught me I laboured. I need not say how I was "managed;" in the end I gave a promissory note for the amount, my own address, the address of my father, and that of my employer; and for this I was promised a speedy and certain cure.

Time passed away, and the fifteen guineas had been duly and honourably paid: but had I recovered? had I been duly and honourably paid? No! emaciated and helpless, I was laid prostrate on a sick bed! At my solicitation, this Satan in the guise of man came to see me. He said all that science was capable of effecting within the time had been effected, and I was in a fair way of recovery; but that more remained to be done, and more money—five guineas more money—must be forthcoming to do it with. Oh, God! I agreed to advance the five guineas—anything if I could but get back my health! He attended me until the last amount—and I was compelled to pawn a portion of my wardrobe to make it up—was liquidated, when—the scoundrel!—he deserted me, said I had trifled with him, had not followed his instructions, and positively refused to allow me any more medicine. But in every sense I thank Providence for this—inasmuch as the very eminent physician, to whom I subsequently applied, and to whom I owe the power of penning this letter, told me I had been the victim of *Quack Doctors*, that I had been taking mercury and the most poisonous compounds, which, to him, rendered my being alive quite a miracle!

Sir, I was never afflicted with what they call "—— weakness," neither was I at all seriously indisposed when I first visited —— Street. But I am indisposed, and seriously so, now; and fear, although I may be, perchance, able to move about once again, that no mortal skill can change me from the thing I find myself at present—a wreck in frame, peace, and purse. But I ask not for sympathy, because my unpardonable want of sense places me without the pale of such; all I wish is to warn the youth of the age against being similarly enmeshed, and to essay a humble but earnest endeavour to unmask the black flagitiousness of advertising quacks.

But I would fain invoke some experienced man to illustrate this subject. Perhaps, sir, if the above "plain unvarnished tale" strikes your mind as deserving comment, you will not hesitate to attack the evil-doing and villany contained within it, nor to spare such blackguards as I have described—those moral cancers, the Quack Surgeons.

Apologising for the length of this epistle, I enclose my card, and subscribe myself, sir, yours, in grief,

A VICTIM.

THERE is a general reluctance in consulting medical men on ailments which are not urgent. "I have had a slight cough for some time," says one to a friend,—"it does not go off, but I suppose I keep taking fresh cold." "I am not well," says another. "I feel weak, and I think I get thinner; but still I have nothing to complain of. It can be of no use taking advice." You cannot become thinner, friend, without a serious cause:—seek the opinion of one who knows what that cause is.

DYSPEPSIA—INDIGESTION,

NERVOUSNESS, &c.

BY THE EDITOR.

No. II.

THE CAUSES OF INDIGESTION—(CONTINUED).

SEVERAL OCCUPATIONS have an injurious tendency on the stomach, and become causes of indigestion; those which are sedentary, and confine the individual for a long time in a sitting posture, are so in an especial degree; hence we find tailors and shoemakers generally of a sallow complexion, somewhat attenuated in figure, and lacking that vigour of frame which denotes healthy digestion. Persons who are confined at the desk, writing for twelve or fourteen hours, are seldom free from uneasiness after eating, which is occasioned as well by the pressure of the desk against the "pit of the stomach," as by the want of proper exercise; engravers and watchmakers suffer for the same reason. Engineers, who are constantly inhaling a heated and moist atmosphere, are for ever complaining of imperfect digestion; and laundresses, engaged alternately at the washing-tub over the warm relaxing vapour of hot water, and in the mysteries of the flat-iron, are equally susceptible of that misery, a "bad stomach." Milliners, who "ply needle and thread" both day and night, in confined rooms, heated with the breath of their fellow slaves, and perhaps two or three gas-burners, soon find all enjoyment of their food driven away, and, in sad exchange, experience a fainting or sinking sensation both before and after eating, and thus the first strand in the cord which holds together health and spirits is broken.

Another constant cause of indigestion in females is "tight lacing," by which the contents of the chest and abdomen are compressed into a most unnaturally small compass. The corset is a most barbarous piece of armour, which cabins, cribs, and confines the feminine proportions of woman in an *unnatural* form, and in the place of natural symmetry, exhibits artificial deformity. Imagine the Venus de Medici reduced to a spider-waist by a pair of stays.

INTEMPERANCE has ever been considered, and with just reason, a foe to digestion; the unnatural stimulus which it offers, especially to the liver, causes that organ to secrete an excess of bile, which, by a revulsive action, enters the stomach, and by its acrimony, irritates the lining membrane, causes sickness and nausea, and stops or impairs all healthy function. Smoking in excess is decidedly another cause, inasmuch as the peculiar medicinal properties of tobacco are in themselves hurtful; and the loss of saliva, consequent upon spitting, deprives the stomach of an essential requisite for digestion. In all things, it should be borne in mind, that "moderation is the silken string running through the pearl chain of all virtue." Surrounded by all the temptations to err, which on every side allure the inexperience and indecision of YOUTH, it cannot occasion surprise that—

> "Some begin life too soon,—like sailors thrown
> Upon a shore where common things look strange."

Dear is the price hereafter to be paid for this precocity; imprudence or excess may be indulged in, while strength and youth have power to neutralise the immediate effects of folly; but when these are exhausted, and disease turns the balance, rapid is its onslaught, and, it may happen, decisive is the victory.

CLIMATE, temperature, and the state of the weather, exert a peculiar influence on digestion; so much so, that the stomach acts in some persons as a kind of barometer and thermometer, either anticipating or indicating those vicissitudes to which the English climate is liable; during hot weather the appetite is deficient, and the food remains for a long time undigested; on a transition to cold, the appetite is restored, and digestion becomes more perfect. In like manner, a dull gloomy atmosphere invariably oppresses the stomach, impairs digestion, and adds another item to the sufferings of the melancholy and desponding, which is frequently removed by the bracing effect of a sharp keen frost. Age and sex exert but little control on this malady, as it attacks indifferently male and female, the young and the old.

I come now to speak of those causes of dyspepsia connected with our daily habits and tastes, which, by prudence and attention, may be deprived of much of their evil tendency. Imprudence in DIET, not only as regards quantity and quality, but also the regularity with which food is taken, must ever be esteemed the most frequent disturber of all quiet in the stomach. It is excess in the quantity, rather than paucity of food, that creates the mischief; the amount generally consumed being more than the real wants of the system require; if this indulgence be persisted in, or extend to gluttony, the disorder will not be

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confined to functional derangement, but will induce inflammation and structural change in the coats of the stomach, and perhaps permanent disease in that organ. When the stomach is overgorged with food, it is impossible that it can carry on its natural actions, which presents the exterior surface of its contents to the gastric juice, and thus gradually dissolves the mass, beginning at the circumference, and gradually working to the centre; the food, therefore, remains for some time, acting as a foreign, irritating body, producing distressing pain, until it is tardily reduced to the required pulpy state. The bad consequences, independent of the internal mischief, resulting from habitually overloading the stomach, are self-evident; we frequently see great and excessive eaters, who are thin, meagre, unhealthy-looking creatures, which proves that excess in the quantity of food seldom affords increase of nourishment. When the appetite is once satisfied, every mouthful afterwards swallowed imposes additional labour, and that fatigue which, sooner or later, produces debility of the stomach, and its sequel, indigestion.

The quality of food capable of inducing indigestion is, of course, variable, on account of the peculiar sympathy or antipathy of individuals; as a general rule, we should eat and drink only of that food, and in that quantity, which experience convinces us is suitable to our constitutions, and resolutely avoid all other.

TAMPERING with MEDICINE, and the injudicious use, and the perseverance in the use of drastic purgatives, such as are contained in some "quack medicines," are the cause of much of the evil such remedies profess to cure. It is a mistaken notion that every disorder of the stomach requires either an "antibilious pill," or a severe purge; and we find those who habituate themselves to the vile practice of "taking physic" soon become confirmed valetudinarians. The use of narcotics, as opium or laudanum, rapidly disturbs the natural energy of the stomach, and becomes, even in small doses, as effectual, though a slower poison, than the draught of the suicide.

As well as the causes now recited, there are many others, as, the want of proper exercise, impure air, and the absence of cleanliness, which, under certain circumstances, predispose us for, if they do not excite, an attack of indigestion.

THE SYMPTOMS OF INDIGESTION.

The SYMPTOMS of indigestion are variable, not only in character, but also in degree; they are occasionally so well marked as to enable the most superficial observer to trace the cause of bodily discomfort to the irregular performance of the function of the stomach; and occasionally they are so obscure, so ill-defined, or anomalous, as to mislead the most wary. In describing such as more frequently present themselves, I shall endeavour to point out those *shades* of symptoms, which, although trivial in themselves, become in the aggregate important, as well as those which are more distinctly diagnostic of the disorder.

Although an attack of indigestion may come on suddenly, yet it usually happens that the disorder is slow and progressive, and until the symptoms become severe, or many are accumulated together, it obtains little, if any, attention from the patient. The early and prominent signs generally appear in the following order:—Shortly after eating, pain, or uneasiness and oppression, is felt in the stomach and its immediate neighbourhood; there is considerable flatulence, as though the body, particularly that part known as the "pit of the stomach," was distended with liquid or wind, which creates a continual "rumbling" in the bowels and frequent eructations, which are acrid and burning (heart-burn): sometimes there is sickness, always nausea; the tongue is either clammy and unnaturally soft, or is parched and coated with a white fur; pain in the head, giddiness, and confusion, soon supervene, attended with disturbance around the eyes, either amounting to actual pain, or to intolerance of light and impaired vision; the patient is overcome with weariness and lassitude, and disinclined for the least exertion, which increases the discomfort that now pervades the whole frame. In some cases the symptoms are most distressing when the stomach is empty; we then notice that the appetite is capricious, sometimes craving for the most uncommon, perhaps unwholesome, articles of food; the uneasiness and weight at the stomach is oppressive and sickening; flatulence is excessive, and the eructations are acid, and accompanied with a flow of an insipid limpid fluid, like clear saliva (pyrosis); a frequent and sudden pain, not unlike a spasm, is experienced in the stomach and abdomen, which may become so severe as to simulate gout.

In other cases there is a continual burning or gnawing at the stomach which is intolerable, causing a sensation as though the coats were nipped, or twisted, or ground together; a feeling of sinking and exhaustion prostrates alike the mind and the body; the thirst is constant; the tongue parched and dry; a bitter or sour disagreeable taste cloys the mouth; the breath is offensive; the skin is hot and harsh, and there is more or less general fever. In all cases the bowels are irregular, either constipated or relaxed; but the former state occurs more frequently than the latter: when relaxed, the evacuations are scanty, and the desire to void them almost constant.

These we may term the leading features of indigestion; but with them we find a general disturbance of the system, presenting such chameleon-like symptoms, changing not only in different individuals, but also at different periods in the same individual, that it is necessary to premise that those which we are now about to detail must be considered rather as the probable than the invariable attendants on the disorder. The character of the PAIN in a dyspeptic stomach is seldom alike in all cases; it may be either acute and darting, or dull and oppressive, and is generally increased by pressure with the hand or dress; sometimes it is rather a sensation of heat or burning than actual pain; when this occurs there is considerable flatulence, and the escape of wind is attended with an acid or burning sensation in the throat; in some cases the pain is more intense at the back, particularly between the shoulders or "blade-bones." When the stomach becomes so irritated that food directly aggravates the pain, sickness frequently follows, and the food is ejected nearly in the same state as when swallowed: occasionally it is mixed with a greenish bitter fluid; sickness occurs more frequently early in the day, either at or after breakfast. If the pain continue for any length of time, it is for the most part attended with a feeling of exhaustion, faintness, and anxiety; the patient will describe the sensation as a "loss of the stomach," or "sinking into the ground;" he has no energy for business or recreation; he craves for something, without being able to say what he really wants; the temper becomes irritable and peevish; he is low and desponding, he feels discontented and miserable.

HEADACHE is seldom absent, as the brain sympathises with every disturbance in the stomach; the pain is, in some instances, violent and throbbing in others it is dull and oppressive, as though a weight was pressing on the skull; the eyes ache, and feel as if protruding from the orbits, and the least touch with the finger to the ball of the eye affords exquisite pain; the sight becomes affected, either by a mist or spots floating before the eyes, or by a confusion of objects; reading aggravates not only the disturbance in the eyes, but also the pain in the head.

The APPETITE is fickle, without the usual relish of food; the patient frequently imagines he can eat all that may be set before him, and immediately he sees the food prepared, he turns away sickened, but not satisfied; others sit down daily to their meals, more as a matter of custom than from any desire to eat, and although they may manage to play tolerably well their part, it is without that enjoyment which is the best sauce and the greatest promoter of digestion. In some the appetite is voracious, and more food is swallowed than can be properly digested even by a sound stomach. Again, others are dainty, and have an inclination to eat, but only of the most delicate and savoury dishes. Frequently there is no appetite whatever, and the mere idea of eating aggravates the existing discomfort. Thirst is troublesome and constant; the mouth is clammy, and vitiated by a viscid or ropy saliva of a most unpleasant taste; the tongue is flabby and hot, the lips burning, and the odour of the breath disagreeable.

The BOWELS, as we have already stated, are irregular, and the evacuations deranged and unhealthy; when constipation is habitual, and the constitution becomes accustomed to the retention, there is not experienced much immediate annoyance, although this state of things keeps up the original disorder. In many instances the bowels are bound for three or four days, and then relaxed for some time without the aid of medicine; when this happens there is generally some pain or griping, as well as irritation, bearing down, or burning at the lower part of the body; if from other causes there exists predisposition for hæmorrhoids (piles), they also become painful and troublesome.

PALPITATION OF THE HEART is one of the most distressing and frequent symptoms; it is alarming, not only to the patient, but also to his friends, who imagine that all the pain, fluttering and anxiety originate in disease of the heart itself, while, fortunately, it may only be a functional derangement caused by sympathy with, and proximity to, a disordered stomach. In some persons the least exertion, as going up stairs, walking fast, or stooping, brings on a fluttering; and any sudden surprise, even being called by name, a door

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"slammed" violently, a postman's knock, instantly causes that oppressive sensation popularly known as "the heart leaping into the mouth." When there is increased or irregular action of the heart, the whole frame sympathises with the unnatural condition; the pulse is quick, weak and intermitting; the temperature of the skin is changeable, at one time being hot and dry, at another covered with a clammy disagreeable moisture, and then again suffused with a burning heat, or flushes; severe chills or rigours are far from being uncommon, and the feet and palms of the hands are either hot, or bedewed with a damp unhealthy perspiration. When palpitation is constant, it is attended with pain at the left side, seldom acute, but always "gnawing" and exhausting; involuntary sighing is also an occasional symptom in such cases.

COUGH and difficulty of breathing are urgent symptoms, which may be mistaken for actual disease in the lungs, when they are in reality only sympathetic derangements; it may easily be conceived that, from the close neighbourhood of the stomach to the lungs, whatever distends the former must of necessity press upon and annoy the latter; thus we invariably find that there is more or less tightness or constriction across the chest; sometimes pain on inspiration, and always a consciousness of breathing, which is not compatible with health. From the irritation thus excited, a tickling is induced in the windpipe, which gives rise to a frequent and distressing cough, either "dry," or accompanied by an increased expectoration of mucus. Should consumption be latent in the system, a continued cough, thus produced, is frequently a sufficient stimulus to call the disease into activity.

Some derangement of the LIVER generally accompanies all cases of indigestion: and although disorder or disease of that organ is frequently a cause of dyspepsia, in like manner it reciprocates any departure from the healthy action of the stomach. In some instances the seat of all the disturbance is referred to the right side, which is painful, especially on the least pressure; the patient experiences a difficulty in sleeping on that side, in consequence of a dragging or tearing pain; sometimes the evacuations are deficient in the quantity of bile, and in others there is an excess in those secretions as well as in the stomach, which induces a twisting or nipping pain, and vomiting.

The SLEEP of a dyspeptic invalid is always troubled and unrefreshing; it frequently happens that a continued restlessness and wakefulness entirely banish the "sweet restorer," or, it comes only at intervals, and is disturbed with frightful dreams, or the nightmare. "In a half-waking or intersomnius condition," saith the learned Dr. Von Druffel, of Berlin, "you behold a monster of some kind—a goblin, a fiery horse, a wild gigantic man—glide slowly towards you. This apparition seats itself on the pit of the stomach, and dresses you with such a crushing weight, that you can neither breathe nor move a limb." You are not asleep; you are sufficiently awake to know that could you but move your little finger, the charm would be broken, and the vile nightmare gallop away. After such a night's rest (?) the patient awakes in the morning, scarcely refreshed, indeed almost as fatigued as when he retired to bed. In other cases there is a constant drowsiness and lethargy, so much so as to induce the patient to drop into a stupor or doze the moment he is seated.

Exercise, which before could be undertaken without the least annoyance, now becomes painful and fatiguing; the limbs ache; the knees and ankles tremble, and there is a general deficiency of that natural energy which the daily avocations of busy life constantly require.

The general appearance of the body indicates the amount of sufferings endured by the patient; the complexion is sallow or pale, the countenance is emaciated, care-worn, and anxious: the eyes recede far back in their sockets, and are sometimes surrounded by a dark areola, or ring; the body becomes attenuated and lean, and the whole aspect bears evidence of deficient nutrition. Spots, pimples, or blotches, frequently disfigure the face, and afford much trouble by their irritation and itching; in some cases they are not confined to the face, but pervade the whole body, so as to cause a doubt whether they may not be a specific disorder, and, under this idea, may be improperly treated as a scurvy, or scorbutic eruption. A troublesome itching or pricking is occasionally felt in different parts of the body (unattended with any cutaneous eruption or pimples), which is continually adding to the discomfort of the patient, and as it is invariably increased by scratching or friction, the irritation keeps the sufferer in a state of perpetual restlessness.

(To be continued in our next).

CASE OF REUNION OF FINGERS AFTER COMPLETE SEPARATION.

THE following interesting case recently occurred in the practice of Mr. Denny. Mr. Denny says, a labouring man applied to me to dress the thumb and fore-finger of the left hand, having, as he stated, met with an accident, whilst cutting or chopping a handful of grass with a sickle. Upon examination I found he had, by a clear incision, cut out of the thumb a triangular shaped piece, the incision extending from the end down the centre of the nail, nearly to the root, then outwards to the fore-finger. The piece thus disunited consisted of the portion of nail described, integument, muscle, and a minute portion of bone. From the finger he had nearly sliced off a piece of muscle and integument on the side next to the thumb. I sent him back the distance of two miles, to search among the grass for the dismembered portion, which he succeeded in finding, and which, upon his return, I carefully washed with warm water, and adjusted it in exact apposition to the surfaces from where they were cut. I freely applied collodion, so as effectually to exclude the atmosphere, and prevent any further hemorrhage, and with various pieces of strapping, held them firmly in the position in which I had placed them. The result has been the perfect re-union of both pieces, leaving little or no cicatrix. I should mention that the period that elapsed from the occurrence of the accident to the replacing of the parts was four hours; also that the pain, which was very acute, from the exposure of the cut surfaces to the atmosphere, ceased immediately that the parts were replaced; and the man experienced little or no pain afterwards.

PRESCRIBING DRUGGISTS.

A CORONER'S inquest was held in Liverpool on the body of a child between six and seven months old, who died soon after "three to four drops were given to it, of a liquid sold at the shop of Mr. S—n, druggist, for syrup of poppies." After a lengthened investigation, "the jury, after some minutes investigation, brought in a verdict of 'chance medley,' as affecting the parents, and appended to their verdict their strong reprehension of the negligent conduct of Mr. S—n in conducting his business." The *Liverpool Standard* from which we quote the above, states that, within about six weeks, no less than three cases of death, produced by the ignorance and presumption of prescribing druggists, have formed the subject of judicial investigation in Liverpool alone.

CHLOROFORM.

A DEATH from chloroform lately occurred in Berlin, and made a great sensation. A young lady died two days after an unsuccessful attempt had been made to extract a tooth while under anæsthetic influence,—the re-action, it is said, operating upon the brain. The dentist has been examined before the judicial authorities, and charged with having administered the drug without the presence of a surgeon or physician, as required by law,—not that such authorisation would have saved the patient; but "the law allows it, and the court awards;" and the effect will be to check the indiscriminate and indiscreet use of chloroform, which is here as fashionable as it seems to be in your northern capital. It has also given rise to many discussions among scientific men. Langenbeck, the successor of Dieffenbach in the University Clinic, and formerly Professor at Kiel, has availed himself of the opportunity to publish his "experiences" on the matter. He has used chloroform in all ages,—in the child of a few hours old, and in patients of 80 years of age. He has had but one death from it, and that in a sailor with comminuted fracture of the ankle, requiring amputation. While tying the artery, Langenbeck observed black blood and gas bubbles issuing from the wound, and the patient died half-an-hour after the operation. The same occurrence also lately took place in La Charite, during the operation for excision of the lower jaw. On dissection, much black and frothy blood was found in the right heart. By the way, Professor Baumgartner announces some illustrations of the cure of diseases of the respiratory organs by chloroform.—Berlin Correspondent of the *Medical Times*.

A NEW REMEDY FOR HYDROPHOBIA.

M. ROCHER D'HERICOURT, who has lately returned from a voyage in Abyssinia, has brought with him numerous specimens of a plant, the root of which, reduced to powder, is a cure for hydrophobia, both in men and animals. Of its virtues M. d'Hericourt had practical proof; three dogs and a man having been bitten by a mad dog, were, by application of the remedy, cured of the hydrophobia which ensued; while a fourth dog (bitten at the same time by the same animal), to which the remedy was not given, perished in all the agony of that horrible disease. The virtue of the plant, and the manner of preparing it for use, were explained to the traveller by a potentate of the country, who assured him that it was there generally used, and never failed. The specimens brought over by M. d'Hericourt, have been submitted to the Academy des Sciences, and a Committee of that learned body has been appointed to test their efficacy. If, as it is confidently hoped, the plants have not lost their virtue in this European climate the world will soon be put in the possession of the means of curing one of the most frightful diseases to which flesh is heir, and M. Rocher d'Hericourt will have the glory of having conferred an incalculable blessing on mankind.—Paris Correspondent of the *Literary Gazette*.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

THE TREATMENT OF CHILBLAINS.—In the earliest stage, friction, either employed dry or with brandy, or camphorated spirits, is the simplest and best means; when the parts have become red and shining, but before ulceration has taken place, the following application may be used with the greatest advantage. Take camphor, one drachm; essential oil of turpentine, eight ounces. Dissolve and apply as an embrocation. After ulceration has commenced, the best remedy is an ointment thus made. Take, lard, one ounce; Goulard's extract, twelve drops; extract of opium, three grains; cresseote, ten drops. Mix, and spread on old rag or lint, and apply to the sore, night and morning; a bread poultice to clean the wound may be occasionally requisite.

EMBROCATION FOR SPRAINS, BRUISES, AND RHEUMATISM.—Take soap liniment or *opodeldoc*, one ounce and a half; spirits of camphor, two drachms; oil of origanum, half a drachm; rectified spirits of wine, one drachm and a half. Mix. This Liniment may be made more stimulating by the addition of one drachm of strong water of ammonia:—it may be made anodyne, by the addition of two drachms of laudanum.

OINTMENT FOR HÆMORRHOIDS *(Piles)*.—Take, powdered galls, one drachm; powdered opium, one scruple; lard, one ounce, Mix. Apply night and morning, or more frequently.

FAINTING.—A person in a fainting-fit should be placed perfectly flat; ammonia, or other powerful stimulant, should be applied to the nose; as soon as he can swallow, a small quantity of brandy and water, or sal volatile and water may be given. If there be great coldness of the extremities, hot flannels, or hot bottles of water, should be applied to the feet and legs.

EPILEPSY.—During an epileptic fit, the patient should be placed on a bed, or sofa; if he falls down in the street, a coat or rug should, if possible, be placed beneath him: the head must be raised, and every thing tight around the throat and chest removed; to avoid injury to the tongue, a cork, or piece of wood, should be placed between the teeth. Vinegar and water, or cold water should be applied to the head.

APOPLEXY.—The first thing to be done, in all cases, is to loosen the patient's neckerchief and shirt collar, raise his head, or place him, if convenient, in a chair, and open the window of the apartment. Not any thing should be given, until the arrival of a medical man, who should be sent for immediately; should time elapse before his arrival, apply leeches to the temples.

DIETARY, WHOLESOME & ECONOMIC.

TO MAKE WHITE, UNFERMENTED BREAD.—Take flour, a pound and a half; bi-carbonate of soda in powder, two drachms; spirits of salt (hydrochloric or muriatic acid), two and a half fluid drachms. Water, thirteen ounces; common salt, a third of an ounce. The flour and soda must be carefully mixed by the hand. The salt is to be first dissolved in the water, and then to have the acid mixed with it. The ingredients are now to be very carefully and uniformly stirred together with a wooden spoon, and the mass is to be put immediately into a quick oven for half an hour.

TO MAKE BROWN UNFERMENTED BREAD.—Take white meal, a pound and a half; bi-carbonate of soda, two drachms and ten grains; spirits of salt (hydrochloric or muriatic acid), two and a half fluid drachms and twelve drops; water, fifteen ounces; common salt, a third of an ounce.

TO BOIL RICE.—Wash well in two separate waters a pound of the best Carolina rice, then have two quarts of water (boiling) in a stew-pan into which throw your rice; boil it until three parts done, then drain it on a sieve; butter the interior of a stew-pan, in which put your rice, place the lid on tight, and put it in a warm oven upon a trivet until the rice is perfectly tender, or by the side of the fire; serve it separate with curry, or any other dish where required. Prepared thus, every grain of rice will be separate and quite white.

MUTTON BROTH.—Put two scrags of mutton (having previously jointed the bones), with two onions, three turnips, and one carrot, fill up the stew-pan with a gallon of water, and place it upon the fire; when boiling set it at the corner, where let it simmer for three hours, keeping it well skimmed; then cut a small carrot, two turnips, an onion, with a little leek and celery, into small square pieces, which put into another stew-pan, with a wine-glass of pearl-barley; skim every particle of fat from the broth, which pour through a hair sieve over the barley; let the whole boil gently at the corner of the fire until the barley is tender, when it is ready to serve. The meat may be trimmed into neat pieces and served with the broth, or separate with melted butter and parsley, or onion sauce. Half, or even a quarter, of the above quantity can be made by reducing the ingredients in proportion.

PORRIDGE.—When children are delicate, porridge is often preferable to bread and milk. Put two table-spoonsful of Scotch grits or oatmeal in the milk saucepan, which moisten with half a pint of milk; let it boil ten minutes, keeping well stirred, add a small piece of butter, and a little sugar, and it is ready for use.

ADVERTISEMENTS.

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HEALTH OF LONDON DURING THE WEEK, ENDING DECEMBER 29.

In the last week, the deaths registered in the metropolitan districts were 1053; the weekly average of this season, corrected for increase of population, is 1162. The mortality of last week is, therefore, less than the estimated amount by 109 deaths, and is nearly the same as that of the previous week. Of the 1053 persons, whose deaths are included in this Return, 841 had medical attendants, and written statements of the diseases which proved fatal, distinguishing in many cases the primary and secondary forms, are entered in the register-books; 15 had no medical attendance; in 15 cases the cause of death was not certified, and in these it does not appear whether or not the patients had professional aid; 7 children are returned as having died of suffocation in bed; 5 deaths are ascribed to intemperance, of which one was the case of a girl of 14 years, who died after 38 hours' illness, of congeation of the brain and other organs, from drinking gin; a child died of want; a man of 40 years, in the sub-district of St. Andrew East, of "exposure to cold and destitution," and a pork-butcher of 27 years, on the third day after admission into the workhouse of St. Martin-in-the-Fields, from the effects of "starvation and neglect." A woman who had no medical attendance died in Somers-town, of "inflammation of the lungs;" she is stated to have arrived at the advanced age of 100 years. The following is the number of deaths occurring from some of the more important special causes:—

Apoplexy	44	Heart	36	Phthisis	115
Bronchitis	78	Hooping Cough	21	Pneumonia	60
Cholera	6	Hydrocephalus	24	Scarlatina	25
Childbirth	11	Influenza	8	Small-pox	7
Convulsions	42	Liver	10	Stomach	6
Diarrhœa	9	Lungs	8	Teething	5
Dropsy	19	Measles	42	Typhus	31
Erysipelas	9	Paralysis	21	Uterus	6

TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book, for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, No. 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from half-past One until Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "A Subscriber,"—"Constant Reader,"—"Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us; if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

W. W.—We never *hazard* an opinion, and never prescribe for or direct a patient through our columns, unless the history of the case furnished to us is so clear and distinct, that a *doubt* as to the proper treatment cannot possibly exist. Your letter leaves us in doubt.

P. L. (Dumfries).—All our prescriptions will be according to the "London Pharmacopœia," and they will invariably be written in plain English.

THE TEETH.—We have every reason to repose confidence in Mr. Smartt's ability as a dentist. His charges we know are moderate;—moderate in *fact*,—not in the Fleet-street-advertising acceptation of the word.

A. W. J. (Bridport).—We have seen several cases of periodical deafness similar to yours, and have found full doses of quinine of great service. Local applications are of no use. Your letter does not go sufficiently into detail to enable us to direct precisely the required treatment.

INQUIRER (Marylebone).—We are much gratified by your good wishes. To your first question, Yes; every practitioner in Midwifery is, or ought to be, prepared to employ chloroform in childbirth. To the second query, we will quote the words of Dr. Conquest:—"In the practice of medicine every new suggestion and alteration has been deemed an innovation; and, long before its universal adoption, has been denounced by prejudice and ignorance as unnecessary and uncalled for. These observations apply with peculiar force to the recent introduction and employment of CHLOROFORM to subdue the fearful agonies hitherto endured by some women whilst giving birth to their children; and I have no doubt in a few years it will be a matter of extreme surprise, if not of incredulity, that such objections as now exist should have met with any to support them; and most likely, in days to come, it will not be a question whether the use of this anæsthetic agent be justifiable or not, but rather whether, medical men will be warranted in withholding it,—*I do not say in ordinary and natural delivery*, but whenever the pangs and anguish of an intensely and painfully protracted labour, or the imperative interference of manual or instrumental assistance, shall demand its administration."

CLOTHING.—Calico is the preferable fabric to wear next the skin. Do, let us pray you, employ sempstresses yourself; do not wear a stitch of clothing bought at the advertising slopsellers. Shirts with ridiculous names—*Euthanasy, Bottitique*—though sold so cheap, are made with costlier materials than thread and Whitechapel needles,—they are made with woman's heartstrings—they are paid for by woman's degradation. "I used to work at slop-work," said the poor Magdalene, to that admirable man, the metropolitan special correspondent of the *Morning Chronicle;* "at shirt-work—the fine full-fronted white shirts; I got 2½d. each for 'em." Oh! may shirts paid for at this price cling coldly and damp to the thoughtless man who would clothe himself in such "fine linen."

T. J. (Hollaway).—Call. You shall meet with every consideration.

"ERVALENTA," "REVALENTA," "ORIENTAL FARINA," are the *quack* names given to the flour or meal of the common lentil—(the *Ervum Lens* of botanists). Lentils are kept by all respectable seedsmen and corn-chandlers. The price is about one shilling a quart. When sold under the above advertising names, the price is six or seven shillings. There cannot be any doubt of their value as an article of wholesome diet.

INQUIRENDO.—An aneurism is a pulsating tumour containing blood, and communicating with the interior of an artery.

SLEEPLESS (Wisbeach).—Take, tincture of opium, ten drops; syrup of poppies, one drachm; compound spirits of æther, one drachm; nitrate of potash, six grains: camphor mixture, eleven drachms. Mix, for a draught to be taken a bed-time.

A POOR MAN.—We fear you have got hernia (rupture). Call upon Mr. Smith, truss maker in High Holborn; he is an ingenious mechanic, and has great ability in adapting the instruments he makes to individual necessities. We have employed him for the last six years, and have always been satisfied with his workmanship and the lowness of his charges.

JAMES.—Certainly. We will receive you at the hour you have appointed. It *is* lawful to heal on the Sabbath day.

A SHOPMAN.—Take four grains of the compound rhubarb pill, half an hour before dinner. Do not eat cooked vegetables, fish, pastry, nor salted meats. Drink "bitter ale" in small quantities, and shun spirits as you would sin.

ROBERT B——.—We would willingly comply with your request, could we do so with a prospect of benefit to you, or satisfaction to ourselves.

WE beg to direct attention to one of the greatest boons for the sick chamber yet presented to the invalid; we refer to Spencer's adjusting bed, the use of which will entirely prevent those dreadful sores that so constantly irritate the hips, &c. of patients confined for any length of time to the recumbent position.

BANQUO (Cheapside).—A white tongue is not always an indication of the necessity of "taking opening medicine" and "living on low diet." You will seriously injure the digestive organs if you continue "quacking" with the pills you name.

A POOR SHOEMAKER (Northampton)—Take four grains of compound rhubarb pill every night for a week. Also, take, trisnitrate of bismuth, one scruple; tincture of hops, six drachms; infusion of buchu, five and a half ounces. Mix. Dose, two table-spoonsful twice a day.

PRESCRIPTIONS are left with THE DISPENSER, 78, GRACECHURCH STREET, for the following correspondents:—B. S. L. (Southampton-st.). J. BROWN (Greenwich). ANN B. (Mile End). A MECHANIC, also a private note. JUVENIS, also a private note. W. K. (Kingsland Road). CAPTAIN R. (Turner Street). G. P. (De Beauvoir Town). H. A. J. (Hoxton). W. B. (Poplar), and a private note.

OUR next Number will contain the first of a series of articles ON THE DISEASES OF WOMEN. It will be our great aim to render these papers worthy of being placed in the hands of every daughter by her mother.

Printed by CHARLES ADAMS, at his Printing Office, 8, St. James's Walk, in the Parish of St. James, Clerkenwell, in the County of Middlesex; and Published, for the Proprietors, by GEORGE VICKERS, at 28 and 29, Holywell Street, Strand, in the Parish of St. Clement Danes, in the said County of Middlesex.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 3—Vol. I.] SATURDAY, JANUARY 19, 1850. [ONE PENNY.

ON THE DISEASES OF WOMEN & CHILDREN.

No. I.

Frequently though health be hailed as the greatest of all blessings, and invoked as a boon granted by our Creator, superior to all others, how few there are who can say in what health consists! and how few there are, who stop to consider upon what a pinnacle it is poised!

Health is that condition of the body in which all the functions of life are performed harmoniously, with ease, and with a feeling of well-being. Each organ acts unconsciously; the whole bodily energies seem to play their part together: and the union is so complete, that we neither feel nor care to inquire how the machine works:—we are only sensible that its movements are simultaneous. Every deviation from this state denotes, if not the actual presence, at least the approach, of disease.

When it is remembered that life may be shortened, by an *apparently* trifling dereliction from this just balance of our functions, it behoves every person, having care or thought, to watch with anxiety and earnestness any alteration or obstruction in their due performance.

> "Ills small at first, grow larger from delay,
> And slowly eat their sad and cankering way;
> Thus, by successive throes, the frame is torn,
> Till health and peace of mind alike are gone."—Dr. Darwin.

The Diseases of Females have always held, with great justice, a prominent place in Medical literature: for whether we regard the protean form they so often assume—their frequent danger, or the interesting objects of their attack, they possess peculiar claims on our solicitude and attention. In another point of view the study of these diseases is most important; for there is no class of maladies the treatment of which imposes greater responsibility on the physician, or where his character and skill are more frequently placed in jeopardy.

Beyond the functions which are essential to the life of Man, there is *one* characteristic of Woman, upon the correct performance of which depends, in the greatest degree, her health, her peace of mind, her existence; there is no other function in the human body which exerts such a decided influence over her well-being, neither is there any other which sympathises so largely with her life's organisation. The age at which this characteristic function, the *catamenia*,—*menstruation*,—"*the custom of women*" (*Genesis*),—commences in our climate varies from the thirteenth to the fifteenth year. There are, however, instances in which it appears earlier, and others in which it is retarded. At this period (puberty) the whole system undergoes a considerable change, and becomes more fully developed; the bust is enlarged, the neck elongated, the eye sparkles with vividness and expression, indicative of soul and feeling; girlish playfulness is exchanged for bashfulness and retiring modesty; and in her deportment, the girl gradually merges from a child, and assumes a womanly character.

> ——"By degrees,
> The human blossom blows; and every day,
> Soft as it rolls along, shews some new charm,—
> The father's lustre, and the mother's bloom."—Thomson.

The Girlhood of Woman, like the budding of a cherished flower, requires constant care, guidance, and watching, lest a worm, a canker, with insidious stride, eat its devouring way, leaving nought save a withering blight and foul deformity, when we hoped alone for beauty and enduring fragrance. It is at this age that the dearest object of a mother's solicitude merits her constant care and watching; it is now that the buds of inherent or acquired disease are matured or crushed, and the prospect of continued health and strength permanently influenced; it is now that the slightest deviation from her accustomed habits must be noticed with unremitting accuracy, and the indication afforded be so acted upon, that we may gently assist nature, rather than rashly or violently interfere with her beautiful operations.

The immense importance of this, the first crisis in the life of Woman, should, with all delicacy and caution, be impressed on the mind of every young female, in order that we may gain her co-operation in securing for herself an immunity from those diseases which at this period threaten the future stability of her constitution.

The physical symptoms which are attendant upon this revolution in the female system are so varied by the peculiar organisation of individuals, by peculiar temperament, and, it may be also added, difference in the mode of living and education, that it would be a tedious task to enumerate every sign which may accompany the development of this function. On the first appearance of the catamenia there is generally experienced considerable languor, attended with nervous timidity, the animal spirits become depressed, and a feeling almost amounting to dread pervades the mind: the countenance is changeable, at one moment flushed with unwonted redness, at another, deadly pale. The youthful invalid now feels a pain, weight, or dragging sensation about the loins and around the lower part of the body; the breasts, sympathising, as they always do, with the uterus, become tense and full, and darting pains occasionally extend to the armpits. Headache is either constant, periodic, or occasional, as also a feeling of tightness across the brows: the stomach becomes disordered, and heartburn, with flatulence, frequently creates much distress; the bowels are torpid, and an unpleasant taste is experienced in the mouth; the sleep is disturbed, and annoying dreams frequent; the skin is hot, and the pulse increased in rapidity.

These symptoms will continue for some days and then subside; but they should never be allowed to linger any length of

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time; by timely aid they may be mitigated in severity, their recurrence prevented, and the event, which they would otherwise tardily usher in, hastened.

After a succession of attacks of indisposition similar to that described, a trifling discharge will be noticed, which at first appears like water slightly tinged with blood; this soon becomes of a redder colour, and then ceases. When these symptoms terminate, they are succeeded by a feeling of languor and faintness which enervates the whole frame, and the physician is now called upon to allay that irritation, and to restore that natural equilibrium of the system, which has been disturbed by the most important organ in the female economy taking upon itself, for the first time, the performance of its appointed function. At this crisis, whilst nature is struggling to overcome the barriers which interrupt her legitimate offices, we would impressively call upon every parent, as she values the health and the happiness of her child, to seek that advice which is now so eminently required, and which experience can so readily afford.

At the lapse of some months the symptoms just detailed return, with a more profuse and deeper-coloured discharge, and after recurring two, three, or more times at *irregular* periods menstruation will be, if proper precaution be exerted, and judicious treatment adopted, fairly established; and should neither pregnancy, nursing, nor disease intervene, the discharge will return with almost mechanical regularity, every twenty-eight days, until the SECOND CRISIS in the life of Woman namely, the cessation of the catamenia.

There are several circumstances which materially influence, not only the age at which the catamenia first appears, but also its continuance and regularity. To some of these it will be necessary briefly to allude: first, *Temperament*. A robust state of the constitution favours the appearance of the menses, a delicate one retards it. We have observed that those who have fair hair are more backward in commencing than those whose hair is dark; and it has been remarked by Briere de Boismont, that in some women of tall stature it occurs later than in shorter figures. *Climate:* in the higher latitudes where all nature attains maturity earlier than in colder regions, adolescence occurs at the eighth or ninth year; in the colder latitudes it is delayed until the twentieth; and Linnæus has asserted, that in Lapland the function of which we are now speaking happens only during the summer months. In Europe, the age of fourteen is admitted to be the average period: females living in the country most frequently commence earlier than those living in large towns. We know instances where young girls immediately after leaving "the purple heath, or where the wild thyme grows," to reside in large towns, experience not only a diminution in the just quantity, but in some cases a total suppression for one or more periods. In like manner, women who arrive in England from warmer climates discover a proportionate alteration; this effect of climatorial influence was brought prominently under our notice within a very recent period, in the case of a lady by whom we were consulted. She had returned from India with her husband, in the enjoyment of favourable health, the catamenia had ceased, and she fancied herself to be pregnant: from collateral circumstances we were induced to suppose this was not the case, and the result proved that the check depended alone on the influence of climate, and some change from the indolent and luxurious habits of the East. *Education:* a very carefully attended religious and moral education has the effect of delaying the catamenia, or restraining it until nature ordains its appearance; on the contrary, a neglected education, with lewd associates, induces precocity, and consequent delicacy of health inasmuch as the general strength and development of the system does not keep pace with the forced action of the uterine organs. *Occupation* exerts a decided influence: between the ruddy, robust peasant, and the emaciated little factory-girl—between the well-fed and well-clothed daughter of wealth, and she who plies

——"hemseedle and thread
In poverty, hunger, and dirt,"

there is a marked difference, as well in the growth and perfection of the frame, as in the performance of all its healthful offices. In the former we find nature gradually and beautifully completing her own admirable scheme; whilst amongst the children of poverty she is disturbed and thwarted, until disease be added to the horrors of ill-requited labour and want. *Organic and other diseases, affections of the head, heart, lungs, liver, the mesenteric glands, a sickly infancy and youth*, materially retard this crisis; and it should be the aim of the physician to induce the secretion, as the most powerful auxiliary he can have in the removal of pre-existing disease, and the perfect restoration of health. *Mental emotion* is also a cause of maturing or delaying this period, the influence exerted being dependent on the exciting or depressing passion which may be moved into action. There are other influences which bear upon this crisis, to which allusion will be made hereafter.

(To be continued in our next.)

DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. III.

(*Continued from page* 14.)

HYPOCHONDRIASIS OR LOW SPIRITS.

ALTHOUGH HYPOCHONDRIASIS might be classed with propriety as a separate disorder, having *dyspepsia* for its chief symptom, still, as the two are inseparably connected with each other, and as indigestion is more frequently a cause than an effect of the mental malady, we shall now consider low spirits as a symptom or result of dyspepsia.

Attending all cases of indigestion, even the most simple departure from health, there is invariably some depression of the animal spirits, and loss of that mental energy without which we can neither cheerfully nor efficiently pursue our daily duties, nor enjoy life; as the disorder advances or becomes confirmed, we find that hypochondriasis, or "low spirits," is one of the most urgent and distressing symptoms which harass and make wretched the victim of a "bad stomach."

Hypochondriasis is a morbid disease of the mind, in which the patient is tormented with a visionary or aggravated sense of pains or some concealed disease; an irksomeness and weariness of life, often without any specfic reason whatever; a whimsical dislike of peculiar persons or things; or groundless apprehension of personal danger and poverty. The imaginary evils thus induced are more painful to be borne than the most acute bodily suffering: the mental misery commences with anxiety, and rapidly runs through all the grades of a disturbed mind, until it ends in melancholy, despair, and perhaps suicide. Although it would be a difficult task to describe all the symptoms, the doubts and fears, which distress a hypochondriac, we shall nevertheless attempt to give such an outline of the affliction as may enable our readers to recognise the leading features, and to derive some consolation, from the knowledge that so much torture may be rightly referred to causes which will yield to judicious moral and medical treatment.

The individual who labours under this malady, seldom presents any decided external indication of disease—indeed, he has often the appearance of sound robust health; thus he obtains but little sympathy from those around him, while he has "that within which passeth show," which robs life of all its joys, and embitters each hour of his existence with overpowering dread and anguish. As we have already described the corporeal symptoms, we shall not dwell upon the flatulence, the constipation, head-ache, giddiness, palpitation, sleeplessness, &c., but confine our remarks to those alone which are mental; we may, however, add, that at some period or other of the disorder almost every organ, and every part of the body, is afflicted with pain or discomfort, real or imaginary.

The earliest symptoms which the patient experiences are, anxiety or dread of some impending evil without any adequate cause; the mind becomes clouded

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by the apprehension of a calamity which will mar either his worldly prospects or his health; the ordinary events of life assume a gloomy character; business, which before was his delight, frequently becomes the greatest enemy to his peace; he dreads insolvency, yet he has not the energy to arrest it; he cannot fix his attention upon any subject of importance, or engage in anything that demands vigour or courage; his temper becomes peevish and irritable; he "snaps at his wife, scolds his children, and kicks his dog;" he has a distaste for all that previously added to his comfort; he loses all relish of life, and prays that his sufferings were terminated.

In some instances, the morbid fears of the patient revert to a particular subject: we have now under our care an individual in the meridian of life, possessed of sufficient property to insure for his family, as well as himself, all the requirements as well as the comforts of life, who is continually harassed with the fear of ending his days in a workhouse: his income is fixed and secure; he is neither dependent on commerce nor at the caprice of an employer; in fact, poverty can never come to him, unless he zealously and strangely court it, and yet the dread of want is the *one* sad thought of his mind.

In others we find an apprehension of every disease within the bills of mortality; they complain one after another of every organ in the body; now the head, then the lungs, and most frequently the heart is the seat of all their suffering; sometimes the sight is supposed to be affected; they do not see so well as formerly, and directly, they are convinced that a cataract, at the least, is the cause of the impaired vision.

The fear of immediate or sudden death is occasionally the appalling symptom; the patient apprehends that every moment will be his last, that the hand of death is already upon him; and under this idea we have known persons settle their affairs, make their wills, take leave of their friends, and in all things "set their house in order," when in reality—as far as organic disease may be concerned—there can be no sufficient reason to look for a fatal result. Sauvages, who has described this type of the malady as *melancholia Anglica*, in consequence of its frequency among our countrymen, says, they "put an end to their lives by hanging, poison, or other means; exhibiting a wish to die, not from insanity or severe grief, but tranquilly, from a mere *tadium vitæ*, or irksomeness of existence."

Of all the phases which this malady assumes, none is more frequent or distressing than that condition which brings with it an inaptitude for business and inability to perform those duties which the social position of the individual demands; such cases are continually presenting themselves to our notice. The patient complains of listlessness, or constant languor, which prevents him following his employment without the greatest fatigue or distaste; he takes no interest in his daily labour, which he performs truly as a task—a most irksome one; his mind is confused, his ideas wander, his memory is treacherous, he neglects some important command, his temper is quarrelsome and impatient of control; a sharp word throws him into a paroxysm of passion; with the wish to retain the good opinion of his superiors, he yet cannot satisfactorily fulfil his duties; he is charged with carelessness when he ought to be pitied as an invalid; he allows younger, and perhaps less qualified, men to be promoted over him, and, under bodily and mental suffering, he is deprived of the very means of subsistence.

Men who have in early life run a career of dissipation, devoting themselves to sensual gratifications, by which the stock of enjoyment is exhausted, and the powers of the mind and body worn out before the midway of existence has been attained—men who are *blasé*, or "used up," whose constitutions are "shattered"—soon feel a want of the habitual stimulus which, to them, is life itself; they consequently fall into low spirits, and become unhappy; without the taste or energy to engage in profitable or rational pursuits, they drag on a cheerless and miserable existence, mistrusting and envying those around them. To those who are on the threshold of such a life, we would tender the advice of Dr. Johnson in *Rasselas*,—"Let us, therefore, stop, while to stop is in our power; let us live as men who are sometime to grow old, and to whom it will be the most dreadful of all evils to count their past years by follies, and to be reminded of their former luxuriance of health only by the maladies which riot has produced."

Another form of hypochondriasis is frequently found in persons who, having been actively engaged for many years in business, suddenly quit the scenes of busy life and speculative or industrial employment; to such, the cares, the fatigues, the anxieties of occupation have, by long custom, become the very source of all enjoyment, and, lacking this—without a taste for reading, without a relish for country life, and dreading inactivity—they readily fall into a "low way;" they are dissatisfied, irascible, and morose; miserable themselves and rendering all connected with them the same. The tale of the tallow chandler, who sold his business with the proviso that he might attend for his amusement on "melting day," is no fable. Men who arrive at, or something past, the meridian of life, should be careful how they adopt any sudden change from that routine which for years has maintained them in health and peace.

There is a class of afflictions which, although they may originate in dyspepsia, rather belong to *monomania*, or *hallucination*, than to hypochondriasis; we allude to those whims or fancies which induce the invalid to believe he has undergone some corporeal change,—that he is either as light as a feather or as heavy as lead; one believes he is a giant, another a dwarf. Were it not a melancholy reflection that the wisest and best of mankind are open to this disturbed imagination, the recital of their whims would be ludicrous, if not amusing. Marcellus Donatus makes mention of a baker of Ferrara, who thought himself a lump of butter, and durst not sit in the sun nor near the fire lest he should be melted. Sometimes the hallucination turns to an individual whom they suspect and dread; sometimes they are suspicious of their friends and relatives, imagining they design to poison them; sometimes a particular spot is haunted by a ghost or hobgoblin; and every act of their lives is tinctured with superstitious fear and timidity. Many instances have been recorded in which the unhappy invalid supposed himself to be a criminal who had perpetrated a dreadful offence, for which the officers of justice were about to apprehend him. Trincavallus had a patient that for three years together could not be persuaded but that he had killed a man, and at length sunk into a confirmed melancholy, and made away with himself for fear of the gallows.

Burton, in his glorious work, "The Anatomy of Melancholy," has so well described the mind of a misanthrope, that we offer no excuse for quoting it *verbatim*. "They are soon tired with all things: they will now tarry, now be gone; now in bed, they will rise; now up, then go to bed; now pleased, then again displeased; now they like, by-and-bye dislike all, weary of all, discontented, disquieted; upon every light occasion, or no occasion, object; often tempted to make away with themselves; they cannot die, they will not live. They complain, weep, lament, and think they lead a most miserable life: never was any man so bad. Every poor man they see is most fortunate in respect of them; every beggar that comes to the door is happier than they are; jealousy and suspicion are common symptoms; they are testy, pettish, peevish, distrustful, and apt to mistake, and ready to snarl upon every occasion, and without any cause, with their dearest friends. If they speak in jest, the hypochondriac takes it in good earnest; if the smallest ceremony be accidently omitted, he is wounded to the quick. Every tale, discourse, whisper, or gesture, he applies to himself; or if the conversation be openly addressed to him, he is ready to misconstrue every word, and cannot endure that any man should look steadfastly at him, laugh, point the finger, cough, or sneeze. Every question or movement works upon him, and is misinterpreted, and makes him alternately turn pale and red, and even sweat with distrust, fear, or anger."

The unhappy victim of all these mental sufferings should ever be the object of compassion, rather than be derided for what some are pleased to call "weakness." How frequently do we hear some insensible, thick-skinned creature exclaim,—"Why, how is it possible you can let such a *little thing* trouble you?" Will he reflect, and learn with what eagerness his low-spirited friend would prevent this "little thing," whatever it may be, annoying him *if he could*; the inability to do so is his disease, not his inclination.

[To be continued in our next.]

WARM BEDDING FOR WINTER.

We have been much struck by an examination of some coverlets, the manufacture of which has been recently introduced into this neighbourhood, which seem to combine the lightness and warmth of the eider-down quilt, with a cheapness far greater than that of ordinary blankets. They are composed of a cotton wadding of a superior kind, enclosed and quilted in glazed calico; and we understand that a coverlet having a warmth equal to three or four of the commoner kinds of blankets, can be manufactured at the cost of a few shillings. As there are few things in which the families of the poor are more strikingly deficient than in warm bedding, the invention is likely to prove of essential importance to them; and it is by no means without its utility to the rich, especially when suffering under protracted sickness and confinement, when a heavy weight of bed-clothes frequently becomes almost unendurable. In such cases, one of these wadding coverlets, the pressure of which is so slight that it literally cannot be felt, will give quite as much warmth as can be required even during the severest weather, and in the coldest apartment.—*Manchester Guardian.*

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DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. III.

DRY CATARRH, OR COUGH WITHOUT EXPECTORATION.

(Continued from page 10.)

Dry catarrh, or cough unaccompanied by expectoration, is caused by those influences, already detailed, which induce a common cold.

The first effect of cold applied to a mucous surface is to render it dry,—its secretion is suspended: it becomes tumid, swollen, and thicker than before, and as these effects increase, the parts affected become in a state of inflammation, and this inflammation, when the membranes of the air-passages are implicated, constitutes *bronchitis*.

The symptoms of dry catarrh are dependent on the extent of mucous membrane implicated in the disease: in some cases it may excite little disorder of the general health, the only symptom being a slight shortness of breath, with increased difficulty of respiration during the least exertion, and the occasional expectoration, especially in the early part of the morning, of a small portion of tough tenacious mucus of a grayish colour. In other cases, and they are the most frequent, there is a tickling, teazing cough, which comes on in paroxysms; the difficulty of breathing is increased, and sometimes threatens suffocation; there is considerable tightness and oppression across the chest, which is ultimately relieved by the expectoration of hard dense pellets of mucus of a yellow colour; sometimes these pellets are surrounded by a copious secretion of phlegm, and occasionally they are brought up almost as a substance. After a time the expectoration becomes more copious, and is of a white glairy colour; in the advanced stages of extreme cases it loses its mucous character, and becomes muco-purulent or purulent, and occasionally it is tinged with blood.

I have seen many instances in which the cough was trifling, scarcely sufficient to excite observation, and then oppression at the chest or difficulty in breathing was the only symptom that gave uneasiness. In such cases, when expectoration was induced, and the bronchial tubes become less embarrassed, the patient continued, for a time, free from disturbance.

A dry cough is most exhausting to the strength of an invalid, as the repeated ineffectual attempts to obtain relief by expectoration severely strain not only the muscles of the chest, but also the lungs; and without relief be quickly obtained, inflammation is set up, and we have then to contend with the more alarming disease, bronchitis.

Dry catarrh, if it does not terminate favourably within a few days, either runs into humid catarrh, bronchitis, or becomes chronic.

Chronic catarrh occurs more frequently in persons advanced in years, especially those who have lived freely, and have a disposition to gout or rheumatism; it is a common result of functional derangement of the stomach, liver, and bowels, and individuals disordered or "used up" by long-continued excesses and irregularities are rendered most susceptible of an attack on the least exposure to cold.

The outward signs of dry catarrh sometimes assume the appearance of asthma, for which disease it is frequently mistaken. I may here notice the valuable auxiliary we now possess to enable us to distinguish correctly each and every disease, and condition of the chest, by means of the stethoscope, which, in fact, gives to the physician another sense, and enables him to detect with certainty the precise disease and its precise situation. A short account of this instrument will not be irrevalent here.

The stethoscope was invented in the year 1816, by Laennec, a French physician. It is generally made of cedar wood, of a cylindrical form, about ten inches long, about an inch broad, having a cylindrical perforation throughout its whole length, an expansion or cup at the end, and a flat surface at the other; in effect, it is a wooden tube. Its use is to convey the sound emitted in the chest to the ear, and enable us to practise *mediate auscultation*—that is, listening to the sounds and movements of the heart, lungs, &c. We all know that when a person has a cold, and the bronchial tubes are loaded with mucus, the air rushing through them gives rise to a *wheezing* in the chest, or a rattle in the throat; and if we apply the ear to the side of a person, we may hear the heart beat. It was left to Laennec to notice, and to turn to practical account, the indications thus afforded of the actual state of the working machinery of our internal organs. At the time of his discovery he was physician to the Necker Hospital, in Paris, and in its wards he instituted a series of observations and experiments, first to ascertain the regular and healthy sounds which were elicited in natural, vigorous respiration and inspiration, and afterwards those alterations and changes which were caused by disease. The result of his experiments was, to use his own words, "a set of new signs of diseases of the chest, for the most part simple, prominent, and certain, and calculated, perhaps, to render the diagnosis of these diseases as positive and circumstantial as that of many affections which come within the immediate reach of the hand or instruments of the surgeon."

One of the first physicians who introduced the stethoscope into England was my respected teacher, the late Dr. Thomas Davies, who was the friend and pupil of Laennec, during the time he was perfecting his discovery. Dr. Davies, on his return from Paris, where he paid much attention to the nature and treatment of pulmonary and heart-affections, opened a class at his own private residence, which was attended by many practitioners in the metropolis, and from that period the value of the stethoscope has neither been doubted nor neglected.

Dry catarrh, when unattended with aggravated symptoms, rarely comes under the notice of a physician; when, however, the symptoms I have recited increase in violence, when the cough is frequent and suffocating, the expectoration difficult, the breathing gasping and laborious, the pain and constriction oppressive, darting, and deep-seated, the disease has then become bronchitis, the too-frequent sequel of a neglected cold.

THE TREATMENT.

The treatment of dry catarrh—conjointly with that advised for cold in the head,—must be so directed as to remove the thickened and congested state of the bronchial membrane, and to facilitate the expectoration of the dense mucus that obstructs the tubes. In the first place, it is necessary that the patient should avoid exposure to a cold, foggy, or irritating atmosphere; the chest should be protected and kept warm; and the general health, which is usually impaired, amended.

Increased warmth will be beneficially afforded to the chest, by wearing next to the skin a piece of chamois, or stout "wash leather;" it possesses many advantages beyond flannel; it is free from the annoyance and irritation which "warm plaisters" of all kinds induce; it is cheap, cleanly, and superior to all the flannel or hare-skin "bosom friends," "breast-plates," and "chest-protectors," that were ever invented. When the avocations of the invalid compel him to be exposed to variable temperatures, he should breathe the warm, bland atmosphere which is afforded by Rooff's respirator; in the absence of this invaluable boon to suffering humanity, a silk gauze, several times folded, or quilted, should be worn across the mouth during inclement weather.

The diet must be free from all that is rich, indigestible, and stimulating; the bowels should be gently acted upon daily; and we should endeavour to give tone and vigour to the system, by tonic medicines and moderate exercise.

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The next indication is to facilitate the expectoration, and this is best accomplished by the use of remedies called "expectorants;" as squills, ipecacuan, lobelia inflata, &c. Ipecacuan, exhibited in nauseating doses, will sometimes give immediate relief, by unloading the bronchial vessels; and, if continued in lesser doses, it will prevent the mucus accumulating; squills are of the greatest service when the cough is frequent and teazing; when there is much irritability of the system, with disturbed rest, powdered squills may be advantageously combined with the extract of conium,—as one grain of the former with four grains of the latter, to be taken as a pill at bed-time and again during the day. Opiates in this form of cough are inadmissible; they may afford some momentary relief, but they keep up the cause of the cough, by diminishing the secretion of the mucus, and rendering it more difficult to expectorate. Opium is the basis of all the quack advertised nostrums for cough, asthma, and consumption; the increasing supply which the system demands when once habituated to its use, is not the least favourable point to those mercenary speculators who make the health of their fellow-creatures the object of commercial enterprise.

When the cough is "hard," great relief will be experienced from inhaling the steam of boiling water; and I have in many instances witnessed considerable benefit by the water being pourer on a few hops, and the vapour inhaled through the spout of a tea-pot.

The following are formulæ for the preparation of "cough mixtures" that are useful in promoting easy expectoration.

Take—Ipecacuan powder, 8 grains;
Oxymel of squills, 4 drachms,
Pimento water, 1 ounce;
Mix. Dose—A tea spoonful every three hours.

Or,

Take—Vinegar of squills, 1 fluid drachm;
Oxymel of squills, 6 drachms;
Cinnamon water, 5 drachms;
Mix. Dose.—A tea spoonful occasionally

Or,

Take—Distilled vinegar, 1½ drachms;
Antimonial wine, 1 drachm;
Syrup of the balsam of Tolu, 1 ounce;
Water, 5 ounces;
Mix. Dose—Two table spoonsful to be taken occasionally.

There are many suggestions bearing upon the treatment of catarrh which will be considered when we come to the treatment of bronchitis.

(To be continued in our next.)

SUICIDE.

In the great life-insurance establishments in England, a vast proportion of the persons who insure their lives are persons compelled to do so by their creditors; while three-fourths of those who voluntarily insure their lives are professional men, living in great towns, and experiencing the anxieties and fatigues, the hopes and disappointments, of professional life. In one of these establishments in London, out of 330 deaths, it was found that eleven died by suicide, being one in thirty, implying the existence of an appalling amount of mental suffering. The number of persons belonging to an insurance office who perish by suicide is sure to be accurately known, death by suicide rendering the policy void. It would be most erroneous to suppose that these persons put an end to their existence under the mere influence of the mental states of disappointment and despondency. The mind reacted upon the body, produced physical disease, probably inflammation of the brain, and under the excitement of this physical disease, the acts of suicide were committed. More than one case has come to my knowledge in which inflammation of the brain having been excited by mental suffering, suicide was committed by cutting the throat. During the flow of blood, which was gradual, the brain was relieved; the mind became perfectly rational, and the patient might have been saved had a surgeon been upon the spot, or had the persons about the patient known where and how to apply the pressure of the finger to staunch the flow of blood till surgical aid could be procured.—*Dr. Southwood Smith.*

A SAD TRUTH.

The greater part of mankind employ their first years to make their last miserable.—*De la Bruyere.*

QUACKERY AND SUPERSTITION.

The following narrative is copied from the *Sun* evening paper of January 1st.

An extraordinary development of the existence of superstition and quackery has just taken place in the course of the proceedings of an inquest held on the body of a child at East Dean, Gloucestershire. It seems that the children of a shoemaker, named Haynes, were playing together, when one of them, aged four years, named Louisa, put the tongs into the fire, heated them, and then wantonly seized her younger sister, Emma, with them by the neck, thereby inflicting two very severe burns. The children were left in the care of an elder brother, who did not perceive the intentions of his mischievous sister, until too late to prevent them. Flour, linseed oil, and lime water, were applied to the burns, and for four days the child's wounds were healing in a satisfactory manner; when by the advice of some old women in the neighbourhood, the parents of the child suffered a Mrs. Milling, living near, to apply an ointment spread upon cabbage-leaves to the wounds, in lieu of the previous application of linseed oil, &c. This had the effect of creating considerable local inflammation; and, after two days, the cabbage-leaves were removed, and another quack doctress was allowed to practise upon the little sufferer. The second woman, whose name is Jane Yeman, and who lives at Cinderford, in the Dean Forest, and who professed to have cured many people by the application of an ointment and pronouncing a "mysterious charm," got her sister, Ann Bradley, to prepare the salve which she (Yeman) applied, at the same time muttering the following charm, as she called it, in a peculiar dialect:—

"Three angels come out of the whost;
One cries 'Fire,' another 'Frost;'
To Father, Son, and Holy Ghost."

The poor child gradually got worse. The inflammation and sloughing of the wounds increased; but the infatuated parents, believing in the supernatural powers of the woman (Yeman), and putting implicit faith in the pronounced charm, suffered their offspring to linger in torture for five days longer, when death came to her release, Medical assistance was at hand, and might readily have been obtained at any time; but the ignorant parents refused to call for it, and the child died in consequence. Of course, when the facts came to the knowledge of the authorities, a coroner's inquest was held, and, after one adjournment of the jury, who hesitated whether it was not their duty to find a verdict of manslaughter against Yeman, Bradley, and Milling, returned a special and lengthy verdict, finding, "That Ann Milling had prescribed a dangerous and rash remedy, and was otherwise guilty of negligence." They also found "That Yeman was rash in relying on the ointment applied by her, and in her impious and presumptuous charm; and also in prohibiting the parents calling in medical advice at the time when the deceased was in danger and gradually sinking." Lastly, they found that "Although the conduct of Jane Milling and Ann Yeman amounted to great and serious culpability, rashness, and negligence, yet the same does not, in our opinion, amount to a legally criminal and felonious culpability, rashness, and negligence." The jury also expressed their opinion that it was the duty of the parents to have had recourse to better assistance, and to the easily available medical assistance in their immediate neighbourhood; and they expressed a hope that the result of the investigation would lead to a discontinuance of the system of quackery, which prevailed to a considerable extent in the neighbourhood of the Forest of Dean.

The excesses of our youth are drafts upon our old age, payable about twenty years after date.

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THE HABIT OF "DRUGGING" AND "PHYSICING."

The habit of using medicine inordinately is peculiarly baneful to healthful people; and, strange as it may appear, some of the most healthy are addicted to the habit, and have a perfect mania for bolus-swallowing. The debility of which many persons complain is frequently owing, not to disease, but to the improper and indiscreet use of drugs designed to remove some real or supposed malady. These drain off the nutritive juices from the stomach and bowels, before they have had time to be absorbed into the system; or else produce excessive discharges, rendering the blood, in consequence, of a thin and watery consistence. In chronic stomach complaints, in particular, the practice of continually harassing the stomach with "physic"—not allowing it a moment's repose—is extremely hurtful; for as these disorders frequently arise from irritation and weakness, the daily throwing into the stomach of an irritating agent—for such medicine in general is—tends only to keep up this irritation and debility. The more proper treatment in numerous instances would be, simply to allow the disordered organs to repose. If, therefore, the stomach is deranged, let us interdict it from work as far as possible, in the same way that we should forbid an inflamed eye to exercise itself in vision. Of course, we here speak very generally, as there are innumerable important cases of disordered stomach which involve very remote and serious derangements of the system, requiring not only medical treatment, but, when under proper supervision, very active medical treatment. Young medical men, are particularly apt to forget the importance of this natural law of repose; they hope every thing from medicine, and are only taught by experience how little medicine, by itself, can effect. The pill vendor lives by keeping "the bowels in an uproar;" and experience only teaches him that if he can get silly people to swallow twenty pills instead of ten, his income will be doubled.

OATMEAL MORE NUTRITIOUS THAN WHEAT.

The following playful comparison between the relative alimentary powers of oatmeal and wheaten flour, is copied from a useful article on Practical Agriculture in "Blackwood's Magazine:"—Professor Johnston, in the recent edition of his "Elements of Agricultural Chemistry and Geology," tells us that, from experiments made in the laboratory of the Agricultural Chemistry Association of Scotland, it turns out that oats are far richer in muscular matter, fat, and starch, than the best wheat flour grown in any part of England—that they contain eighteen or twenty per cent. of that which forms muscle, five to eight of fat, and sixty-five of starch. The account, therefore, between shelled oats (groats) and fine wheaten flour stands thus. One hundred pounds of each contain—

	Wheat.	Oats.
Muscular matter,	10 lbs.	18 lbs.
Fat,	3...	6...
Starch,	50...	65...
	63 lbs.	89 lbs.

What do you say to these numbers, Mr. Cockney? You wont pity us, Scotch oatmeal-eaters, any more, we guess. Experience and science are both on our side. What makes your race-horses the best in the world may be expected to make our peasantry the best too. We offer you, therefore, a fair bet. You shall take ten English ploughman, and feed them upon two pounds and a half of wheaten flour a-day, and we shall take as many Scotch ploughmen, and feed them upon the same weight of oatmeal a-day—if they can eat so much, for that is doubtful; and we shall back our men against yours for any sum you like. They shall walk, run, work—or fight you, if you like it; and they shall thrash you to your heart's content. We should like to convince you that Scotch parritch has some real solid metal in it. We back the oatcake and the porridge against all the wheaten messes in the world. We defy your home-made bread, your bakers' bread, your household bread, your leaven bread, and your brown Georges—your fancy bread, and your raisin bread—your baps, rolls, scones, muffins, crumpets, and cookies—your bricks, biscuits, bakes, and rusks—your Bath buns, and your Sally Lunns—your tea-cakes, and saffron-cakes, and slim-cakes, and plank-cakes, and pan-cakes, and soda-cakes, and currant-cakes, and sponge-cakes, and seed-cakes, and girdle-cakes, and singing hinnies—your shortbread, and your currant-buns—and if there be any other names by which you designate your wheaten abominations, we defy and detest them all. We swear by the oatcake and the porridge, the substantial bannock and the brose—long may Scotland produce them, and Scotchmen live and fight upon them.

A COUNTRY SURGERY.

Many of our readers will recognise the accuracy of this short description of the small sanctum of a village apothecary: it is taken from Mr. Bell's excellent tale "The Ladder of Gold," now publishing in *Bentley's Miscellany*.

"The dispensary was a small dark shop, scantily lighted, and disclosing a dusky array of bottles and jars, a narrow counter full of drawers with paper labels pasted on them, and a weighing machine in the shape of a tall wooden chair standing bolt upright in one corner. The parlour behind was separated from the dispensary by a door, in the upper part of which was a window with a green curtain hanging inside. A round table stood in the centre of the parlour. One side of the room was occupied by a range of book shelves, slightly out of the horizontal; filled with books much broken and tattered, and apparently not very carefully arranged, some being up-side-down, and others scattered about in odd volumes, varied by stray gallipots and unknown surgical instruments, a fractured plaster cast of the head of Galen, some Chinese or Indian curiosities smothered up in dust, and here and there sundry mysterious particles preserved in spirits, and fragments of bones suspended on threads. A glass case on another side exhibited a couple of punch-bowls, &c., a hospitable supply of tumblers, interspersed with divers articles in plate and china. The room had a disorderly appearance, but was thoroughly warm and comfortable, a merry fire, throwing a broad glow over the decanters and glasses that covered the table, gave it a cozy and cheerful aspect."

A LONDON SURGEON'S SHOP.

We extract the following paragraph from a clever pamphlet on the state of the medical profession, published a short time since. "In the windows of qualified surgeons in London we have seen cigars, paint brushes, lollipops, and glue—we don't mean medicated lozenges, but such as would lead us to suppose that we were in the shop of a confectioner, or an oilman. Ought such things to be? If surgery is at such a discount, pray do not associate with it a license to sell tobacco. Yet this is to be seen in civilised and exemplary London. The humblest village apothecary would scorn to profane his professson by such contamination; or to exhibit all kinds of bandages and apparatus, to attract the speculative iuquiry of their neighbours, as to what may be their purport or use. All these things are systematically done, by qualified men, and proclaimed to the world by lights of every colour. Pills a penny a dozen, and draughts for the price of the phial and cork, are to be seen in many shop windows of surgeons,—a mode of proceeding which any respectable publican or baker would be ashamed to adopt."

THE CHOLERA OF 1832 AND 1849.

The following comparative statistics of epidemic cholera, as it prevailed in Paris during the years 1832 and 1849, may be interesting.

Arrondissement.	1832. Deaths.	1832. Population.	1849. Deaths.	1849. Population.
1st.	600	66.497	836	108,019
2nd	535	75,087	915	117,388
3rd	403	49,071	500	63,710
4th	528	45,151	449	48,233
5th	519	66,574	1,023	96,628
6th	817	81,037	1,120	103,795
7th	1,021	58,944	837	72,893
8th	1,306	72,729	51,143	109,92
9th	1,239	41,895	717	51,303
10th	1,685	81,480	1,137	98,635
11th	1,041	50,568	514	68,652
12th	1,191	70,189	1,759	98,100
	11,168	759,135	10,950	1,034,286
Deaths in Hospitals	7,234		8,041	
Total deaths	18,402		18,991	

The above columns at once shew, that the epidemic of 1849 has been more severe in Paris than that of 1832. There were 589 more than in '32, but this is accounted for by an increase of population amounting to 300,000 souls. If we estimate both from the number of deaths in proportion to the population, we have 23 1-3rd per 1,000 for 1832, and 18 1-3rd per 1,000 for 1849.

Pastry cooks shops are to children a very abomination, and an intolerable nuisance. There is no method so common by which foolish parents, friends, and nursery-maids, express their attachment, feigned or real, to children, as by stuffing them with the gross and vile dainties of a confection's or pastry-cook's shop. When it is recollected that such dainties are made to sell, and that hog's lard, common fat, salted and not very fresh butter, dripping, and solid grease, as well as flour and eggs, enter into their composition, we cannot be surprised that the stomachs of these innocent creatures become clogged and disturbed, and that they are made ill; and then because they are sick, and disposed to eat nothing else, nothing else is offered to them. Medical men, and all sensible people, who look on children without that mistaken and blind fondness which misguides their parents, know too well that this habit is a prolific source of disease, vitiates the appetite, and disinclines it for simple and wholesome food. While no harm can result from occasionally giving a child a plain bun, a fruit-tart, a biscuit, or a piece of gingerbread, the abuse of the practice, and the rendering it a daily habit, cannot be too severely reprobated.—*Dr. Conquest.*

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

TABLE OF THE DOSES of Medicine which may be given at different ages on the supposition that the dose for the adult is represented by 40.

Years.	25	20	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
Doses.	40	35	30	29	28	27	26	25	24	23	22	21	20	18	16	13	10

Months.	11	10	9	8	7	6	5	4	3	2	1	½
Doses.	9		8		7		6		5	4	3	1

Thus if eighteen grains of a powder were given to a boy four years old, two grains would be the dose of the same powder for an infant one month old.

TEMPERATURE OF FOOD.—It is of some moment that the temperature of our food be attended to. As a general rule, it may be laid down that the temperature should not be either much above, or below, the temperature of the stomach. If above the natural heat, the stomach becomes enfeebled, and especially when distended with a large quantity of heated fluid, as tea or coffee; if below, there is less mischief to be apprehended from an occasional departure from this rule, provided the quantity be small. Still, the most serious evils may result even from this, if the body be overheated, and the exercise which has raised its temperature above its ordinary state, be discontinued. Many well-authenticated instances of this description are on record, in which sudden death has followed the imprudent use of water, beer, cider, or any other fluid taken cold into the stomach, when the system was excited and heated by previous exercise.

GARGLE FOR SORE THROAT.—Take, cayenne pepper, five grains; boiling water, eight ounces; honey of roses, and tincture of myrrh, of each four drachms. Mix. To be used often.

LOTION FOR WEAK EYES.—Take, alum, six grains; sulphate of zinc, two grains; vinum opii, one drachm; rose water, eight ounces. Mix. To be used frequently. The proportions of the sulphate of zinc and alum, may be increased or diminished according to the degree of stimulation produced.

DIETARY, WHOLESOME & ECONOMIC.

IRISH STEW.—Cut up about two pounds of the neck of the mutton into small cutlets, which put into a proper-sized stew-pan with some of the fat of the mutton, season with three spoonsful of salt, half an ounce of pepper, the same of sugar, six middle-sized onions, a quart of water; set them to boil and simmer for half an hour, then add six middling-sized potatoes, cut them in halves or quarters, stir it together, and let it stew gently for about one hour longer; if too fat remove it from the top, but if well done the potatoes would absorb all, and eat very delicate; any other part of mutton may be served in the same way.—*M. Soyer.* A glorious fellow, who knows the science of eating and cooking too, says, (in *Blackwood's Magazine* of this month): "The butchers' meat which you buy in England is tender enough when it comes; but domestic cookery sends it up hard. Don't tell me the hardness is in the meat itself. Nothing of the kind; its altogether an achievement of the *cuisine*. I appeal to a leg of mutton; I appeal to a beef-steak as they usually come to table; the beef half-boiled the mutton half-roasted. Judge for yourselves."—Thus our friend would cook an Irish stew. "The beef—and what-not besides—is whipped into the sauce-pan; the sauce-pan is set among the embers upon the hearth, and there it stands—not boiling—scarcely simmering—suppose we say digesting—throughout the forenoon, and till you are ready to eat. Long before dinner, savoury steam announces a normal process of the *cuisine*, a process both leisurely and effectual. At length, the rich repast awaits you—the whole is turned out, and smokes upon the table; the *bouilli* is tender, the "jus" appetising and substantial, the *tout-ensemble* excellent."

TO COOK STURGEON.—Those of our readers who may have seen and purchased a portion of the right-royal fish that graced the shop of Mr. Sweeting, Cheapside, last week, may be obliged by the following receipts of M. Soyer:—

Economical Mode of Cooking Sturgeon.—Take a piece of sturgeon about two pounds weight, and on sending a piece of meat to the baker's to be baked on a stand in a dish, put the sturgeon under it, with a little water, salt, pepper, &c., and a little chopped eschalot may be used; you can also put potatoes round it.

To Roast Sturgeon.—Take the tail part, skin and bone it; fill the part where the bone comes from with some stuffing, as for a fillet of veal; put butter and paper round it, and tie it up like a fillet of veal; roast, and serve it with melted butter and gravy.

Sturgeon may be cooked as veal, in large or small pieces, as for fricandeau, papillote, &c., and salted in imitation of tunny.

BAKED APPLES are much used by invalids: have a common yellow dish, such as you frequently see in farm houses, into which put about twelve apples (previously well wiped), and about a gill of water, and put them in a hot oven for half an hour, or rather more should the apples be large; when well done, take them out to get cold upon the dish, and eat them cold, either with powdered lump, or moist sugar.

ADVERTISEMENTS.

Price 2s.; by post, 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, and Rational Treatment, with the means of Prevention. By T. H. YEOMAN, M.D.

"There is so much good sense, scientific knowledge, and useful information in this little volume that we gladly assist in giving it publicity. Dr. YEOMAN discountenances all empirical modes of treatment, at the same time that he suggests some safe and beneficial rules for the cure or amelioration of the disease. The remarks on the healthy discipline of home shew that the author is a sound social philosopher, as well as an experienced physician. —*The Britannia, Nov.* 11, 1848.

"There is no assumption or quackery in this little volume—it is just such a work as might be anticipated from an intelligent and experienced physician. The suggestions and recommendations of Dr. Yeoman are extremely valuable and may be unhesitatingly and advantageously adopted by all who are interested in the health and well-being of the rising generation."—*Morning Herald*, Oct. 23, 1848.

Also by the same author, price 2s.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH, the Causes, Symptoms, and Rational Treatment.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. YEOMAN is well known by his Work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: SAMPSON LOW, 169, Fleet Street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly; and all Booksellers.

ROOFF'S IMPROVED RESPIRATOR, (Patent.) for Consumption, Asthma, &c., has separate channels for the inspired and expired air; warms and purifies the atmosphere without becoming clogged; it neither requires cleaning nor repairing, has no unsightly appearance, and may be had resembling a handkerchief held to the mouth. Testimonials to be seen, and descriptions had on application.—Depôt, 183, Strand, near Norfolk-street.

JOHN MILES, (LATE BUTLER AND CO.) DISPENSING CHEMIST, 78, Gracechurch Street, respectfully informs the Public that the most vigilant care and attention is always paid by him to the selection of the purest and best Drugs and Chemicals; the too frequent dangerous adulteration and careless preparation of Medicines, upon the exact action of which depend the health and safety of our fellow creatures, induces J. MILES to pledge himself that every article sold at his establishment is genuine, and that all Prescriptions are dispensed by well-qualified assistants under his own immediate direction.

Agent for ROOFF'S Patent Improved Respirator. J. M. has now a large supply of COD LIVER OIL, prepared from the finest Fish of the Season.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 48, Harmer Street, Gravesend, every Friday.

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No. 1. Hydrostatic Bed, with Castors, &c.....	8	8	0
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FOR HIRE.			
No. 1. First Month	1	15	0
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The Hire of the Bed, with waterproof Sheet and Carriage, to be paid in advance.

Manufactured, Sold, and Let Out on Hire, by EDWARD SPENCER, & Co., 18, Billiter Street, and 116, Fenchurch Street, London. Manufacturers of the adjusting and other approved Surgical and Invalid Beds.

A stock of these Beds kept always ready for immediate use.

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HEALTH OF LONDON DURING THE WEEK ENDING JANUARY 5.

The deaths registered in the metropolitan districts, in the week ending last Saturday, amounted to 1133. In the first week of ten previous years (1840-9) they ranged from 869 to 1510; and the average of the ten corresponding weeks, raised according to increase of population, which is estimated at 1-55 per cent. annually, is 1252. As compared with deaths registered weekly in last December, the present return exhibits an increase of nearly 100. The mortality from bronchitis has increased in two weeks from 78 deaths to 103, while that from pneumonia has increased from 69 to 95; the averages of the two diseases in the same week of ten previous years are 57 and 104. From phthisis there were 129 deaths, which is slightly under the corrected average. From small-pox there were only 8; in the ten corresponding week of 1840-9, this epidemic ranged from 5 to 86. Hooping-cough, which was fatal to 23 children, is also under the usual number. Measles, scarlatina, and typhus, produce nearly the ordinary amount of mortality; but all the five epidemics, with the exception of measles, are now much less fatal than in the same week of last year. From diarrhœa there were only 8 deaths; but 6, which is rather more than usual, occurred from dysentery.

TO CORRESPONDENTS.

Notice.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, Lloyd Square, Pentonville. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

The Editor is at home every day until One o'clock; and on the evenings of Mondays, Wednesdays, and Friday, from Seven to Nine. He attends at Mr. Miles's Medical and Surgical Establishment, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two until Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

☞ We particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber," — "Constant Reader," — Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—Delta, (Manchester Square).

J——n N——s (Peter Street).—Call in Lloyd Square on Sunday morning. The book you name is the property of one of the "worthies" alluded to in the letter of "Victim," published in the People's Medical Journal of last week.

Chemicus.—We are obliged by your note. We have known much mischief to occur from the use of the highly explosive gun-cotton in making collodion: when applied it has rent the sound skin asunder, and made greater the wound it was intended to heal. Few private persons would attempt to make collodion, and the fact alluded to above is now well known to chemists.

The Medical Directory.—We well know the "quackish" propensities of the persons referred to. There are innumerable errors in the edition for 1847; the one to which you allude has been corrected in subsequent editions, and did not exist in the former.

John (Westminster).—If you call in Lloyd Square our best services will be at your command.

B. C. (Stepney Causeway).—Take of the compound infusion of horse-radish, five ounces; spirits of nitric ether, four drachms; syrup of orange-peel, four drachms. Mix. Dose, two table-spoonsful twice a day.

Justino Mc. Clow,—Mr. Weiss, surgical instrument maker, Strand.

East London.—Cleanliness; a lotion composed of one grain of sulphate of zinc (to be increased to two or three); one drachm of vinum opii; and rose water six ounces. Alterative medicine; as one grain of hydrargyrum cum creta, and three grains of rhubarb powder; every other day. Wean the child. We shall be glad to have your proferred history of the case in question.

J. M. Jones (Merthyr Tydfil). — Creosote may be obtained at any druggist's at a reasonable expense.

Acid (Newcastle-on-Tyne).—Desist from using the instrument. Take a warm bath twice a week, or foment the part; omit all medical treatment. Write to us, and say where a private note will meet you.

Querist.—At fourteen or fifteen years of age. To your second query, No. We doubt the object of your question.—Virtue!

J. J. (Glamorganshire).—Cleanliness; attention to the bowels; temperance; and the absence of all local irritation. Send your private address.

Adolescens (Surrey.—We must know much more of your case previous to advising. Say where a private note will reach you.

An Apprentice.—"Nervous Debility" is a very convenient term, and is one that is in high favour with *certain* empirics. The nervous influence may be exhausted by many causes, and, as a consequence, the whole frame loses its natural energy and tone. Debaucheries of all kinds produce a subsequent languor of the nervous system; sometimes the stomach, at others the lungs and circulation, are more directly affected. Occasionally the brain itself suffers first; hence epilepsy, apoplexy, and delirium tremens.

J. S. (Camberwell).—Moral Medicine is that science which teaches us to correct the excess or misdirection of our passions and affections, and to prevent their morbid influence on the body. The practice of this science is the noblest office of the physician; compared to it the mere prescribing of drugs is secondary, and yet how frequently is the moral management of a patient overlooked! Your case demands more of this control and proper direction, and less physic.

John (Barnsbury Road).—Your question is answered in detail in the first paper on Indigestion, &c., published in No. I. of the People's Medical Journal.

H. Taylor (Ware).—Until you get rid of the cause, so long will you be annoyed by the worms. Tape worm is more frequently an *effect* than a cause; as long as the stomach and intestines generate diseased secretions, so long will worms be fostered and nourished; like other parasites, they revel in unclean things. Oil of turpentine, and the male fern root, are excellent "expellers," but there their virtues end. We cannot spare space to go into the required treatment of your case in this column.

J. H. (Rochdale).—Take, tincture of the sesqui-chloride of iron, three drachms; tincture of opium, two drachms; spirits of nitric æther, three drachms. Mix. Dose—thirty drops, in water, three times a day. Take a warm bath, if possible; live sparingly; take a small quantity of weak gin and water, one or twice a day. If not better in a week, send your private address.

M. B. (Nun's Street, Derby).—Take, compound extract of colocynth, and compound rhubarb pill, of each one scruple. Mix, and divide into eight pills. Take one every night. Take, ten grains of carbonate of soda, and five grains of powdered ginger, in a small quantity of water, two or three times a day. Do not eat any vegetables, and drink sparingly of all kinds of liquids. Forsake that dreadful habit of taking laudanum.

B. (Whitby.)—Write to Colonel Maberly, Post Office, London. Your statement is of sufficient importance to obtain his immediate attention.

T. Tupper (Lombard Street).—Say where a private note will reach you.

Catherine (Pimlico).—Take four grains of the compound aloetic pill every night for a fortnight. Use a hip bath (hot water). Write again, or call.

Prescriptions are left with The Dispenser, 78, Gracechurch-street, for the following correspondents:—B. G. (Walworth Road), also a private note. James (Old Broad Street). A Clerk (Coal Exchange), also a private note. Mrs. G. (Jamaica Terrace), also a private note. Bob. (Old Dockhead). J. Jenkins (Cutler-street). B. B. B. (Berners Street). Phillis (Upper Ground Street). A Waiter (Strand). A Mate (East India Road). John C——k (Lucas Street). F.F.F. (Seymour Street), also a private note. Q. O. R. (Hackney Road), also a private note. J. R. F. (Manchester Square), also a private note D. W. V. (Old Bailey), also a private note.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 4.—Vol. I.] SATURDAY, JANUARY 26, 1850. [ONE PENNY.

DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. IV.

(*Continued from page* 19.)

THE TREATMENT OF INDIGESTION.

We fear we shall, in this essay, fall short of realising the anticipations of such of our readers as expect to find in our "treatment" of indigestion, a full, particular, and minute detail of drug and dose with which they are to cure themselves: this fear cannot be ill-founded, after perusing the following note, taken from amongst several of a similar tenor, which we have received during the last week:—"Sir, I have been reading your account for different disorders in The People's Medical Journal, but you have not put any receipts how I am to cure myself, for I feel just as you have named in the paper, and wish you would send me the receipt to cure myself and family. You will oblige your obedient servant, ——,"—Now, we will ask any reasonable being, whether this demand can be safely complied with? As well might a boot-maker attempt to fit the feet of all his customers with boots made from the same last, or a mercer endeavour to match every shade of green from one web of silk, as can we remit our correspondent receipts to "cure himself and family," or lay down one precise and unchanging rule for the treatment of this varying and variable disorder. To do so would be to uphold the basis of empiricism which now overruns the country, and grows rich at the expense of the public health; it is by such professed universality of remedies that John Bull, in his credulity, permits his body to be weakened and his purse lightened; in fact, treating every case alike, administering the same remedial agents, in the same quantities, to the weak and to the robust, to the young and to the old, is the key-stone of quackery. It will be admitted that no two persons exactly resemble each other in stature, in features, in complexion, and in strength; equally variable are the internal organs, their susceptibilities and their peculiarities; bearing this in recollection, we have only to repeat a remark made in another paper. "Each individual case, be the disorder what it may, must be considered to a certain extent original, differing in some, and perhaps some important particular, from others which have preceded it;" and a most accomplished writer, in reference to the same subject, says,—"The perfection of medical skill is most unquestionably the talent of applying to each individual case its precise and, as it were, individual cure,—an object which, although difficult to attain, ought nevertheless to be the constant aim of the physician, the object which he ought unceasingly to pursue, and never rest until he has overtaken." We dwell upon this topic, because we have, daily, examples of the injury which false notions of self-treatment and empiricism entail upon our fellow-creatures; and we know of no other disorder in which it is carried to such a fearful extent as dyspepsia; in fact, the craving for, and the faith in, new remedies, is almost a symptom of the malady, and we are convinced that the most confirmed cases may justly be attributed to the vile practice of continued drugging and tampering with medicine. It is not by treating symptoms that disease can be removed; we all know that calomel and colocynth will, for a time, remove constipation, and that carbonate of soda will allay acidity; but do they not leave the system as prone as before for a return of the annoyance—do they affect the *cause* of the constipation and of the acidity? To cure disease, we must attack the enemy in his lair, and totally vanquish him; we do but temporary good in patching up, or varnishing over, the inroads he makes in his repeated assaults.

After this preamble, it will not excite surprise if we endeavour to instruct our readers how they may *preserve health*, rather than teach them how to *cure disease*; when, however, the means to be adopted are so simple and safe as to be left to the discretion of the patient, we shall not withhold the information.

In the treatment of indigestion, we have two indications of cure to follow: first, to palliate the exciting distress, and, secondly, to prevent a recurrence of the attack. So that we may avoid all ambiguity and confusion, we shall, in describing the means by which these indications may be fulfilled, consider the treatment of each symptom separately.

Acidity on the stomach, as is well known, may be temporarily counteracted by the use of an alkali, as soda, chalk, or magnesia; to each of these, in some cases, there is an objection; the constant use of soda exerts a baneful effect, not only on the stomach itself, but also on the whole frame; it acts powerfully in diminishing the nutritive properties of the blood, rendering it thin, watery, and deficient in the rich red particles. We remember a case attended by Dr. Cumin, of Glasgow, of a lady who was in the constant habit of taking carbonate of soda, who observed each time she pricked her finger in sewing, that the blood which escaped was almost colourless; a violent attack of inflammation rendered bleeding from the arm necessary, and the result was such a perfect fainting, that animation was with the greatest difficulty restored. Persons who are habituated to the use of soda, entail upon themselves continual debility, even if they relieve the acidity. Chalk and magnesia when long persevered in, are apt to form balls or calculi in some parts of the intestines, and thus produce a very troublesome obstruction, if not colic; under judicious management, these antacids are of great value—it is their abuse, not use, that can be injurious. The greatest benefit may be derived in some cases by the employment of lime water or Seltzer water, and in others soap is the most valuable remedy; when combined with a small proportion of opium, it not only neutralises the acidity, but alleviates the pain. If the acidity be accompanied by "water-brash," the trisnitrate of bismuth is serviceable; occasionally some of the aromatics are required, as ginger, cubebs, nutmegs, anise, &c.; and Dr. Mason Good says, "speedy and effectual relief may be obtained by the simple and pleasant remedy of eating six or eight almonds." It will now be seen that several remedies will produce one effect, namely, the cessation of the acidity; to select for each individual case that which will attain this end the more readily, without exciting any opposing peculiarity, must be the result alone of *tact* and experience, not mere chance.

Flatulence, giving rise to painful distension of the stomach and distress to the neighbouring parts, is frequently encouraged and increased by the improper efforts of the invalid to expel the wind, in the expectation of obtaining relief by its escape; we have now under treatment a patient, who, on his first visit, in describing this symptom, said he was constantly exciting "belching," and, as a proof of the facility with which he accomplished his object, he repeatedly struck his chest violently, and each blow was followed by a well-toned report; such practice is decidedly injurious, as it offers to the stomach a constant impulse to continue this irregular and unnatural process. When we have reason to suppose that the flatulency is caused by some undigested

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fermenting substance, which may be lurking in the stomach, an emetic will sometimes afford immediate relief, and in this manner worms have at times been thrown up, as well as morsels of undigested fruit, or other materials, as plum-stones, or the fragments of a pear or apple. We have, however, more frequently to attribute the continual generation of wind to the inability of the stomach to digest its contents, and want of tone in its muscular coats; and permanent relief, in such cases, can only be obtained by perfectly re-invigorating that organ. As palliatives, innumerable remedies are in vogue, which vary in their several effects according to the variety of the idiosyncrasy, or the actual state of the stomach; amongst those which may be considered as domestic remedies we may name, thyme, rosemary, peppermint, pennyroyal, coriander, dill, ginger, cloves, capsicum, &c. When the circulation is weak, and pain is entirely absent from the stomach, some slightly stimulating remedy may be employed with advantage—as camphor, the aromatic spirits of ammonia, or a small quantity of hot brandy and water. If the subject of flatulence be of a nervous or hysteric temperament, some of the fetid gums will give great relief. Distension of the stomach from flatulence frequently gives rise to alarming symptoms in old people, producing spasms, sometimes convulsions, and apoplexy. In such cases the stomach loses, to a great extent, its contractility and susceptibility, and thus the usual remedies prove inert; it will, therefore, be necessary to apply a mustard poultice to the stomach, whilst we give internally a strong infusion of mustard-seeds, or the tincture of horse-radish, in camphor mixture. We shall allude to the food which should be taken when this symptom is least urgent, when we come to speak of the diet for dyspeptics.

Nausea and vomiting, when excited by crudities or offensive substances lodged in the stomach, are frequently best relieved by a full discharge of its contents, either by encouraging the vomiting, when it does occur, by repeated draughts of tepid water, or by an emetic, so as to remove the cause of the distress, and thoroughly wash out the stomach. It may happen that there is constant nausea, without the ability to vomit, and then a gentle emetic, either of sulphate of zinc or mustard—which does not create the same degree of nausea as antimony or ipecacuanha—may be used with much benefit. When the vomiting occurs, as it more frequently does, from irritability of the stomach, which renders it unable to bear the stimulus of the most simple food, it will be prudent to administer, with extreme care, a proper dose of opium, or hydrocyanic acid; from the latter we have found the greatest benefit in these cases in which the food is ejected, in its original crude state, immediately after it has been swallowed; effervescing draughts, or soda water, sometimes allay the uneasiness, but if they do not quickly effect this, their use should not be persisted in. If the stomach be overloaded with bile, an emetic should be given without delay, and the bowels excited to action by an aperient speedy in its operation, as the tartrate of potash, combined with some warm tincture. After the full emetic effect has been obtained, we should endeavour to restore the proper tone to the stomach by an aromatic cordial draught, containing, if requisite, ten or fifteen drops of laudanum. When the sickness proceeds from a chronic debility of the stomach, as well as strengthening the whole system by diet, exercise, and moral means, it will be useful to employ the lighter and warmer bitter tonics, as an infusion of orange peel, cascarilla, or calumbo. So long as the dyspeptic invalid suffers from want of tone and deficient nervous energy in the stomach, so long will he be liable to a return of sickness; the means to be adopted to regain this great desideratum will be explained hereafter.

We come now to speak of the alleviation of pain induced by indigestion. When pain is a symptom which does not yield to the treatment already recited, we may with reason attribute its continuance to some degree of irritation or inflammation in the stomach, and it will then be necessary to have recourse to those means which are employed to subdue inflammation generally. When the pain is acute, darting, and increased on pressure, eight or ten leeches should be applied to the region of the stomach, and afterwards warm fomentations freely used. When the pain is dull, obtuse, and deep-seated, only increased by firm and long-continued pressure, we have ordered with great benefit the tartar emetic ointment to be rubbed in every night, so as to produce a good crop of pustules around the pit of the stomach. If the pain be severe, but irregular, returning now and then like a spasm, a large mustard poultice may be applied with advantage; and as this remedy is perfectly innocent, it may be repeated two or three times until it produces the desired end. Of opiates it is useless to speak, as so many contingencies must be considered before they can be employed, that a professional man alone can judge of their expediency.

In our next we shall speak of the general treatment of indigestion, dietetics, &c.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. IV.

HUMID CATARRH, OR COUGH WITH EXPECTORATION.

(Continued from page 21.)

HUMID CATARRH, or cough with expectoration, is produced by those causes which incite other forms of cold: it may succeed to a dry cough, and is a frequent result of disordered or weakened digestion, disease of the liver, syphilis, or the imprudent use of mercury; it is also an occasional attendant upon gout and rheumatism, and sometimes it is produced by inhaling irritating or noxious effluvia. The aged and weak are seldom free from a periodical attack in the form of a "winter cough;" and persons who are addicted to intoxicating beverages, irregularities, and excesses, frequently suffer this severe penalty for their follies.

Humid, or mucus catarrh, in its acute form, more generally attacks persons of a bilious temperament, and usually becomes chronic—that is, constant and devoid of immediately urgent symptoms,—in those of a lymphatic or scrofulous habit. Unlike many other diseases, the predisposition is increased by each invasion, and one attack is frequently followed by another; indeed, many individuals are affected several times in the course of a year, they get a cold upon a cold, and are scarcely ever exempt from catarrh.

In numerous instances, the disease when chronic presents all the general, and some of the functional symptoms of consumption of the lungs, and becomes the cause of considerable anxiety to the friends of the invalid. It is a too common custom with some medical practitioners who are so wanting in candour as to assert that consumption is curable, to call every affection of the chest by that name, when, in truth, the existing disease may be far less formidable, and, to some extent, free from danger: so that, under ordinary treatment, the patient gets well, the practitioner gets fame, and the case is dotted down in a book as another victory won from the enemy, consumption. I am daily consulted in cases which I am assured are consumptive, but which, on examination, I find to be mucus catarrh of long standing; and the ease with which the symptoms are relieved, and the cure ultimately obtained, is positive evidence of the less dangerous nature of the complaint.

THE SYMPTOMS.

The symptoms, being tolerably familiar to every one, need not detain us long in description, were it not that "cough" of every degree is popularly considered as one and the same complaint, and consequently treated alike in all cases: such a course is fraught with uncertainty and risk, that may be avoided when the character of the disease is correctly distinguished, and the treatment adapted to the peculiar state and cause of the affection.

The earliest symptoms are those of common cold, with a tickling or feeling of roughness at the back part of the throat, and at the commencement of the windpipe; the cough comes on in paroxysms, attended with difficulty of breathing, and tightness or pain across the chest; there is hoarseness or huskiness of the voice, and in some cases the patient can scarcely speak above a whisper. The expectoration is at first a thin, colourless, glairy fluid, "frothy on the surface, and underneath like the white of an egg diluted with water:" after a time it is of a thicker consistence, and puts on the well-known appearance of phlegm; it accumulates rapidly in the air-passages, and induces a constant irritation and inclination to void it by cough; the windpipe becomes sore, and every breath of cold air adds to the pain, and aggravates the other symptoms.

As well as these pulmonary symptoms, there is some con-

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siderable disturbance of the general health: the pulse is accelerated, and the surface of the body is alternately flushed with heat, or damp and chill with cold perspiration; the spirits are depressed, the patient is languid and indolent, and the eyes betoken dulness and want of expression. As the disease progresses, the tightness across the chest becomes more oppressive, the cough is aggravated by the least exertion, particularly by walking fast or going up stairs: its frequency renders the chest tender and sore, or, as patients sometimes describe it, "raw"; occasionally there are sharp darting pains across the breast; or pain closely resembling that of rheumatism, if it be not actually rheumatism, is experienced in the muscles of the chest, the shoulders, and between the blade-bones; the appetite is precarious, and the patient gradually loses strength. All these symptoms are generally more violent towards evening, and during the night.

When the expectoration is profuse, the patient is seized with a fit of coughing so soon as he is in the horizontal position; in some instances the cough is severe in the morning, and returns with violence three or four times during the day, the expectoration is then thin, frothy, and abundant, but the attack is usually of short duration.

In humid catarrh of old people, the expectoration is thick and viscid, and the cough exhausting and prolonged: young children and debilitated persons suffer acutely from this form of cough, on account of their inability to use sufficient force and exertion to clear the tubes of accumulated mucus; in such cases, the air contained within the bronchial passages may be distinctly heard gurgling and wheezing, as it becomes obstructed by the increased secretion.

After the disease has existed for some days, or when the catarrh is chronic, the expectoration becomes thicker, more ropy, and less in quantity, and, as it decreases in quantity, so it becomes thicker; it is also usually changed in appearance, and is of a yellow, greenish yellow, grey, sometimes darker, or even bluish-black colour.

The expectoration in catarrh is essentially mucus, although in some instances it assumes a purulent aspect. The difference between mucus and purulent expectoration is of considerable importance, as one denotes merely a disordered condition of a natural secretion, and is the result of catarrh and bronchitis; whilst the other—purulent expectoration—is the result, for the most part, of disease and disorganisation of structure, and as such, is the sign and product of the ulceration of the lungs, and of consumptive tubercles. Mucus is a viscid fluid, resembling in its healthy state, the white of an egg, but capable of undergoing in disease the changes I have just named; it has a slightly saline taste, and acquires apparent fluidity in water; it is of less specific gravity than water, *and floats on the surface;* it is soluble in dilute sulphuric acid, and is blackened by the concentrated acid. Pus is a yellow fluid, somewhat like cream; it is found in abscesses, and is formed upon the surface of what are called healthy sores; it is composed of globules of a whitish fluid contained in a transparent liquid; it does not coagulate by heat; it is heavier than water, *and sinks* when deposited in it.

The duration and importance of humid catarrh is variable, and depends on the state of the individual at the period of its attack; of itself it is not necessarily a dangerous disease, but when the invalid is labouring under other complaints, or is enfeebled by previous illness, it may prove fatal in a few hours. If neglected, the bronchial membranes readily inflame, and cause acute bronchitis; if the subject has weak or irritable lungs, the worst consequences may be apprehended, inflammation of the lungs or of the pleura—pleurisy—may ensue, blood may be coughed up, and the end may be the development of pulmonary consumption. I believe I am within the mark when I say that ten cases out of every twelve of consumption may be traced to a neglected cold and cough, by which the latent disease is called into dangerous activity. By long continuance, a cough which is lightly thought of or scarcely heeded, will impair the strength, waste the body, and perhaps bring on disease of the heart, or otherwise so affect the vital functions as to place the life of the patient in jeopardy. When, however, the subject is strong and healthy, without predisposition to disease, a cough may, in some rare cases, continue for years without materially interrupting the health, being, nevertheless, a sad drawback on the comfort and repose of the individual.

I may remark that in general far less serious results follow a mucus cough that comes on in paroxysms, although most distressing at the time, than when the cough is less severe, but constant.

THE TREATMENT.

Mucus catarrh demands the same general treatment as cold in the head, pursued, perhaps, with more activity: before other remedies are employed, it will be prudent to act gently upon the bowels by a mild purgative, so as to lessen the liability to inflammation, and to promote the more certain action of other medicines. We must then endeavour to remove the accumulated mucus, and restrain its excessive secretion by preparations of those expectorant drugs that cause the separation and discharge of the viscid phlegm with which the air-passages are loaded. The best expectorant for this purpose is ipecacuan, which, when the symptoms are acute, may be given in such a dose as will act as an emetic, or at least maintain a nauseating effect for some short time. On the Continent it has been the practice to use tartar emetic (antimony) with the same intent, and in some cases recorded by Laennec and Rasori, the most heroic doses appear to have been prescribed with much success: I consider, however, that the debility consequent upon its excessive use is greater than the urgency of the symptoms in ordinary humid catarrh demands; in acute bronchitis, antimony in full doses is invaluable. The lobelia inflata is a most valuable remedy, but requires the greatest watchfulness during its exhibition, as it is apt to induce vertigo and derangement of the stomach. Squills are very useful, and when conjoined with acid, as they are in the oxymel and vinegar of squills, their efficacy is increased. I subjoin two or three prescriptions from which benefit may be anticipated in this form of cough.

Take—Ipecacuan wine, 4 drachms;
Tincture of hyosciamus, 2 drachms;
Syrup of marshmallow (Edin. Phar.) 6 drachms;
Mix. Dose—A tea-spoonful every three or four hours.

Or,—

Take—Tincture of squills, 4 drachms;
Extract of henbane, half a-drachm;
Nitric acid, 20 drops;
Syrup of red poppies, 4 drachms;
Water, one ounce;
Mix. Dose—Two tea-spoonsful occasionally.

Or,—

Take—Oxymel of squills;
Tincture of squills;
Tincture of hops, of each 4 drachms;
Mix. Dose—A tea-spoonful occasionally, in half a wine-glassful of water.

Or,—

Take—Ipecacuan powder;
Powdered squills, of each 10 grains;
Extract of conium, 2 scruples;
Mix accurately, and divide into 12 pills. Dose—One every night.

Great relief will be obtained from the frequent taking of such mild expectorants as honey, candied hore-hound, or the jelly of currants or raspberries; the pulp of a ripe orange, or a roasted apple is grateful and not improper; small quantities of bland demulcent drinks, as gum mucilage, linseed tea, barley water, &c., made agreeably acid with lemon juice, may be taken occasionally

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so as to soothe the irritated mucous surface;—liquorice may be used for the same purpose.

The diet should be plain and nutritive, and consist chiefly of light puddings, with a very small proportion of animal food. All spirituous and fermented liquors must be strongly prohibited. Strong coffee, made by infusion, not by boiling, is the best morning and evening beverage.

At the time that we attend to the local affection—the cough—we must not neglect the general health; we should endeavour to give tone and vigour to the system, so as to gain for it a power of endurance and resistance to cold; the clothing should be warm and always uniform; sudden and unprepared-for exposure to cold should be avoided, and during convalescence daily exercise in a bracing atmosphere should be persisted in.

When the catarrh becomes chronic, especially in old people, with a viscid secretion expectorated with great difficulty, and laborious breathing, we may employ warmer and more pungent expectorants than those I have before named; such as the stimulant gum resins, ammoniacum, benzoin, and styrax; garlic is occasionally of very great utility, Friction to the chest, by means of a flesh-brush, or what answers equally well, a coarse towel, should be used night and morning; and the application of a slightly stimulating embrocation is invariably productive of benefit.

In that form of mucus cough which is attended with irritability of the system, and thin frothy expectoration, I have prescribed the tincture of hops, with the oxymel of squills, with good effect: I am averse to opium, and rely chiefly upon hyosciamus and conium when there is occasion to employ a narcotic: prussic-acid is an invaluable remedy from its power to diminish general sensibility without affecting the functions of respiration and circulation; I need not add that it requires the greatest caution in its administration.

(To be continued in our next.)

SPONTANEOUS SEPARATION OF A LARGE TUMOUR FROM THE THIGH, AFTER AN UNSUCCESSFUL ATTEMPT AT REMOVAL BY OPERATION.

THE following very remarkable case has recently been discharged from the hospital, a perfect cure. We are, therefore, enabled to give a complete report of the many interesting points belonging to it from the commencement to the close.

Evan Davies, a thoroughly robust and healthy-looking man, about 46 years of age, was admitted into "Henry" Ward, Bartholomew's Hospital, under the care of Mr. Lawrence, on the 4th of October, 1849. He had a large tumour on the front of the right thigh, just above the middle. It was of a nearly spherical shape, between four and five inches in diameter, uniform on the surface, compact and elastic to the feel. It was, evidently, deeply imbedded in the thigh. As one might expect of a tumour so situated, it could be moved very little independently of its surrounding connexions; at the same time, there was no reason for believing that it was in any way fixed to the bone. The superincumbent skin was quite healthy, and so was all the rest of the limb.

We gathered from him the following history. About nine months ago, while engaged in the execution of his duty as a constable, he was kicked on that part of the thigh where the disease subsequently appeared. The kick was so severe that he was compelled to remain at rest for a few days, and apply leeches to the affected part. Not till two months, or thereabouts, after this injury, did he perceive any trace of the tumour. Various means were then tried with a view to disperse it, and amongst others a thorough salivation; but the lump steadily progressed in size, and became gradually more painful, especially after unusual exercise. Under these circumstances, he determined to come up to London for the benefit of the best surgical advice, and had the good fortune to fall under the care of Mr. Lawrence.

Mr. Lawrence, after maturely considering all the circumstances of this case, recommended the man to submit to an operation for the removal of the tumour, and on these grounds:—1. The disease could be got rid of in no other way, and was progressing in size; 2. Its nature, though uncertain, was in all probability innocent; 3, Its mobility and connexions were such as to justify the hope that it might be entirely removed; 4. The patient was in the best possible health. Accordingly, on the 23rd of October, with the approbation of all his colleagues, Mr. Lawrence undertook the operation, the patient being under the influence of chloroform. A free crucial incision was made through the integument. The sartorius muscle, which crossed over the tumour, was then divided, and thus the entire front of the disease was laid bare. It was firm in texture, and so exceedingly vascular, that it bled profusely at the least touch of the knife. After a little further dissection, it was soon apparent, that the deep-seated connexions of the tumour were such as to render its removal next to impossible. On the one side it was firmly incorporated with the rectus and vastus internus; on the other, with the adductor muscles; and a portion of it seemed to be prolonged upwards towards the pelvis. Thus, scarcely any part of its circumference could be detached. Moreover, in attempting to do this, a very large artery was divided, and bled profusely before it could be secured. The operation was then given up, but not before so much blood had been lost, that fears were entertained lest the patient should die on the table.

Notwithstanding the profuse hæmorrhage, the patient suffered less than might have been expected from the operation. He soon rallied, and the wound began to granulate. On the sixth day it was discovered, that the tumour was beginning to slough. The sloughing increased with such rapidity, that, by the eighteenth day, the entire tumour had perished, and become detached from its connexions; so that Mr. Lawrence drew out the disease *en masse* from its bed in the thigh. On careful examination of the disease thus removed, the femoral vessels were found running through the centre of it. This circumstance accounts for a symptom which we have not hitherto mentioned, namely, the considerable swelling of the whole limb after the operation.

The large excavation in the thigh left after the separation of the slough, has been filled up by healthy granulations, and the patient has left the hospital with the perfect use of the limb, and with every prospect that there will be no return of the disease.

The chief practical point deducible from this case is the caution with which we ought to estimate the connexions and extent of a tumour by its looseness and mobility. In this instance, there was no reason to suppose that the tumour had such deep connexions as would prevent its complete removal; but it proved otherwise. The subsequent spontaneous detachment of the growth by sloughing is a most rare occurrence.

ON THE DISEASES OF WOMEN & CHILDREN.

No. II.

(Continued from page 18.)

THE influence which this function in return, exerts over the female system must be so apparent to the most unthinking person, that it will require but few words to explain the injurious result of any impediment to its proper and natural secretion. It is the disturbance of this function which is the CAUSE of the majority of female maladies, *and not the effect.* Independent of the painful and distressing diseases peculiar to the organs implicated — and which will be noticed hereafter — irregularity calls into action many diseases, which otherwise might have remained dormant, and by a healthy and vigorous youth entirely overcome and eradicated from the system. Chief in the dire catalogue of diseases, which at this period of life may be brought into destructive activity, stands that insatiable tyrant *consumption*, which almost exclusively attacks the fairest and loveliest of our species, and strikes down those who are bounding blithely from the starting post of life, rather than the decrepit beings who are hastening to its goal. How many thousands of early victims to this destroyer may attribute his fatal grasp to neglect and carelessness at this, the first crisis of woman's life? Far be it from us to assert that consumption must of necessity exist when this secretion is absent, irregular, or imperfect; but that these conditions will, should there be the least pre-disposition, rapidly rouse *phthisis* into action, and aggravate its consequences, if it already exists, can neither be denied nor questioned. With consumption must be included all its cruel attendants, namely, spitting of blood, palpitation of the heart, exhausting cough, sleepless nights, &c., which are all, more or less, controlled by the state of this function. The uterine system sympathising so largely and so directly with the whole nervous system, and its seat, the brain, causes the catamenia to influence, to a considerable extent, every complaint referable to diseased action in these vital organs: thus, the symptoms of epilepsy and chorea, are greatly increased in severity by delayed or impaired menstruation, and the prospect of a favourable issue to each must be regulated by improvement in the state of this

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secretion. Should it not appear at that period designed by nature, the uterus itself, as well as other organs of the body, suffers from the revulsion of its legitimate function, and the result may be inflammation of the womb and its appendages, attended with alarming symptoms, and frequently with a fatal result; and in the event of these terrific maladies being subdued by proper treatment, the foundation of severe climacteric diseases—as cancers, tumours, &c., may be established, and the prospect of becoming a mother banished for ever.

From these remarks it will be seen, that freedom from the most disastrous diseases which afflict the life of woman is contingent upon her health at this crisis; that an uninterrupted enjoyment of health and happiness, as far as human precaution can ensure these blessings, and her ability to fill her appointed position in society, as the beneficent dispenser, under divine Providence, of all those joys and comforts which gladden the hours of man, depend in the greatest degree on her first assumption of the functions and endowments of her sex.

We will now endeavour to point out the remedies which will enable the youthful female to escape those perils which hover around her path, and to direct the attention of parents to this all-important crisis; but, in doing so, we must not be supposed to lay down one constant and invariable practice, applicable alike for the robust and the delicate; such a course would be as fallacious as injurious; the treatment of every malady being modified by the peculiar symptoms, organisation, temperament, habit, &c. of the individual.

In strong robust girls it may be considered that nature will effect her own purpose, without requiring the aid of art; fortunately, in the majority of cases this is correct; but there are instances, and they are far from being infrequent, in which this plethoric habit renders the subject more liable to an alarming issue,—namely, inflammation. To avoid this, great attention should be paid to the state of the bowels; and at the time that we guard against constipation, we should not resort to violent drastic purgatives, especially those containing aloes or scammony, which, acting as they do more especially on the lower intestines, are apt to excite too great irritation in the immediate neighbourhood of the uterus: neither should "taking physic" become a custom, than which nothing is more injurious to the health. At the outset a brisk cathartic should be administered, and the action thus induced continued for a short period by means of some domestic laxative, or the lenitive electuary (compound confection of senna); and by soliciting nature at regular intervals, it will generally happen that a correct state of the evacuations will be established. The diet should be regulated with some care, and whatever tends to over-stimulate the system prohibited; for this reason "made dishes" highly seasoned are improper; the food of young persons at this age should be light but nutritive; animal food may be taken once a day, and plain joints of beef or mutton preferred: pastry and new-baked bread are improper, and should seldom be indulged in. Milk may with advantage form the principal article of the morning and evening repast; should tea or coffee be substituted, they ought never to be drank too warm,—a practice much to be reprobated. The meals should be taken at regular intervals, and suppers banished; if, however, this superfluity be persisted in, it should always precede the time of retiring to rest at least one hour. As a practice, the use of wine, spirits, or malt liquor is most injurious,—spirits, under any circumstances, should never be permitted; to an occasional glass of wine or porter there is not that decided objection, but the daily taking of either, especially porter at dinner, should be discouraged.

For those who are of a nervous, bilious, melancholic, or delicate constitution it would be, perhaps, not unattended with danger to prescribe a routine of treatment: there are so many circumstances which modify, and which in one case might indicate and in another oppose the adminstration of a remedy, or the quality of the diet, that we forbear to suggest a general practice: every case should be considered, as it invariably is, original, differing from others which have preceded it; and a course of treatment adapted to the existing symptoms and constitutional peculiarities of the individual, should alone obtain the confidence of the patient or other friends.

An important part of the hygenic treatment, and one which seldom obtains much attention in reference to health, but which is of all-absorbing interest in regard to fashion, must not be overlooked: namely, dress. The clothing of young females should always be suited to the season and temperament of the individual, and proper care observed to avoid any abrupt change either in texture or quality. Nothing can be more hazardous than the too common practice, during the inclemency of winter, of girls clad in the daytime in an almost Siberian costume of furs and shawls, at night exposing themselves, in crapes and gauzes, bare-necked, and only protected by silk stockings, to the sudden changes of temperature, from theatres and heated ball-rooms, to the cold air of lobbies, passages, and damp pavements.

While alluding to dress, we cannot avoid reprehending the dangerous and ridiculous fashion of tight lacing, which confining, as it does, the viscera in a narrow and unnatural space, must of necessity impede their regular offices, and disastrous uterine, as well as thoracic, disease may originate in this foolish practice. If the probability of such effects are not sufficient to deter our fair readers from twitching themselves in that barbarous and most foolish piece of armour,—the corset,—let them remember that there is as much barbarism in English women drawing in their waists and cribbing up their shoulders, as in the pinching of the feet by the Chinese, or the flattening of the head by some of the Indians. A spider waist is *not* a sign of beauty.

Exercise is a most essential auxiliary in maintaining health, invigorating the body, and promoting the due performance of the secretory system; indeed, without regular exercise in the open air, health cannot possibly be preserved, for beauty, like other flowers, needs exposure to the air and the light of the sun. In the early years of female life strict attention should be paid to the carriage and means by which the muscular system becomes developed; the aid of calesthenics may be with advantage resorted to, as well to preserve health as to secure that ease and grace of movement which adds the greatest charm to feminine loveliness. To shew the benefit of exercise, we have only to contrast the damp hair, the pallid features, and attenuated form of the young milliner, confined in a room for sixteen—nay, eighteen or twenty—hours, with the rosy tint and bloom of spring-tide freshness of the more fortunate girl who is allowed to take her daily promenade. In boarding schools too much time is devoted to sedentary studies, and in the desire for accomplishments many useful and healthy occupations are neglected. Dancing is highly conducive to health as a means of expanding the frame, and bringing into play the entire muscular system; the midnight ball, however, at this age must not be sanctioned; the body, in a half-feverish state from the exertions of the day, is ill able to support additional excitement at an hour when the system requires, and has been habituated to, repose.

Without going beyond our office as physician, we would, with much sincerity, direct the attention of parents to the vast importance of the *moral* and *intellectual*, as well as the *physical*, care of their offspring, at this critical period of their lives. The mind is now prone to receive lasting impressions, either of good or evil; and habits once acquired, whether vicious or amiable, become so readily a part of our existence, that a heavy responsibility is attached to those who have under their control the

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education of the daughters of England: with them rests the foundation of that character which must be

"———— unstained and pure
As is the lily or the mountain rose,"

to become, as it is ordained, the greatest blessing to man, and the brightest ornament to society. It is now that the mind rushes into a new world; new thoughts, new feelings, engage the attention, and they should be so guided that health and peace of mind are the grand objects which are gained.

It is necessary that all gloomy or dispiriting ideas should be dispelled, and whatever tends to depress the mind or lower the animal spirits should be avoided with the greatest circumspection; cheerfulness of disposition and equability of temper should be courted, as well by affectionate and instructive conversation, as by the numerous elegant and rational amusements which are now every where to be obtained. The greatest discretion should be exerted in the selection of those who are to become the intimate companions of the youthful female; there are so many circumstances dependent on this, which materially affect the future health and well-being of woman, which every anxious mother will readily comprehend, that they require only to be referred to in order that their importance be acknowledged.

At this period the girl, inexperienced, uncertain of the nature of her disorder, and irresolute in the course to be pursued, requires that advice and management which maternal experience is so competent to bestow; this, however, should be rendered without alarming her susceptibility, or too much exciting her curiosity; the peculiar temperament and disposition of her child will best guide the anxious mother how this delicate duty may be performed. But should any symptom exhibit itself out of the usual course, professional aid should be immediately engaged, as the knowledge even of "experienced matrons" is entirely inadequate to the urgency of a case which might by delay or tampering become serious in its result.

(To be continued.)

HONOURS TO MEDICAL MEN.

We blushed for the ingratitude of the English nation and government when we read in the French journals last week that the President of the Republic, on the report of the Minister of Marine had conferred the Decoration of the Legion of Honour on twenty naval surgeons, as a recompense for their exertions and devotedness during the prevalence of the cholera at the naval ports. A few weeks back we suggested that the government ought to confer some honorary distinction—a medal, for instance—upon those heroic and devoted members of the medical profession who stood forth when the fearful plague was ravaging our city, and struggled, at the imminent risk of their lives, to check its destructive progress. But we found no generous statesman, no exalted philanthropist, to respond to our plea for noble deserving. They might have thought that the danger was past, and that the medical practitioners had only done their duty; but we ask, has the country done its duty by men who distinguished themselves in the time of danger? Will they have the recollection of the rewards and honours bestowed upon them for past services, to stimulate them to future exertion in the cause of humanity and science? No! In England a medical man has nothing to expect, beyond his anxiously and laboriously earned fees, from a grateful country or an enlightened ministry. As Sterne said, "they manage these things better in France."—*Sunday Times.*

SUPPLY OF WATER IN LONDON.

We can state upon most respectable authority, that the government are determined to take measures in the ensuing session to correct some of the abuses connected with the present supply of water for the metropolis and neighbourhood. Committees are to be appointed in both houses to take evidence, and report upon the subject, after which measures will be brought forward by bill on government responsibility, and backed by the reports of the committees. Of the existing evils of scarcity, impurity, and enormity of charge, there will be no question—there can be none. The chief subject for inquiry by the committee will be the best mode of reforming the acknowledged evil with the least injury to existing interests.—*Sunday Times.*

ANALYSES OF COD LIVER OIL.

Analyses of three kinds of *cod-liver oil* have been made in America, which seem to corroborate the opinion that "light brown" is best, containing more iodine, and, which we are inclined to look on as not less of value in this medicine, *phosphorus*. Dr. Williams's experience, which has been the chief cause of its immense use in America, has been very remarkable. He prescribed it at the time of publishing his results in over 400 cases of tubercles of the lungs; in 100 cases of incipient softening its effects were decided and lasting; and in 206 out of 234 marked and unequivocal improvement almost immediately followed its exhibition. Nay, among the appalling ravages of the third stage of the disease, in over 60 cases, he found it of very great value. Its mode of action is, of course, open to much speculation. In an analysis of the blood in an individual taking the oil, the animal matters were found nearly doubled; the fibrin, usually high in phthisis, was reduced. There seems some reason, then, for supposing that, in addition to this healthy nutritive matter, (a sort of magazine to the system,) that the oil supplies certain fat molecules, which appear essential to forming the nucleoli of the primary cells of ordinary tissues—fat, according to Ascherson, having the physiological power of coagulating albumen around it.—*Medical Times.*

[We shall always be desirous of giving an impartial detail of the experience of our brother physicians; at the same time we shall fearlessly express our own convictions. Cod-liver oil, in our practice, has always been most deceptive in its results; improving the appearance, perhaps the condition, of the patient to-day—to leave him in greater prostration and danger to-morrow. Cod-liver oil is a pretty varnish, that polishes over a decayed spot, and allows the canker silently to work its way beneath the surface.]

MIDWIFERY.

About five months ago considerable sensation was created in Sheffield by the publicity given to the extraordinary conduct of an elderly woman of the name of Hannah Cushforth, one of the midwives of the Sheffield Public Dispensary, displayed during the exercise of her vocation in the case of Harriet, the wife of Francis Mappin, a file forger. On the 27th of June, Mrs. Cushforth, some time in the afternoon, commenced the critical operation which she had undertaken. So unsuccessful were her effects, that she separated the body of the infant from the head, and afterwards made a barbarous use of a common meat-hook as an instrument to aid her in the completion of the operation. The agonised mother began to sink under the treatment, when Mr. Moore, surgeon and druggist, who had been fetched by a neighbour, arrived, and speedily completed, at about six in the evening, that which the midwife had so unskilfully attempted. Mrs. Mappin, afterwards revived, and ultimately recovered. An investigation took place, and the result was that the jury found Mrs. Cushforth guilty of manslaughter in respect of the infant. She was committed to York for trial. Before the bill of indictment had been presented to the grand jury, however, the judge, who had looked over the depositions, intimated to the conductors of the prosecution that he did not think it possible that the evidence would bear out the charge of manslaughter, inasmuch as it could not be proved that the infant was alive when the midwife undertook the case. His lordship, therefore, advised that the prosecution should be abandoned. The hint was at once adopted, and the consequence was, that on Thursday Mrs. Cushforth was discharged from custody after an incarceration of nearly five months.—*Bedford Times.*

CHLOROFORM IN OBSTETRIC PRACTICE,

Has recently gained many adherents in Ireland. A report was read at the Obstetric Society some time since by Dr. Denham, of a highly satisfactory character; the pains are diminished in force, frequency, and duration; the muscles of animal life are those first effected; the pupils remain natural during the first stage of its effects; but, when full asthenia is produced, they become dilated; the vagina and os externum also become sensibly relaxed. It has never influenced the infant.

THE DRESS OF CHILDREN.

It is unfortunately the fashion with many ladies of the present time to let their children be exposed with bare neck, arms, and legs, until the skin becomes mottled by a stagnant venous circulation (blueness of skin). In such circumstances tubercles, early consumption, the seeds of so much malady and the source of so many heart-pangs, are, I am persuaded, frequently developed; so that the cold surface is equally the source of present misery to the little child and of future sorrow to the parent. Of this treatment, scrofula and consumption in their various forms are the frequent results. In children, especially, the skin should be excited by rubbing, sponging, &c., and protected by a just and general clothing, light in summer, warm in winter, with calico next the surface at all times. There may be circumstances of health and atmosphere in which exposure may be right enough; but these rarely coincide in infancy (particularly in our climate) or last the whole day.

SIGNIFICANT FACT.

A tombstone in New Jersey, America, bears the following epitaph:—"Died of thin shoes, January, A.D. 1839."

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

CONVULSIONS IN CHILDREN generally arise either from a disordered state of the bowels, or teething: the age of the child will materially assist us in forming a just opinion. If they occur before the fifth month, the probability is that the bowels are mainly at fault; if about the usual period when dentition has begun, it is equally possible that this is the cause, with which also a disordered state of the bowels may co-operate. Here you must never neglect to give purgatives so as thoroughly to cleanse the bowels; lance the gums if necessary; and put the child into a warm bath at 96° for ten minutes, in order to tranquillise the nervous system.

SCROFULA.—The principles on which the treatment of scrofula should be founded are three:—First, to make better blood: Secondly, to strengthen the solids: and Thirdly, to give vigorous action to the circulation. The two first indications are to be fulfilled by paying attention to diet Medicine is a secondary consideration, and certainly may be used with advantage as an auxiliary. The last indication may be more especially answered by a due attention to exercise and air.

ALTERATIVE POWDER FOR SCROFULOUS CHILDREN.—Take, powdered rhubarb, a scruple to half a drachm; of hydrargyrum cum creta, half a scruple to a scruple; carbonate of iron, fifteen to twenty grains; sulphate of quinine, four to six grains; white sugar, one drachm; aromatic powder, one scruple. MIX. Divide into ten powders—one to be taken every night, or every other night.

MEDICINAL PROPERTIES OF WATER-CRESS.—Water-cress acts as a gentle stimulant and diuretic; for those purposes the expressed juice, which contains the peculiar taste and pungency of the herb, may be taken in doses of an ounce or two, and continued for a considerable time. It should be at the same time eaten for breakfast, also at dinner and supper, to experience benefit from the virtues of this herb.

SIR HUMPHRY DAVY'S CORN SOLVENT.—Potash two parts; salt sorrel, one part. Mix in fine powder. Lay a small quantity on the corn, for four or five successive nights, binding it on with rags.

DR. LETTSOM ascribes health and wealth to water, and all diseases and crimes to the use of spirits.

DIETARY, WHOLESOME & ECONOMIC.

HARE SOUP.—Skin an old hare and wash it thoroughly clean; divide it into joints fit to serve at table, and place the whole into an earthen pan or jar with a few cloves, whole allspice, pepper and salt, a sliced carrot and an onion. Cover well with water or broth; close the mouth as tightly as possible, (some jars are made with lids fitted to them, which are excellent for such purposes as this,) and place the jar in a cool oven all night. The next day take out the hare; trim it neatly, strain the broth, put it into a stew-pan; warm and thicken with "brown roux," which is a little butter melted, then thickened with flour, and browned gently of a nut-brown colour over the fire. To this the broth should be added gradually, that it may be perfectly smooth; add the pieces of hare, and warm the whole together. Skim off any fat from the top before serving. A few fried forcemeat balls may be added with a little currant jelly and port wine, or serve the currant jelly in a boat. This is the best way of dressing an old hare. A young hare can be done in the same manner, but does not require stewing so long to make it tender. From one to two hours will be amply sufficient, as the joints will be done in about twenty minutes after the water has attained the boiling heat.

THE FRENCH METHOD OF MAKING WHEY.—Mix together equal parts of best vinegar and cold water; a table-spoonful of each will suffice for a pint of milk. It is not, however, all to be put in, whether necessary or not; but when the milk just boils, pour in just as much of the acid as will turn it, and no more. Beat up together the white and shell of one egg, which boil up in the whey. Then set it aside till quite clear. Pour it off very steadily through a muslin strainer. Sweeten to taste with loaf-sugar. This whey is very pleasant and answers every good purpose of white wine whey, while it is not liable to the objection of being heating, and is also very much less expensive.

M. SOYER recommends that to make a good cup of tea, the teapot, with the tea in it, shall be placed in the oven till hot, or heated by means of a spirit lamp, or in front of the fire, (not too close, of course), and the pot then filled with boiling water. The result, he says, will be in about a minute a most delicious cup of tea, much superior to that drawn in the ordinary way.

PRUSSIAN CUTLETS.—Take a piece of veal, say one pound, from any part of the calf, with a little fat, chop it up, but not too fine, add to it two teaspoonsful of chopped eschalot, one of salt, half a one of pepper, a little grated nutmeg, chop it a little more, and make it into pieces of the size of two walnuts, which give the shape of a cutlet; egg and bread-crumb each, keeping the shape; *sauté* in fat, oil, lard, or butter, give it ten minutes on a slow fire till a nice brown colour, dish and serve with sauce, in which put a table-spoonful of Harvey's; they may be served with stewed vegetables. Any other meat may be used as well as veal.

ADVERTISEMENTS.

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Agent for ROOFF'S Patent Improved Respirator. J. M. has now a large supply of COD LIVER OIL, prepared from the finest Fish of the Season.

TRUSSES.—S. SMITH, Truss-maker, 1, High Holborn, three doors from Gray's-inn-lane, respectfully announces to the Public that TRUSSES can be had at his establishment, at the following low prices: Double Trusses, 16s. each: single ditto, 8s. Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c.—Mrs. Smith attends on ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 18, Harmer Street, Gravesend, every Friday.

DR. ARNOTT'S HYDROSTATIC OR FLOATING BEDS.

This valuable invention, affording such relief to all patients long confined to bed, is now presented to the public, greatly improved in manufacture, by which it is made much more durable; and at a price which it is hoped will conduce to make its advantages more generally available.

	£	s	d.
No. 1. Hydrostatic Bed, with Castors, &c.	8	8	0
No. 2. ditto plain.	7	7	0
FOR HIRE.			
No. 1. First Month	1	15	0
" Second and succeeding Months	1	2	6
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The Hire of the Bed, with waterproof Sheet & Carriage, to be paid in advance.

Manufactured, Sold, and Let Out on Hire, by EDWARD SPENCER & Co. 18, Billiter Street, and 116, Fenchurch Street, London. Manufacturers of the Adjusting and other approved Surgical and Invalid Beds.

A stock of these Beds kept always ready for immediate use.

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HEALTH OF LONDON DURING THE WEEK.

THE average of deaths for ten previous years, corrected for increase of population, is 1260, the deaths having ranged in that week from 929 in 1844 to 1457 in 1848, at which latter period the mortality was much increased by influenza, then on the decline. The deaths in the present return are, therefore, less than the average, by 195. The mortality from small-pox, though it shews a tendency to increase, is still less than half the average. Scarlatina and hooping-cough also cause less than the usual number of deaths, only 11 having occurred last week from the former epidemic, though the corrected average is 37; in the corresponding week of last year the deaths from scarlatina rose to 63. From typhus, which ranged in the same week of ten previous years from 22 to 83, the deaths returned last week were 33, or rather less than the average; but the mortality from measles is at present rather above it. The only complaint which is now fatal to a considerable extent is bronchitis, from which 25 children under 15 years, 31 persons between 15 and 60, and 64 at 60 years and upwards, died in the week; its increasing fatility during the last three weeks, in which the weekly mean temperature has been successively 33°, 35°, and 30°, is marked by the numbers returned, viz. 78, 103, and in last week 120. Of the 1065 deaths, 303 were those of persons of 60 years old or upwards.

TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book, for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays and Saturdays from half-past One until Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber"—"Constant Reader"—"Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

J. C. (Vicarage Place, Hunslet).—Take, extract of hyosciamus, two scruples; camphor, ten grains. Mix, and divide into ten pills. Take one every night.

P. (Hyde Park).—We cannot spare room for all the directions you require. Call or send your address.

CLAUDE MELNOTTE, (Norwich).—As a palliative chew a piece of orris root occasionally. If you suspect it is caused by the unguarded use of mercury, you will require constitutional means to be employed. Does it arise from a caried tooth?—if so, get it extracted.

H. G. H. (Derby).—There must be a *cause* for "despondency" and "shattered health." Your letter is not sufficiently explicit.

ELLEN.—Palpitation of the heart may arise from so many different causes, that it will be imprudent to advise you, guided only by the scanty information your note contains. Believe we are willing to render you any assistance in our power.

R. S. P. (Manchester).—Is it possible we can publish the instructions you require in this column? Say where a private note will reach you.

T. DOE (Wandsworth).—Take your daughter to Gracechurch Street, on any day that we attend there. You detail the symptoms clearly enough, but do not refer to the cause.

ROBIN THE BOW.—We object to answer questions bearing such absurd signatures as the one you have adopted.

T. B. S. (Chancery Lane).—Get a bandage at Mr. Smith's, High Holborn; the cost will not be more than two shillings or half-a-crown.

A CLERK (Mark Lane).—The passions and affections possess a sad power of troubling our bodily functions, and deranging health. The power to subdue the former and control the latter is what you require, not drugs. Five minutes' conversation will do more for you than a bushel of pills.

WILLIAM COOX (Catton),—We can only reply to your note privately.

G. X. Y. (Nottingham).—First remove the cause; pay strict attention to the state of the evacuations; live temperately in all things; and as a temporary palliative, apply a mustard poultice. Your letter is too indefinite for us to advise more minutely. You must send your private address if you desire an opinion in detail.

EAST LONDON.—In our answer last week, for "professed," read *proferred*.

A POOR PATIENT.—We do not profess to have interest sufficient with the weekly Board of the Hospital in question to cause an inquiry to be made into your complaint. We know there are more *old women* attached to Charing Cross Hospital than Nurse Mary. We sincerely hope you never may have occasion again to apply to charitable institutions.

A VICTIM.—We have received a most distressing note from the correspondent whose letter on Quack Consulting Surgeons we published in our Second Number. The "firm" in question, having seen his letter inserted in our journal, sent copies of "Victim's" correspondence with them to his father, and to his late employer, the consequence of which is, that he has lost his father's confidence and affection, and the zealous interest of an established merchant. We would insert his letter, but under a natural excitement he has employed epithets to the men, who certainly deserve the most severe phrases in our language, which we cannot condescend to apply even to the lowest of pretenders. We would, however, earnestly caution intending dupes not to place the least reliance on advertised "inviolable secrecy."

ALEXIS.—Relate the cause;—we may then probably be enabled to direct you.

J. F. W.—Apply to Mr. Smartt, he will effectually stop the decayed tooth. Some dentists stop one tooth, and drill holes through two. If you wish to know to whom we allude, walk from St. Paul's to Temple Bar, and read all the little hand-bills you receive in your journey.

B. W. J. (Somers Town).—Have two; one to wear during the night, the other during the day. Never sleep in your day linen.

J. O. G. (Accrington).—We do not possess a divining rod. We can do nothing for you without you relate more of your symptoms than you have hitherto done.

E. E. E.—Your cough, in a very great degree is sympathetic with deranged digestion, and is the natural result of former irregularity. A prescription is left for you at 78 Gracechurch-street, together with a note, instructing you as to diet and regimen.

SAMUEL T. (Bolton).—Your note is not sufficiently explicit.

DELTA (Holborn).—To your first query:—Yes, under proper treatment and guidance.—2nd, There are two, both of bad repute.—3rd, Yes.

A. B. (Watling Street)—We would do much to save you from falling into the hands of the ignorant advertising consulting surgeons, but we cannot print the information you ask for. Could a mother or sister read it? Our journal is a Family Journal. Communicate privately.

INQUIRER.—He is only known as a clever speculator in hot water, and as the writer of prurient books.

A MOTHER (Bishopstoke).—Keep the bowels gently moved by castor oil: drink plentifully of barley water, to a pint of which add about ten grains of saltpetre; avoid animal food for a few days, and keep perfectly quiet.

JASPER. (Alnwick)—Send your address.

W. J. (Barnsbury Road).—Both are proper; when there is much relaxation of the tonsils, alum is preferable: the proportions will be about ten grains to a six-ounce gargle.

A CLERK. (Eagle Street).—Sarsaparilla is an expensive and *useless* remedy—don't touch it. We have left a prescription and private note for you at 78, Gracechurch Street, according to your request.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Wednesday: the journal is printed on Tuesday; consequently letters arriving after 10 o'clock on Monday morning cannot be noticed in the current number.—This to many correspondents.

PRESCRIPTIONS are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents:—N. D. (Deptford), also a private note. MIGHT, also a private note. E. C. R. (Stamford Street). A HOUSEMAID. D. E. (Norton Folgate). MRS. B——N (Walworth Road). A MECHANIC, also a private note. MISERY, also a private note. MR. G——D (Hatton Garden). MARY, (Brick Lane). L. S. D. ANNETTE. A HATTER (Bermondsey Street). W. B. (St. Martin's Lane), also a private note. WOLSEY (Plaistow). JOHN (Westminster), also a private note.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 5.—Vol. I.] SATURDAY, FEBRUARY 2, 1850. [ONE PENNY.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

NO. V.

THE INFLUENZA, OR EPIDEMIC CATARRH.

(*Continued from page* 28.)

The term *influenza*, which may be fairly considered an English word, is derived from the Italian, and had its origin in the supposition that the disease which it serves to denote was caused, or ruled by the influence of the stars. From the earliest period of medical literature, this epidemic has engaged the attention of medical writers: and the history of the disorder, handed down to us by Sydenham, accurately corresponds with its character in the present day; its invasion, however, is more frequent than formerly, and it has occurred not only in the autumn, but in every season of the year, whether hot, cold, damp, or temperate, and of all epidemics is now the most universal.

Sydenham regarded the disease, in 1675, as a general cough, produced by cold and moist weather, grafted upon the autumnal epidemy, and varying its symptoms; whence the fever, which had hitherto chiefly attacked the head or bowels, now transferred its violence to the chest, and excited symptoms which had often a semblance to those of genuine pleurisy.

During late years it has invariably followed the bilious cholera, which prevails in the months of September and October. Its most virulent appearance was in 1837, in January and February, and in the winter months of 1847 and the commencement of 1848, since which time, indeed, England, especially the metropolis, has not been free from the malady.

It has been observed that influenza seems to bear the same relation to ordinary catarrh, that epidemic cholera bears to the common English cholera that happens every year, and that it appears to be dependent on some peculiar condition of the atmosphere. Sydenham ascribes its existence to "some occult and inexplicable changes wrought in the bowels of the earth itself, by which the atmosphere becomes contaminated with certain effluvia, which predispose the bodies of men to some form or other of the disease." As it is well known that a specific miasm, or morbid principle of the atmosphere, is the cause of intermittent and remittent fever, we may readily allow that some specific aerial influence is the primary cause of influenza. Corroborating this opinion is the fact that many domestic animals, as horses and dogs, have been attacked simultaneously with man.

The proximate causes are, great and sudden changes of temperature, either from warm to cold, or from cold to warm, with dampness and fogs; and the prevalence of easterly winds may be considered as a natural indication of its advent. The greatest fatality from the disease in 1847 was in the months of November and December, when the prevailing winds were south-west or south-south-west.

There is much diversity of opinion as to the contagious or non-contagious character of the disorder; and although the popular feeling is in favour of its being non-contagious, it must be remarked, that it has seldom appeared in any one country of Europe, without appearing successively in every other part; that it sometimes affects every member of a family at the same time, and sometimes it affects them in succession, and that it attacks indiscriminately persons out of doors and in doors. On the other hand, I have heard of the crews of vessels on the open sea having suffered severely, when there could be no possible communion with infected individuals.

Persons of all ages, the healthy and robust, are liable to its attack, but children less than others; in 1837 the fatality among elderly people was considerable; in 1847 it overcame the youthful, the middle-aged, and the aged.

Influenza, although lightly treated—("Oh, it's only a touch of the influenza!")—is a most formidable disorder; less so, however, on account of its immediate symptoms than by its power to excite and perpetuate other diseases. The general symptoms bear a close resemblance to those of common catarrh, considerably aggravated in degree; it may be readily distinguished from the latter complaint by the extreme debility that attends and follows it. At the onset there is universal chilliness, or rigors, succeeded by sudden flushes of heat; the skin is at first hot and dry, afterwards covered with perspiration; great pain is felt in the head, which seems as if bound and tightened, there is also considerable confusion or noise in the ears; constant flying pains are experienced in the limbs and back, especially the loins, and the entire body feels sore and bruised, as if beaten with a stick; the strength is suddenly prostrated, there is entire loss of energy, and the patient is overcome with fatigue and lassitude; the spirits are depressed, and he is borne down by mental as well as bodily debility. There is pain and constriction across the chest, particularly at the lower margin of the ribs, accompanied at first with a dry teazing cough and hurried respiration, which causes much anxiety and distress; there is a tingling sensation at the nose, frequent sneezing, and watery eyes, and, as in coryza, a profuse secretion from the nostrils; the face feels stiff and uncomfortable, the lips are frequently covered with an irritable, smarting eruption, and the temples and cheek bones are sore and painful. The throat seldom escapes, the tonsils become inflamed and relaxed, and the soreness is severe and burning: the windpipe is dry and irritated, and the voice hoarse or entirely lost; there is loss of appetite, aversion to food, and sometimes nausea or sickness; the tongue is furred and parched, or covered with a ropy, unpleasant mucus, like cream; the thirst is considerable: the bowels irregular, and the urine scanty, thick, and turbid.

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The symptoms I have just recited are generally present during the first twenty-four or forty-eight hours, and if within this time they do not succumb to proper treatment, the violence of the disease is concentrated in one particular organ, most frequently the head or the chest. If in the former, the headache is intolerable, shooting up to the crown, with a feeling as if the head were splitting; the pulse is rapid, sometimes running up to a hundred and twenty or forty; vertigo follows, succeeded by incoherence, and the nights are paased in delirium. When the chest is more especially affected, the disease puts on the *appearance* of inflammation, either in the substance of the lung, the pleura, or the air-passages. I am, however, confident in saying that these symptoms are not the result of inflammation, but of some specific influence with which the blood is tainted. A proof that it is not inflammation but real debility we have to encounter is, that bleeding reduces the patient without ameliorating the symptoms: that it may ultimately end in inflammation of the pleura or of the lungs, I have seen many examples, but I hold that the disease *per se* is not one of inflammation. The cough, which before was almost a secondary symptom, soon becomes constant and harassing, the expectoration thick, opaque, and viscid, like bird-lime; it is expectorated with difficulty, and after a time assumes a purulent appearance; the tenderness about the ribs is augmented, the breathing is laborious and difficult, a pain or stitch is felt in the side, and there is much uneasiness and fluttering around the heart; the languor and debility is greatly increased, and all the several symptoms become more violent.

In a majority of cases, when influenza is not complicated with some severe local affection, the real danger is slight, and the disease is usually overcome in three or four days; when, however, the individual attacked is of feeble constitution, or has any latent disease of the lungs, or is advanced in years, we may then apprehend a more alarming result; for influenza affects each particular infirmity of constitution, it assists all ill tendencies, and gives the last blow to sickness and to old age; the weak lungs, the weak head, the weak throat have to stand the brunt of the affliction. If unchecked by remedies, a neglected attack of influenza may terminate in, or be complicated with, inflammation of the windpipe, of the pleura, or of the lungs; the brain or its membranes may be inflamed and typhus follow; or the stomach and bowels may more severely suffer, and induce diarrhœa or dysentery; in some cases rheumatism supervenes, in others certain skin diseases, or erysipelas.

The recovery is always slow, and during convalescence, the invalid is liable to a renewed attack, and a return of the symptoms in increased rigour; debility prevades the whole frame, and is greater than that which follows other diseases of greater severity and longer continuance. I have seen patients so weakened, that they could not rise from the horizontal position without fainting, for many weeks after an attack.

THE TREATMENT.

The treatment of influenza in mild cases is similar to that required in ordinary catarrh: we must endeavour to allay the fever, diminish the irritation, and afterwards restore vigour to the system. When the symptoms are greater in degree, it will be necessary to confine the patient to the house, if not to his bed; the bowels should be gently moved by rhubarb, or other mild aperient, — especially avoiding excessive purging, for the whole mucous membranes being affected, that of the stomach and intestines has an increased tendency to inflammation when irritated. A diaphoretic,—as ten grains of Dover's powder, three grains of nitrate of potash, and half a grain of the potassio-tartrate of antimony, should be taken at bed-time,—and during the day a saline medicine containing an antimonial, should be prescribed, so as to induce a healthy perspiration. When the cough is troublesome, the expectoration should be promoted by squills or ipecacuan, or the former combined with gum ammoniac; the tincture of the lobelia inflata, in fifteen minim doses, conjoined with almond emulsion, or mucilage of gum arabic, is an excellent remedy. Opiates at the commencement of an attack invariably increase the febrile heat and aggravate the head-ache; they also diminish the expectoration, and increase the tightness in the chest; as the disease subsides, and the more urgent symptoms are subdued, they are then of service in tranquillising the system, and lessening its susceptibility. In many cases I have found great benefit from the early use of an emetic, particularly when there was much pain in the chest, as well as a disordered stomach. The soreness of the throat, which is frequently a most painful symptom, may be greatly relieved by some stimulating and astringent gargle; as infusion of roses with alum; or, port wine with a little tincture of capsicum.

The food should be light, and free from all stimulants, the usual spoon-diet only being allowed.

When the disease assumes an aggravated character, with much fever, a hard, dry cough, and great pain in breathing, it will be necessary to give frequent but small doses of calomel with James's powder, or tartrate of antimony. Two pills, composed as follows, should be taken at bed-time, and one repeated twice during the day.

Take—Dover's powder;
Extract of hyosciamus; of each, 8 grains;
Camphor, 4 grains.
Mix, and divide into 4 pills. Two to be taken at bed-time, and repeat one every six or eight hours.

The cough should be soothed by some simple cough medicine, in which the tincture of lobelia, in ten or fifteen minim doses, is a constituent. When the fever is subdued, a blister applied to the chest is of essential service. General bloodletting should rarely be adopted, and however urgent the symptoms may appear, however closely they may resemble inflammation, it must ever be borne in mind that the debility is real, not the result of oppression of the nervous power, but a depression of strength: in fact, until we are confidently satisfied that the chest-symptoms are the result of active inflammation, bleeding should never be resorted to, scarcely thought of.

By pursuing for thirty-six or forty-eight hours, a mode of treatment similar to that I have described, we may look for some amendment in the symptoms. The respiration will become less frequent, fuller, and easier; the pulse will decrease in rapidity, and the surface of the body may, happily, be lightly bedewed with a genial moisture. When the treatment advances thus favourably, we may endeavour to diminish the debility, at the time that we allay the cough, by a combination of lobelia and ammonia in the following proportions;—

Take—Decoction of senega, 1 ounce;
Sesquicarbonate of ammonia, 3 grains,
Tincture of lobelia, 15 minims;
Compound tincture of camphor, 30 minims.
Mix, for a draught, to be taken every four or five hours.

As soon as the chest-symptoms disappear, we may cautiously direct a more generous diet, and as soon as there is inclination for solid food, and the state of the pulse does not forbid, a portion of lean mutton, broiled, may be allowed daily, together with a table-spoonful of brandy diluted with water. A light tonic, as a wine glassful of the infusion of cascarilla with a tea-spoonful of common vinegar may he taken twice a-day for a short time, and afterwards the sulphate of quinine with dilute sulphuric acid and water may be substituted.

[To be continued in our next.]

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ON THE USE OF STAYS AND CORSETS.

FROM A CORRESPONDENT.

MANY young females, from the use or rather abuse of stays, grow up to be sickly women, scarcely ever enjoying health for a week together. They become unhealthy mothers, producing unhealthy offspring, often with the forfeit of their lives. All physiologists and medical practitioners are agreed as to the injury and deformity caused by the pressure of stays. Woman however waspish she may sometimes be in disposition, was never intended to appear to the eyes of mankind in the form of a wasp. A free expansion of the chest is requisite for the purposes of life, and this cannot be accomplished with a supernaturally small waist, squeezed into minute dimensions by the pressure of stays. Whenever a small waist is seen in a woman it is a deformity, and bespeaks, as plainly as tongue can do, an unnatural condition of the body, and therefore an imperfect state of health. In the most ruddy and blooming females such a form of waist is incompatible with health; and the judgment must not be cheated by the appearance of a pair of rosy cheeks or sparkling eyes, frequently arising from a determination of blood to the head, brought on by the pressure of stays on the chest and stomach; the pressure on the latter organ, when distended with food, occasionally produces, even in very young persons, fainting, and sometimes sanguineous apoplexy and instantaneous death.

Stays are commonly put upon children of six or seven years old, with a view to control their growth and give them good figures;—as if nature were apt to err, and required correction! This controlling of the growth of children is like the practice of those who, by pruning timber trees, pretend to correct and improve nature's works, whilst they inflict incurable injuries upon, and diminish the life of the tree, deteriorating, at the same time, from the quality of the timber. In like manner, the mother impedes the growth, by encircling with whalebone or steel the body of her child, who will thus grow up to be a sickly and deformed woman. Take fifty of our countrywomen of the middle classes, and we shall find thirty at least afflicted with curvature of the spine; and this disfiguration and malformation may be referred to the use of stays, and to the absence of proper muscular exercise. Weakness of the loins and back is invariably increased by the use of steel and other contrivances made to *sell* and to cure. I once knew an establishment in which there were fifty young ladies, forty-nine had curvature of the spine, and the right shoulder of each had grown considerably out of its place. This was caused by the girls being compelled to write for hours together on a flat table, upon which the left elbow rested, whilst the position of the arm raised the right shoulder, and caused a lateral depression of the spine.

The women of India are remarkably for beauty of form: this is also the case among the American Indians, and among the still savage tribes of Polynesia. In our own country some rational physicians have in their own families prohibited the use of stays, and, in consequence, their daughters are most beautifully formed.

Pressure by stays, as every one of experience will admit, *totally* breaks down the finest forms of nature at a very early age. There are few girls in England whose beauty of shape is not permanently destroyed before they are twenty years of age: they are therefore obliged to continue to wear stays, in order to preserve a semblance of that symmetry and firmness of contour which usually distinguish the young maiden from the elderly matron. The elastic step is impeded, and the graceful carriage totally prevented, by the encasement of the whole figure, from the shoulder to the hip, in jean, whalebone, steel, and wood. As well might a woman be encased in wooden staves, and hooped like a cask,—it would scarcely inflict a greater injury upon her than the stays of the present generation.

When a girl goes to school, if she has never worn stays before, she is now made to do so, and the poor child is taught to look with a feeling of gratified vanity on what causes her great inconvenience, and very often great pain. If straight before, she will now perhaps begin to grow crooked, and her spine gradually swerves from the perpendicular line, whilst the chest, especially in a weak and delicate girl, will be forced to contract. Can any person wonder that, at the adult age, indigestion and stomach complaints should result from such a system of physical education?

Stays having been worn from infancy, and the support of the body made dependent upon them, by the destruction of all power of action in most of the muscles of the back, abdomen, and chest, they become indispensable to those by whom they have been constantly used. The busk and bones might, however, be left off gradually with excellent effect. I need not dwell on the evil of tight-lacing further than to state what cannot be too often repeated, that it often leads to sudden death by apoplexy. There was an instance in London, a very short time since, of the sudden death of a healthy young woman twenty years of age, who died of apoplexy about an hour and a half after she had eaten a hearty dinner, the action of the stomach being paralysed by the pressure of the stays, and the blood driven to the brain. There is, however, a point, connected with the lacing of stays, to which I would fain call the attention of every woman in the land, as it is a matter of great importance to all. Ever since the existence of long stays it has been the practice to lace them from the top to the bottom, whereby a downward pressure is given, that forces down the bosom, the stomach, and the intestines; and besides the lamentable accidents that frequently occur, the form of youth is destroyed, to be replaced by the appearance of age at the mere outset of adult life. The pressure of the busk bears heavily and painfully on the sternum or breastbone, producing a permanent bruise on the skin, and ultimately disease of the bone itself. There is scarcely one female received in any of our hospitals, that does not bear this mark upon her chest. And what is the consequence?—constant pain, and very frequently the breaking out of a torturing disease, which sometimes attends the sufferer to the grave. Ladies of rank frequently wear French corsets, laced upwards, and though they inflict the same injury on the muscles of the body that every kind of stays will do, they do not so frequently cause curvature of the spine and deformed waist.

ON THE TEETH:

THEIR USES, DISEASES, AND MANAGEMENT.

BY CHARLES SMARTT, ESQ., SURGEON-DENTIST.

"FROM what innumerable and unsuspected sources is the stream of human happiness supplied, and by what apparently trivial circumstances is it arrested! A grain of sand in the eye, or the most trifling injury or exposure of the fine nervous thread which is found in the centre of a tooth, is sufficient to suspend all ordinary occupations and pursuits." In the whole range of our wonderful formation, a more beautiful instance of minute and exquisite mechanism can scarcely be found than that which forms the subject of these hints. And furthermore, when we consider the general ignorance on all matters connected with the teeth, we shall more readily perceive the necessity for some short and popular essay on the treatment and management of these important structures. Probably not one individual in fifty, or even a hundred, can tell you how many teeth he may happen to have; and perhaps not one in five hundred is aware of the number he is entitled by nature to possess. The superficial observer, or the man who does not observe at all, is at a loss to account for the apparently sudden decay of his masticating organs, and feels particularly uncomfortable because he cannot properly enunciate

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his words when deprived of his front teeth, and suffers from indigestion, and all its attendant evils, in consequence of the loss of his molars or grinding teeth. To aid in explaining the cause, and to point out the method to be adopted in averting this affliction, is the purpose of the following contributions.

The teeth of the infant are twenty in number—ten in each jaw; and in the adult or full-grown person, the number is increased to thirty-two, being an addition of twelve molar or grinding teeth. These teeth are distributed as follows,—sixteen in the upper or superior jaw, and the same number in the lower or inferior maxilla. The anterior or front four are termed the incisors, their use, as their name implies, being to make an incision or *cut;* on each side of the jaw there is a canine tooth, for lacerating or tearing the food; and beyond the canine are found five molars or grinding teeth. Thus formed it will readily be perceived how indispensable they are to the perfect mastication of food, the first step towards proper digestion, without which the whole human fabric soon becomes diseased. During the performance of mastication the teeth minister materially to the sense of taste. These beautiful, though frequently neglected, little organs are, however, essentially necessary for other purposes besides those of mastication and taste. From time almost immemorial, and by all tribes of people, the teeth have been regarded as one of the most important essentials to beauty. Our daily observation teaches us the disagreeable effect produced by decayed front teeth, and how perceptibly the character and symmetry of the face is altered by their loss. From their effect on the features they call for particular attention from those who consider a good countenance a good letter of recommendation. There is a quaint saying, that "no woman can be beautiful in spite of her teeth." The hearty and kindly laugh is deprived of half its joy by the deformity presented. We must not term it ugliness; for if the mind be charitable and well stored, its diamonds will yet sparkle around, undamaged by the ruined pearls. The removal of these "pearls" reduces the length of the visage by one inch and a half. Their loss will also painfully remind us of their value as aids to articulation. If the great and pre-eminent prerogative of man is the possession of speech, that speech can never be perfect or complete unless the teeth modulate the sound, and give proper utterance to the voice. Observe, for instance, how one deprived of teeth would pronounce the letters *t*, *d*, *s*, *z*, and the diphthong *th*. This remark is verified by the fact of the infant making but little attempt to speak until the teeth begin to protrude through the gums.

[To be continued in our next.]

GRIEF.

TIME has two characters: it is a healer and a destroyer. The gnawing of a feeling such as grief is not like the eternal voracity of the vulture which fed on the entrails of Prometheus. The load is gradually lifted; and, as the most brawling stream runs on the most shallow bed, the most violent sorrow is commonly the most readily exhausted. In some minds, indeed, the traces left by grief are surprisingly transient. Every active temperament, however it may feel stricken when the blow falls, however it may resolve to nourish its grief as a sacred inmate of the bosom, from its very nature rises elastic from the weight. Bitter days pass over, and these may be lengthened into weeks and even months; but the voice will soon regain its full-throated ease, the face its unbidden smile, and the step its careless tread. This may be predicated of the majority of people. Those on whom sorrow sinks down with a leaden weight are the subjects of intense contemplative sentiment, disappointed hopes, or the flatterers of a morbid melancholy, which, the more causeless it is, is cherished the more, and appears to communicate sensations of singular satisfaction. The more pains that are taken to study the annals of psychology, the more certain will be the inference, that in the soundest minds grief finds its most transitory home.

AN ANTIDOTE FOR ARSENIC has been discovered by Dr. Bunsen, in the hydrated peroxide of iron, a simple preparation, and one which ought to have a place on the shelves of every druggist in the kingdom. In Germany, if we are rightly informed, every druggist and apothecary who sells the poison is bound by law also to sell the antidote.

DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. V.

THE TREATMENT OF INDIGESTION.

(*Continued from page* 26.)

INDIGESTION arising from a solitary error in diet will, in many cases, subside so soon as the cause is removed, and the injury thereby incurred has been repaired; thus, if, by an unwholesome meal the stomach is irritated, and the bowels confined, we may expect to find the symptoms abate after we have ejected the offending matter from the stomach, and freely purged the bowels, and the probability is that the disturbance will then cease. An accidental attack of dyspepsia usually presents itself, and may be treated, in the following manner:—After a hearty undigestible meal, pain and weight is felt in and around the stomach, attended with nausea, sickness, and giddiness; we may then give an emetic of zinc, or infusion of mustard seeds, or antimony, to cleanse throughly the stomach; and after the emetic effect has ceased, some simple soothing draught, containing a little warm cordial tincture, or a small quantity of brandy and water may be taken to allay the uneasiness of the stomach; we must direct the patient to abstain from all solid food during the next four-and-twenty hours, and to restrict himself to gruel, made with oatmeal or arrow-root, or dry toast and weak green tea, without much milk or sugar. When the stomach is not so irritable as to cause nausea or vomiting, or when the attack has continued so long as to preclude the hope of relief by the aid of emetics alone, we must then have recourse to purgatives, which, by virtue of the sympathy existing between different parts of the alimentary canal, frequently restore the function of the stomach by exciting that of the bowels. The purgatives to be preferred in such cases are those which act quickly, and are warm in their nature; those persons who require a powerful remedy to move the bowels, may take the compound extract of colocynth: but, in the majority of cases, rhubarb probably is the best; it may be taken in the form of the compound rhubarb pill, or combined with magnesia or carbonate of soda; the following formula will be found useful:—Take powder of rhubarb, fifteen to twenty grains; tartrate of potash, two scruples to a drachm; compound tincture or cardamoms, one drachm; cinnamon water, one ounce and half. Saline purgatives, as Epsom salts, or seidlitz powders, should never be used *alone*; neither is it prudent to give mercurials in large doses. After the bowels have been freely moved, we may expect to find the state of the stomach materially improved, so much so, as to induce a desire in the patient for solid and savory food; this, of course, should be prohibited, in order to allow the lately irritated organ to regain its healthy function by repose, and freedom from everything capable of disturbing its present quiet; a small quantity of beef tea, or light pure broth, without vegetables, may be allowed, together with stale bread, dry toast, or biscuit. As the stomach acquires its natural tone and sensibility, a moderate quantity of animal food that is palatable and easy of digestion may be permitted; and a broiled lean mutton chop affords both these properties in a greater degree than any other kind of food. The too common practice of stimulating a stomach weakened by an accidental attack of indigestion, with brandy, wine, and even medicinal bitters, cannot be too much reprobated; its action ought never to be hurried or forced, and until the natural tone be recovered, they are not only directly injurious, but may tend to fix and perpetuate the disease. As well as the absence of all discomfort, the state of the tongue is the best indicator of the proper quality and quantity of food; so long as it remains dry and foul, we have still disease to contend with; when, however, it is clean and moist, the patient may gradually return to his accustomed diet, avoiding all seasoned dishes, soups, sauces, pastry, and other articles, which his former experience has proved to be hurtful. It will be necessary to continue for a few days the action of the purgative, by some gentle aperient, taken early in the morning.

Should the attack be not so simple in its effects as we have presumed in the foregoing remarks, but attended with other sympathetic derangements, as flatulence, heartburn, nausea, &c., we must then resort to the means detailed in the essay treating on those symptoms in the fourth Number.

We have now to speak of the treatment of continued or chronic indigestion, and the manner in which we are to endeavour to attain the second indication of cure—namely, preventing a recurrence of the paroxysm.

In order to accomplish this, the patient must be convinced of the imperative necessity of abandoning whatever may have been the *cause* of his indis-

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position: he must be guided by a new rule of conduct, and, in the words of a late accomplished physician, "he must be deeply impressed with the idea that, though he may have continued his late plan of life for a considerable period of time without having sensibly suffered for it, yet now that he is suffering, nothing but conforming to another plan will remove his present complaint." Excessive eating and hard drinking, must give place to plain wholesome diet and temperance; long-continued study, confinement, and sedentary occupation, must be exchanged for relaxation and exercise; in all things there must be moderation and regularity. Thus our first object is effected by prevention rather than by positive remedies. We have, in the next place, to restore the harmonious action of the different parts of the alimentary canal, and at the same time to give tone and strength to the stomach and the whole system. In our endeavour to give increased activity to the excretory organs, especially the bowels, so that the effete and useless part of the food, &c., may be carried off, we should bear in mind that the constipation which is so frequently a symptom, is a chronic and not a temporary disorder, and, consequently, that violent purgatives are, of all things, to be avoided. We should aim at imitating the efforts of nature, by recalling the peristaltic action, instead of irritating the bowels by a laborious excitement. For this purpose we may daily employ small doses of laxatives to induce that regular action which attends health; and when judiciously combined, they may also assist in our chief intent by assisting to promote the general vigour of the frame. A few grains of rhubarb with columbo powder, sulphate of iron with aloes; the compound rhubarb pill; sulphate of quinine, with rhubarb or aloes, taken once or twice a day, will, in general, produce the desired end; but beyond all drugs in permanent utility, is the habit of soliciting an evacuation at a certain hour; we thus establish a custom grateful to the economy of the system which will be departed from only by our own neglect or imprudence.

The direct medicinal means which have the power of rousing and *invigorating* the stomach are bitters, astringents, and stimulants; the value of bitters, as quassia, columbo, gentian, &c., is increased by their property of arresting any tendency to fermentation, which is always a prominent feature in dyspepsia, and the chief cause of flatulence and acidity. Acids, both vegetable and mineral, are valuable astringents when there is not an excess of acidity; they should therefore be employed with much caution, and only when this morbid secretion of the stomach has been overcome. The mineral astringents, as iron and zinc, are important agents, but should be used after some progress has been made towards recovery, and the stomach has acquired an increased degree of tone: the sulphate of iron, and the tincture of the muriate of iron, are well-known for their tonic properties; and more benefit might be derived from their use if they were employed as secondary, rather than primary remedies: the preparation of iron on which we place the most reliance, is the *liquor ferri oxysulphatis* of the Dublin Pharmacopœia. It may be useless to recommend the waters of Spa, Pyrmont, Swalbeck, or even those of Struvé, at Brighton, to such as may be unable to travel farther than Windmill-hill; they are, however, most useful when the indigestion is unattended with any derangements of the liver. Quinine, like the preparation of iron, should only be employed after some amendment has been produced by the use of the other vegetable tonics, and, even then, more with a view to lessen the debility of the system generally, than of improving the stomach individually. Stimulants are remedies in which we have very little faith, and we fear they are those which are the most frequently resorted to by dyspeptics; like a spur to a goaded horse, they may for a time arouse increased activity, to be followed, however, by a corresponding degree of depression: they should never be employed alone, except is cases of temporary pain, or spasm; combined with a bitter they may be beneficial when there is much general debility, or when, from habit, the stomach requires some stimulus.

It will be impossible to enumerate all the remedies which *may* be required in the treatment of this capricious disorder; we therefore confine ourselves to such generalities as will indicate the principles by which we must be guided.

While pursuing a proper course of medicinal treatment, we must so regulate the diet as to render the process of digestion as easy as possible, at the same time affording the greatest nourishment without exciting uneasy sensations, or irritating the secreting surface of the stomach and intestines; without we accomplish this, all medicines and the utmost professional skill are without avail. Animal food which is light and easy of digestion, should form the basis of the nutriment; it should consist only of one dish, taken at the mid-day meal. Mutton is preferable to other meats; it is more easily digested, and offers greater nourishment; beef is not so soluble, though scarcely less nutritive; broiling is the best, nay, the only mode in which a chop or steak should be cooked for an invalid: cold meat, and meat prepared a second time, as hashes, stews, and made dishes, are improper. Vegetables must be used sparingly, if at all; whenever there is flatulence, or acidity, they must be prohibited; the same remark applies to new bread, sugar, confectionery, and pastry. A small proportion of fluid only should be taken, so as to prevent the natural healthy juices of the stomach being too much diluted; they should follow, never precede a meal, and should be taken slowly, and in a small quantity at a time; by custom, we are all so habituated to tea and coffee, that the attempt to remove these beverages from the daily diet requires some resolution; excess in their use is highly injurious, as they are invariably conjoined with two other objectionable ingredients—sugar and milk; milk, whether in butter, creams, custards, puddings, or cheese, invariably disagrees with a dyspeptic stomach. Malt liquors, particularly the ale and porter usually sold in public-houses, are frequently causes of indigestion—their continued use, therefore, must be objectionable; when they create flatulence, or acidity, they must always be avoided; if the stomach can bear stimulus with impunity, and the individual has been accustomed to their use, he may substitute pale ale, or Indian beer, with advantage, as, from the additional quantity of hops which it contains, it is less liable to ferment in the stomach; weak brandy and water, or old port and water, or hock, may also be allowed in similar cases.

Exercise should be taken daily, either by riding on horseback, or walking; and out-of-door amusements, as gardening, field-sports, gymnastics, &c., are of great utility. The mind should be engaged with pleasing amusements, lively society should be courted, and the invalid prevented, by that best of all cordials, cheerful conversation, from brooding over his desponding thoughts;—the sociality of his fireside should be increased by those domestic comforts which render *home* the best, the most loved spot, in sickness and in health.

[To be continued in our next.]

A DESCRIPTION OF THE APPARATUS FOR EMPLOYING THE MECHANICAL LEECHES.*

BY J. J. TWEED, ESQ., SURGEON.

Every medical man, in the course of practice, must have experienced the disadvantages, as well as the advantages, of applying the living leech. Not to mention, in the first place, the trouble and difficulty sometimes experienced in making them adhere to the surface, the uncertainty attending the quantity of blood which may flow from the orifice is also a great objection; in one case, perhaps, being exceedingly deficient, amounting to a mere nothing; in another, as is frequently the case in children, being very profuse and indefinite, so much so, as to turn the scale unfavourably for our little patient. We cannot possibly measure the quantity of blood lost, nor order a definite quantity to be drawn, as by bleeding and cupping, but prescribe so many leeches to be applied, and ten chances to one, we are disappointed in the result. Instances must occur to every one's mind, in which important time has been lost, in the early stages of bronchitis or pneumonia in children, through the leeches ordered not having "taken," or the flow of blood being much less than anticipated; on the other hand, in the more advanced stages, when the loss of blood is ill borne, a much larger amount has escaped than was intended, great prostration induced, and in consequence, a fatal termination to the case. Even in adults, the hæmorrhage from a leech bite is often exceedingly troublesome, and, although in them, cupping is generally prescribed, yet, there are some parts of the body upon which it is impossible to apply a glass of that size, especially in emaciated subjects: moreover, the services of an experienced cupper are not always at hand, and, if they were, the poorer class of patients cannot afford to pay the fee. In the country, the surgeons are compelled to take that department of surgical practice into their own hands, and yet how few perform it with any thing like dexterity or success. To these gentlemen, I cannot conceive but that the mechanical leeches will prove a great desideratum. A village practitioner is frequently obliged to send three or four miles or more, to the nearest country town, in order to obtain a supply of the living leeches, and that, perhaps, a case of great emergency.

I propose now, to explain the manner of employing these mechanical leeches. In the first place, particular care should be taken that the tubes and scarificator are in good order, act easily, and the piston well greased with the lard contained in the box for that purpose.

* Our readers will remember that we noticed the introduction of the mechanical leech in the first number of the People's Medical Journal.

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The ordinary box contains twelve glass tubes or leeches, a sacrificator, style, and other minor apparatus.

Each tube or leech is about two inches and a half long, with a diameter about that of a sixpence, two-thirds, or nearly so, of which are covered with leather; one extremity of the tube is open, the other closed, by a circular plate of bone or wood, which is pierced by a small aperture in the centre; within the tube, and attached to the under surface of this plate, by means of Indian-rubber, is a piston, closely adapted to the tube.

The sacrificator consists of a glass tube three inches in length, with a diameter rather smaller than that of the other tubes; it is entirely covered with leather, open at one extremity, and closed with the piston and circular plate at the other; to its upper part is affixed a stem, two-thirds of an inch high, upon which moves a steel arm or key, one end of which is free, and terminates in a round knot, the other having attached to it a piece of caoutchouc, which constitutes a spring, and beneath which is concealed a three-edged lancet, or scarificator. Besides this, there is a small hook, near the closed end of which, when the extremity is depressed, receives it.

The style merely consists of a rounded piece of steel, three inches long, fixed in a handle, for the convenience of using pressure.

DIRECTIONS FOR USING.—Any number of tubes may be applied at the same time, according to the quantity of blood we wish drawn.

The part to be operated on must first be wetted with tepid water; we then take the sacrificator, and having removed the case, which protects the lancet, we depress the free extremity of the key, till it reaches the hook, underneath which it is carried, and there held; this of course elevates the opposite extremity, and it is then said to be charged.

We now introduce the style into the small aperture of the circular piece of wood, and using firm but steady pressure, we push down the piston about three-fourths of the tube, and in this way apply the open end to the part to be operated on; holding it in this position firmly with the index finger and thumb of the left hand, we remove the style; the piston is drawn back by the elasticity of the caoutchouc spring, and a nodule of flesh is thus drawn into the tube; the key is then released from the lock, or unsprung, the lancet descends simultaneously, and, without the slightest pain, makes the puncture.

The sacrificator is then removed by depressing the piston and one of the tubes applied in the same manner. In this way we can apply as many as we wish, and the same tube several times over the same puncture, if necessary to draw more blood.

Particular care should be taken—

1st. To have the piston well greased.

2nd. Not to apply the tubes upon the skin before having first pushed down the piston, until it may be seen below the leather which covers the tube; as the leather covers the whole of the tube of the sacrificator, the piston in it should be pushed down rather more than two-thirds. If the parts to which the tubes are to be applied are soft and flabby, the skin should be put upon the stretch with the thumb and finger of the left hand, as the tube then adheres much better; if the parts are covered with hairs these must be cut with scissors.

Cleaning the Tubes.—To do this, it is necessary to withdraw the circular disc and piston, wash the tube in water with the little brush provided for that purpose, and afterwards dry it. The piston must not be wetted, but greased every time it is used; it is also necessary, before using it, to work the piston twice or three times, so that it may act easily upon the interior of the tube.—*Medical Times.*

CHOKING BY THINGS GETTING INTO THE GULLET.

[We extract the following article from an admirable little work by Mr. South, one of the Surgeons to St. Thomas's Hospital, entitled "Household Surgery." In his preface Mr. South says, "it is very possible that some observations may be made on a Hospital Surgeon writing a book of this kind, intended for general use. I am very careless on this point, as I have had no unworthy object in view. The way in which, and the purport for which, the book has been written, are my apology if any be needed, which I do not admit; and if I desired precedent, I need scarcely remind my readers how many of the ablest persons in science and art have held it no degradation to their high standing to render their particular branch of knowledge accessible, not only to adults, but even to children, by cheerfully written works in simple language, often accompanied with homely illustrations."—This is the very echo of the feelings we entertained when we projected THE PEOPLE'S MEDICAL JOURNAL.]

People are sometimes choked and killed in a few minutes when eating quickly and carelessly. This happens in two ways.

First, by a large piece of meat sticking in the throat and preventing the air passing into the windpipe, of which I knew an instance in a man who was eating leg-of-beef soup for his supper, rather greedily it may be presumed, as he got into his throat a piece of meat a couple of inches long and about three inches round. He left the table immediately, went out at the street-door, and about a quarter of an hour after was found dead. It was supposed he had died of apoplexy, but on examination of his body this large piece of meat was found in his throat, and there could be no doubt it was the cause of his death. Had the accident been suspected the meat might have been easily pulled out with the finger and thumb, as it was quite within reach. This was of course a very extreme case. But hasty eaters are often liable to great pain and distress in bolting large pieces of food, which for a time stick in the gullet, sometimes higher, sometimes lower. This may usually be overcome by taking large draughts of water and making great efforts to swallow; the quantity of water distends the gullet above the lodged food, alters its position, and both water and food pass into the stomach with a sudden jerk. If this do not succeed, a medical man must be found to pass an instrument called a bougie into the gullet and push the lodgment down.

The second way in which a person may be choked requires no large piece of meat, and may happen to any very cautious eater, if the meat he chews be stringy. In this case the meat may be chewed sufficiently small, but two pieces of it remaining attached, like a chain-shot, one piece is swallowed whilst the other is entangled in the teeth, and the consequence is that the string, connecting the two, shuts down the little trap at the top of the windpipe, and stops the breathing; and the greater the effort to swallow the more tightly the trap is shut down. It is, therefore, always advisable when any choking occurs during eating to thrust the finger and thumb as far back into the throat as possible, and if there be anything there, to pull it out forthwith.

Pieces of bone, more commonly fish-bones, are sometimes swallowed at meal-time, or a woman will occasionally swallow two or three pins, when guilty of the foolish practice of holding pins in her mouth, instead of fixing them in any convenient part of her dress. Sometimes both bones and pins pass down the gullet into the stomach, either gently scratching the gullet as they go along or not even producing any immediate inconvenience. But at other times the bone or the pin lodges, and the point running into the gullet, there it remains.

These are rarely dangerous accidents, but they are very distressing, cause much pricking in every attempt to swallow, and are sometimes accompanied with violent cough and vomiting. Occasionally, without any thing being done, after a few hours or a few days, the bone or pin, by some accidental movement, changes its position and passes into the stomach.

Generally after a fish-bone or pin has been swallowed and passed into the stomach, sometimes when it has been vomited up or been removed by assistance, there remains the feeling of the throat being scratched, and of pricking when anything is swallowed, as if the intruder were still there. Usually it is only the scratch which remains, and we are not therefore wrong in consoling the patient by telling him that it will go off in two or three days. But we may be mistaken about this, for I have known an instance in which a fish-bone was swallowed and pulled out in the course of a few hours; but the distress and difficulty in swallowing continued, in consequence of which a bougie was passed on the fifth day, and readily descended into the stomach, so that it seemed quite sure there was no obstruction. But on that very same evening a violent fit of coughing came on, and a second bone was thrown out immediately, upon which the relief was complete. But at other times it is shot up by vomiting, or by a violent fit of coughing. Sometimes if the bone or pin be near the top of the throat, it may be got out by pushing the finger far down, and hooking it up with the nail. But if below the reach of the finger, the best thing to try for immediate relief is to take some crust of bread or some hard apple into the mouth, chew it coarsely, get down two or three mouthfuls without swallowing it completely, and then to swallow quickly three or four full gulps of water, which acts like a rammer to the bread, and forcing it against the bone or pin, not unfrequently carries it down into the stomach, and there the matter ends. If this do not answer, the doctor must be applied to, but if there be none to be had, these attempts should be repeated.

Children sometime swallow pieces of money, buttons, shells, nails or anything else they can put into the mouth and get down. The parents are generally excessively frightened and anxious to get them away, on which account it is common to purge again and again till the intruder is expelled. These accidents are very rarely of any consequence; the money or other substance usually accompanies the food through the bowels, and is in due time, sometimes sooner sometimes later, discharged with the motion, and the more solid the latter is the more likely it is to entangle the money; and therefore purges are, on the whole, best avoided. The celebrated deceased sculptor Chantrey, indeed, proposed feeding on suet-pudding for a few days, as a good trap for the money or other substance swallowed, and the notion is not by any means a bad one.

Dr. Monro, however, mentions the case of a boy who got a halfpenny fixed fast in his gullet, where it remained for three years, when the boy died of consumption.

DEATH FROM EATING CAKE ORNAMENTS.

AN inquest was a short time since held at Sudbury, on the body of Maria Louisa French, aged eight years, who died from eating some ornaments on a twelfth cake. On examining the green particles discharged from the stomach, they were found to consist of Scheele's green, or arsenite of copper, a deadly poison. The jury returned the following verdict:—"That the deceased came to her death from accidentally eating ornaments from cakes of a poisonous nature, and from no other cause. The jury unanimously add, that from the number of fatal accidents that have of late years happened by the useless, but common practice of using various poisonous ingredients in embellishing cakes and other articles of confectionery, it is their decided opinion that a practice fraught with danger to the lives or health of her Majesty's subjects ought to be immediately restrained.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

ADMINISTERING APERIENTS TO CHILDREN.—Phosphate of soda may be used conveniently as a condiment in soup in the place of common salt. Children may be unconsciously beguiled into the taking of the medicine in this way, and it will be found an excellent purgative.

POISON IN THE SAUCEPAN.—A correspondent of a Hampshire paper warns the public against the use of iron saucepans lined with a smooth white enamel, as he finds that the enamel is partly composed of lead, and impregnates the water boiled in the saucepan. On testing some distilled water after it had been boiled in one of the saucepans which had been some time in use, the water was found to contain lead; and on examining a piece of the enamel, lead in considerable quantity was detected. Such saucepans ought to be banished from the kitchen.

RINGWORM TREATED BY THE APPLICATION OF BLISTERS.—Dr. Maclaglan has found that this troublesome disease, when it exists on the scalp in one or two detached spots, or when it appears on the face, neck, or arms, may, if taken in time, generally be cured in a few days, and prevented from spreading, by blistering the surface thoroughly, and dressing the blisters with cotton. The blister must be a little larger than the affected spot, and it will be found to be more manageable than the caustics frequently used.

EXTRACTION OF PARTICLES FROM THE EYE.—A german writer has recently proposed that when a foreign body, such as a particle of straw, dust, &c., gets between the eyelids and the globe of the eye, but without being infracted, a solution of gum arabic dropped into the eye, may be advantageously employed for its extraction, as the solution does not produce any disagreeable sensation.

EFFECTUAL FEBRIFUGE.—Nitrous acid gas possesses the property of destroying contagion, and preventing its spreading. By the following simple method the gas may be procured at a very small expense:—Place a little powdered saltpetre, or nitre, in a saucer, and pour on it as much oil of vitriol as will just cover it. A copious discharge of nitrous acid gas will instantly take place, the quantity of which may be regulated by lessening or increasing the quantity of the ingredients. The saucer may be placed in any convenient part of the bed-room.

SIMPLE MODE OF PURIFYING WATER.—It is not so generally known as it ought to be that pounded alum possesses the property of purifying water. A table-spoonful of pulverised alum sprinkled into a hogshead of water (the water stirred at the time) will, after a lapse of a few hours, by precipitating to the bottom the impure particles, so purify it that it will be found to possess nearly all the freshness and clearness of the finest spring water. A pailful, containing four gallons, may be purified by a single tea-spoonful.

DIETARY.—WHOLESOME AND ECONOMIC.

FRENCH PANADA, *for aged People, Invalids, and Children.*—Break a stale penny roll into a stewpan, in which pour just sufficient water to cover the bread, stir well over the fire, allowing it to boil five minutes, then add half a tea-spoonful of salt, and two ounces of fresh butter, mix them, and take from the fire; have one yolk of egg well beaten, with two table-spoonfuls of milk (if handy) or water, which pour into the panada, stirring very quickly for half a minute, it is then ready to pour into a basin and serve. Any common bread would do for panada, but would not eat so light as when made from a roll. Panada ought to be rather thicker than gruel, and may likewise be made of milk, but water is preferable, especially when for bilious people.

STEWED CHOPS OR OUTLET.—Put it into a stew-pan or small saucepan, with a pint of water, and a little salt and sugar; let it stew as gently as possible for an hour and a half to two hours, skim off all the scum and fat, and the patient may partake of both chop and broth; if seasoning is allowed, put a tea-spoonful of pearl-barley, with a little celery, leak and turnip, cut up very small, into the stew-pan with the water, when you first put the chop on, and proceed as before; serve the broth in a soup basin, with the chop in it; should the meat happen to be tough, let it stew rather longer; the broth should be reduced to half a pint.—*M. Soyer.* [They serve this nourishing meal in admirable style at Pursell's, the Confectioner's, Ludgate Hill.—*Ed.*]

YEAST.—The bitter taste may, in great measure, be removed by mixing with it a little carbonate of soda and a few lumps of sugar.

DR. FRANKLIN'S favourite breakfast was a good basin of warm gruel, in which there was a small slice of butter, with toasted bread and nutmeg. The expense of this will be about three halfpence.

PARSNIP BREAD.—Mr. Petit, of Cotton-lane, Bury, is making bread, four parts parsnips, and five parts wheat flour. It eats remarkably well—is nutritious and wholesome.

TO SWEETEN BUTTER.—Add 2½ drachms of carbonate of soda to 1lb. of either fresh or salt butter, possessing a disagreeable flavour, it is thereby rendered perfectly sweet. Soda produces the same results when added to other culinary greases, as dripping, lard, &c.

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Price 2s.; by post, 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, and Rational Treatment, with the means of Prevention. By T. H. YEOMAN, M.D.

Also by the same Author, price 2s.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. YEOMAN is well known by his Work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch, Jan. 14, 1849.*

London: SAMPSON LOW, 169, Fleet-street; EFFINGHAM WILSON, 11 Royal Exchange; WEBSTER AND CO. 60, Piccadilly; and all Booksellers.

ROOFF'S IMPROVED RESPIRATOR, (Patent,) for Consumption, Asthma, &c., has separate channels for the inspired and expired air; warms and purifies the atmosphere without becoming clogged; it neither requires cleaning nor repairing, has no unsightly appearance, and may be had resembling a handkerchief held to the mouth. Testimonials to be seen, and descriptions had, on application.—Depôt, 183, Strand, near Norfolk-street.

JOHN MILES, (LATE BUTLER AND CO,) DISPENSING CHEMIST, 78, Gracechurch Street, respectfully informs the Public that the most vigilant care and attention is always paid by him to the selection of the purest and best Drugs and Chemicals; the too frequent dangerous adulteration and careless preparation of Medicines, upon the exact action of which depend the health and safety of our fellow creatures, induces J. MILES to pledge himself that every article sold at his establishment is genuine, and that all Prescriptions are dispensed by well-qualified assistants under his own immediate direction.

Agent for ROOFF'S Patent Improved Respirator. J. M. has now a large supply of COD LIVER OIL, prepared from the finest Fish of the Season.

TRUSSES.—S. SMITH, Truss-maker, 1, High Holborn, three doors from Gray's-inn-lane, respectfully announces to the Public that TRUSSES can be had at his establishment, at the following low prices: Double Trusses, 16s. each; single ditto, 8s. Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c.—Mrs. Smith attends on ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 48, Harmer Street, Gravesend, every Friday

DR. ARNOTT'S HYDROSTATIC OR FLOATING BEDS.—This valuable invention, affording such relief to all patients long confined to bed, is now presented to the public, greatly improved in manufacture, by which it is made much more durable; and at a price which it is hoped will conduce to make its advantages more generally available.

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No. 1. Hydrostatic Bed, with Castors, &c.	8	8	0
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The Hire of the Bed, with waterproof Sheet and Carriage, to be paid in advance.

Manufactured, Sold, and Let Out on Hire, by EDWARD SPENCER, & Co' 18, Billiter Street, and 116, Penchurch Street, London. Manufacturers of the adjusting and other approved Surgical and Invalid Beds.

A stock of these Beds kept always ready for immediate use.

NEVILL'S PATENT FLOUR of LENTILS,—a pleasant, nutritious, and agreeable Food for Invalids, Dyspeptics, and persons suffering from Constipation, or any other chronic derangement of the Digestive Organs—also for making Gruel. It is the only food that does not distend or turn acid on a weak Stomach. It will be found invaluable for Delicate Children and Sufferers from Debility.

Sold Wholesale by NEVILL and Co., 16a, Chichester Place, Grays Inn Road, London; and Retail by T. CARRICK, 127, Crawford Street; T. SHARP, 44, Bishopsgate Street Within; MILES, Gracechurch Street, City; and may be obtained from all respectable Shopkeepers in the Kingdom, in Packets, 6d. and 1s. each, and 6 lb. and 12 lb. canisters, 5s. 6d. and 10s. 6d. each.

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HEALTH OF LONDON DURING THE WEEK.

In the week ending last Saturday, 1156 deaths were registered in the Metropolitan districts; the average for ten corresponding weeks of previous years (1840-9) is 1125, which, if a correction be made for increase of population, becomes 1227. The lowest number in the ten weeks was 916 in 1840; the highest was 1401 in 1848. Though the rate of mortality has much increased since December, and the present return shews an increase of nearly 100 on the previous week, the deaths are still less than the average by 71. To the coldness of the weather may be chiefly ascribed the increase of mortality which recent returns have exhibited. In the last three weeks the deaths from phthisis, or consumption, have been respectively 129, 140, and 157 (the corrected average for last week being 146); from bronchitis, 103, 120, and 131 (the average being 73); from asthma, 19, 35, and 27 (the average being 52); and from pneumonia; 95, 83, and 85, whilst the average is 117. Of the 85 persons (comparatively few) who died, last week, from pneumonia, 60 were children; but of the 131 who died from bronchitis, which much exceeds the average, by far the larger proportion were persons of advanced age. Epidemic diseases continue to be less fatal than usual, except measles, which is rather more than the average. This disease ranged, in the corresponding weeks of ten previous years, from 8 the 51.

TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber," — "Constant Reader," — Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

WE crave the indulgence of many subscribers. The sale of our Journal has so far exceeded our calculation, that No. 1. was "out of print" last Wednesday. It has been recomposed, reprinted, and the second edition is now ready for delivery. We beg our Readers to accept our best thanks for their kind and cheering support.

WM. L.—In moderation it can do you no harm: we speak from personal experience.

P. K. (Sandwich.)—We never heard of the word—it is not to be found in any standard authority, neither can we trace its derivation. We imagine it is a spurious coinage from a quack mint. Many poor creatures are gulled by fine words.

JOHN STEVENSON (Newcastle-on-Tyne).—Calico.

A. Y.—Your letter is rigmarole. We guess your meaning, but guessing in Medical matters won't do. Send your address.

T. E. B.—(Lambeth).—He is an "orthodox" quack—that is, a qualified quack; nevertheless he is not one jot less dangerous than other quacks. His baths are good.

W. H. P. (Kent).—Foment the ear with boiling water poured on a few hops; if not better in a week send your address.

S. P. D. (King's Road).—Is there any remote cause for the impaired vision? If so, local means are only to be considered as secondary adjuvants. Dash the eyes with cold water—pump water. Wear eye-preservers, neither convex nor concave, made of glass the colour of "London Smoke." These you will procure at Whitehouse's the Optician, Leicester Square. He is a practical man, and charges very moderately.

H. G. H. (Derby).—Take compound galbanum pill, compound rhubarb pill, blue pill, of each one scruple. Mix. Divide into twelve pills. Take one every night. Also, take trisnitrate of bismuth, three grains; carbonate of soda, ten grains. Mix, for a powder, to be taken twice a day in chamomile tea. Diet—animal food; not any vegetables; not any fish; not any beer; a small quantity of weak brandy and water: drink sparingly of all fluids, and never take any very hot: take plenty of exercise, and actively employ your mind.

E. JONES.—You do us great injustice if you suppose we should advise in such a case.—Engage Sairey Gamp.

P. C. (Mary Hill).—Continue as before.

W. B. (Glasgow).—If "scotch-kail" causes acidity, don't touch it; stick to the parritch and bannock.

WILLIAM OLIPHANT (Monkwearmouth).—Articles on ASTHMA will be published in early numbers of our Journal.

THOMAS WILLIAMS. (Crewe).—The exposure of advertising consulting surgeons was published in the second number of THE PEOPLE'S MEDICAL JOURNAL.

A TRAVELLER.—You are right, and you are wrong. There is nothing "specific" in the treatment of the "disqualification," "debility," or "weakness"—every physician knows, or ought to know, but every physician has not the moral courage to probe his patient on the remote cause of his head-ache, his loss of memory, his impaired vision, his palpitation of the heart, his lassitude, weariness, distaste of life, and misery. Hence the cases to which you refer get into the hands of bearded quacks; men who pay a premium to our Exchequer to be allowed to rob the people, destroy their health, and make barren and wretched the hearths of families. The merest tyro in the medical art—an apprentice in a village surgery—a nurse at a hospital,—Betsy Prig, would be a safer guide to "restored vigour" than are advertising "consulting surgeons." Far, far be it from us to say one word in disparagement of the Jewish nation—but whatever of evil, whatever of roguery, whatever of swindling, is, or has been attributed to this people may be found in its most aggravated degree in the persons of the authors' of the bestial books for the "Cure, &c." We repeat again, there is nothing in the treatment of the maladies referred to that may not be comprehended and properly treated by any qualified physician. There is nothing "specific" in the disease or the treatment.—Youth of England! add not folly to sin—avoid the advertising quack surgeon as we hope you will avoid the error that has caused his accursed vocation to be brought to your remembrance. *Revenons a nos moutons*—friend Traveller. For a casual introduction of the instrument a guinea is a fair fee, for the frequent or constant introduction it is extravagant. Many, many thanks for your letter and good will

A YOUNG MAN.—The worms that trouble you are the small thread worms, for which the male fern root is not an "expeller."—Take proper doses of calomel, scammony, and rhubarb.

A HAWKSWORTH.—All animal substances contain sulphur; notice its action on a silver spoon when eating an egg.—We really cannot accounnt for its presumed exhalation from your body.

G. R. G. R. (East London).—Call in Gracechurch-street, on any day Dr. Yeoman attends there.

S. R. (Southampton).—How foolish to eat food of "an indigestible nature," and to persist in doing so.—See answer to "Peter" in No. 1.

R. M. B. (North Britain).—Continue the hydriodate of potash: gradually increase the dose, rub both limbs with a coarse flannel soaked in strong mustard and water; use plenty of friction; omit all violent means, as caustic; pay attention to the bowels; and take moderate exercise.

M. O. P. (Birmingham).—Take two grains of calomel every other night, for six doses. Take five drops of muriatic acid, in water, three times a day. A warm bath twice a week. If necessary write privately.

WILLIAM SIMMS (Rochdale).—Our edition is that of 1848. Redwood's is the best.

A. M.—To an ounce of "bear's grease" add two drachms of tincture of cantharides, let it be well brushed in night and morning.

EDW. B. H. (Poplar).—See answer G. R. G. R.

C. E. (Great Yarmouth).—See answer to M. O. P.

NEVILL'S patent flour of lentils, advertised in our Journal, is the same preparation sold as "ervalenta," "revalenta," and "oriental farina."

HENRY. (Shoreditch).—Call on Sunday morning.

THE third paper on Diseases of Women and Children is unavoidably postponed

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents:—Y. R.D. (Walworth). JOHN RICHARDSON, (Broad Street, City). W. J. S. (Haggerston). J. P. (City Road). CAPT. R. (Burr Street). A JOINER. ROBT. J——N. ZETA (Hackney). RUTH. X.Y.Z. (Milk Street). M. K. WILLIAM T. (Cold Bath Fields). P. S. W. C. (Holborn). H. GOWER (Stratford).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 6.—Vol. I.] SATURDAY, FEBRUARY 9, 1850. [ONE PENNY.

DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. VI.

(Continued from page 37.)

CONSTIPATION.

Constipation, either as a cause or as an effect, is a constant companion of indigestion; and, although no other deviation from the state of health requires greater discrimination, or more precise and correct rules of practice, we must admit that the treatment of this frequent and sometimes dangerous complaint is sadly mismanaged; more, however, by the wilfulness of the patient than by the want of caution in the practitioner. Those who suffer the annoyance of continually taking aperient medicine, and who, as continually, experience the necessity for taking it, can only estimate the great drawback on their comfort, and ultimately on their very existence, such a habit entails.

Constipation, or a confined state of the bowels, as connected with indigestion, may be caused, either by food which is imperfectly soluble in the natural fluids of the stomach; by debility and a sluggishness of the peristaltic motion of the intestines; by a vitiated state of the biliary secretions; by want of proper exercise; or it may be habitual, the result of one or more of these causes, and the vain attempts to diminish the tardiness of the evacuations by violent or improper remedies. Each of these forms of the disorder requires different means to be employed to promote the evacuations, or remove the obstruction.

Food which is indigestible, or received into the stomach in a crude, half-masticated state, or that which is too astringent—as bread containing an excess of alum — is perhaps the most frequent cause of constipation, but happily one which admits of prompt relief, and the probability of a return of the delay will be commensurate with the discretion of the individual in avoiding those articles which produce the effect. It is in such cases that those remedies known as "brisk purges" may be used; and, provided there be no other symptom, save the constipation, to excite apprehension, or no idiosyncrasy to prohibit the exhibition of a particular remedy, it is almost immaterial which of the many drugs that will excite the intestines into action be employed; care should, however, be taken, so that the aperient be regulated in its strength and properties, by the age, sex, and vigour of the invalid. The popular blue pill and black draught, or six or eight grains of the compound extract of colocynth, with two, three, or four grains of calomel, followed in a few hours by a Seidlitz powder, will, in most cases, be all that is required; and, if the patient, previous to the attack, was of a regular habit of body, the bowels will, in all probability, speedily resume their wonted action; if, on the contrary, the constipation returns, after the primary cause has been removed, it will be prudent to take some gentle stimulant, as a wine-glassful of the compound decoction of aloes early every morning, gradually diminishing the quantity, until the natural and unsolicited efforts of the intestines be sufficient, rather than repeat the more powerful remedies just named. When, however, the food, or whatever may have caused the constipation, produces so much irritation as to induce some degree of inflammation, our treatment must then be more guarded, and, in place of the irritating drugs which may be safely employed in the absence of all tenderness and pain, we must rely on laxatives, or the mildest and least irritating remedies; as castor oil, manna, or tartarised soda; but as these are seldom in themselves sufficiently active or speedy, all prejudice and fastidiousness must be banished by the patient, and he should have an enema immediately thrown up, consisting of a pint, or a pint and a half, of warm gruel, barley-water, or even tepid water, in which is dissolved a small quantity of common salt, or electuary of senna. We may as well here express our great dependence on this valuable auxiliary in the treatment of disease, and we would earnestly impress its safety, simplicity, and facility of employment on our readers: we have daily experience of the difficulty in overcoming the prejudice of patients, in respect of lavements, but we still hope the day is not far distant when their use will supersede the dangerous and powerful cathartics contained in advertised nostrums.

When constipation arises from debility, the treatment requires the greatest care and watchfulness, so that we avoid depressing the general strength of the invalid, or too greatly irritating the stomach and intestine canal; in such cases we find the evacuations scanty in quantity, and hardened, shrunk, and shrivelled in character; in some instances, in which the expulsive powers of the intestines are extremely feeble, the feces frequently accumulate in surprising quantities. This degree of constipation requires such a combination of mild aperients with tonics, as will gently urge on the peristaltic movement of the intestines, without producing irritation or violently exciting them to discharge their contents; powerful purgatives, in such cases, frequently cause so much disturbance as will completely paralyse the intestines, and increase every other symptom of the indigestion, assisting at the same time to weaken the general strength and diminish the natural tone of the bowels. We, therefore, depend more upon mild purgatives in small doses, and, if occasion be, frequently repeated, than upon a single violent purge; rhubarb is the best remedy, as it acts chiefly through the medium of the nervous system; it may be either given alone or combined with magnesia and a few grains of aromatic powder; next to rhubarb, the sulphate of magnesia, in doses of one or two drachms dissolved in the infusion of rhubarb or camomile flowers. When we have reason to suspect an accummulation of feces in the large intestines, small doses of aloes may be given with great benefit; but their use is always prohibited when there is the least predisposition to piles, or irritability in the lower part of the body. If purgatives of the mildest class excite much aggravation of the general symptoms of indigestion, as they sometimes do, we must forego their use, and then have recourse to lavements, repeated at regular intervals; sometimes friction over the abdomen will afford a sufficient stimulus to the torpid bowels. The diet must be altogether of a liquid consistence, being at the same time sufficiently nutritive, until the bowels are disposed to act without the assistance of medicine.

Sluggishness or torpitude of the bowels is occasioned also by a vitiated or deficient state of the biliary and other secretions poured into the intestines, by which they are deprived of their natural stimulus, or are irritated by its depraved quality; it is now that mercury is the means, we could almost say the only means, on which we can depend; this remedy is, without doubt, the most valuable in the whole Materia Medica, but as its action is modified by the quantity and frequency of the dose, and as some constitutions are peculiarly and delicately susceptible of its influence, it is not surprising that so many mischances occur when it is injudiciously administered. When blue pill or calomel is given in a full dose, it acts almost specifically in stimulating the gall-ducts to throw into the intestines a greater quantity of bile, which bile

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acts upon the bowels; so that a mercurial purgative may be considered rather as a preparative for active purgatives than a purgative itself. If the liver be torpid, and does not secrete the required amount of bile, we must then obtain the alterative effect of mercury by smaller doses, repeated with some frequency. Attending every disturbance of the liver, there is always greater or less oppression of the whole system, which is frequently removed by a proper dose of calomel or blue pill, combined with the extract of colocynth, followed up in the morning with a solution of salts in infusion of senna; this may, with safety, be had recourse to in the first instance with marked advantage, but if the symptoms are only mitigated, not removed by its action, it will then be necessary to obtain the alterative effect of the remedy, by repeating the dose in smaller quantities every night or every other night. A valuable adjunct will be found in the extract, or infusion of the extract, of taraxacum or dandelion, which, without a chance of exciting that annoyance to the system which calomel may do, exerts a beneficial effect in restoring the healthy secretions of the liver. The cases which more especially indicate the latter mode of treatment are those in which the evacuations are of a pale colour, and the complexion of a sallow, dusky hue; and we find persons whose occupation is sedentary more liable to constipation of this character than those who are actively employed.

Want of proper exercise, which in general affects the health and well-being of us all, exerts a peculiar influence in retarding the alvine evacuations; the necessity for exercise is so necessary to promote the natural secretions, that a walk for that express purpose has been termed with much propriety—"a constitutional;" some men of literary habits, who devote themselves to study and mental exertion, leave their loved books, and walk daily a distance of four or six miles, with no other object than to preserve that regularity which alone will keep them in health; and how frequently do we notice persons who, while confined within doors, are irritated, nervous, and low-spirited, and obliged to take medicine to regulate their bowels, lose all their distressing symptoms, and have daily evacuations, when they forsake for a time their confinement and take moderate out-of-door exercise.

Habitual constipation is the most frequent form in which this complaint is presented to the notice of the physician, and is unfortunately the most tedious to treat, as it is only after much mischief, by delay and improper treatment, has been incurred, that advice is sought for. Habitual constipation is in general occasioned by one of two causes; either the culpable neglect of the individual in refusing instantly to respond to the calls of nature, or the continued use of powerful purgatives. It is of great consequence, in all such cases, to establish regularity both with respect to the times of taking food and the general tenor of the daily habits; the patient should habituate himself to evacuating the bowels at a certain hour of the day, and should daily solicit nature to this effect, though he may not always be successful. Purgatives ought not to be too frequently taken, as, by the excitement they produce, they cause a hasty, irregular, and imperfect secretion of the bile and other fluids, which is highly injurious to the function of digestion, and they invariably induce a subsequent costiveness, after their immediate effects have subsided; thus it is that a person who frequently takes strong opening medicines finds a constant necessity for continuing them, and increasing the quantity, which in the end probably brings on some organic disease of the stomach or intestines. The treatment of such cases requires both resolution and prudence on the part of the patient; after the bowels have been freely acted upon by a general purgative,—and we know of none better than three or four grains of calomel, with eight grains of the compound rhubarb pill,—he should take periodically, say every morning, a wine-glassful either of decoction of aloes, or of a mixture composed of sulphate of magnesia, senna, and ginger, so that he may gently keep up the aperient action already excited by the calomel and rhubarb; in the course of time he will find that a less quantity of the decoction will be sufficient, which he may gradually diminish, and if he is careful in diet and in exercise, the necessity for all medical treatment will, in many cases, be entirely done away with.

In the foregoing remarks we have considered constipation as a symptom of indigestion only; it may, also, result from inflammation of the serous and other textures forming the coats of the bowels; or from the spasmodic contraction of their muscular coat, as colic; it is caused as well by stricture of the intestines; by hæmorrhoids, worms, &c.

In our next number we shall describe the influence of Indigestion on other diseases.

ON THE MANAGEMENT OF THE TEETH.

No. II.

BY CHARLES SMARTT, ESQ., SURGEON-DENTIST.

If cleanliness be essential to other parts of the body, it is peculiarly necessary with respect to the mouth, through which is the opening for carrying on the two great processes essential to the continuance of animal life,—digestion and breathing. If, then, the food, from uncleanliness of the mouth, be tainted in the preparatory step of mastication, the process of digestion must introduce into the system a tainted chyle, pregnant with the seeds of putrefaction. If the air inhaled receive the same impregnation, it cannot animate the body, or give vital energy in a proper degree. Thus in all cases of unclean teeth, a putrid matter is daily passing into the body, and acting as a slow unclean poison on every part of the human system.

Should an individual brush his teeth only once in the twenty-four hours, the operation should be performed previous to retiring to rest. I advise the night in preference to the morning for this reason,—at night the teeth have the accumulations of the day on and around them; during the night the doors and windows of the room are closed, and probably we are snugly esconced in bed, with the curtains drawn closely around us—a very bad practice, by the way,—and thus we are inhaling a heated and unwholesome atmosphere, and while sleep holds us in her arms, the mouth is generally closed, and all the deposit which should have been removed is diligently engaged in its work of destruction; there is not even the aperture of the mouth to carry off the foul exhalations from within, or to receive pure and cool air from without. Hence the necessity for perfectly cleansing the teeth at night; they should, however, be thoroughly washed in the morning. The water used should in all seasons be slightly warmed, occasionally adding a tea-spoonful of tincture of myrrh to a tumbler of water. Many will object to the practice of cleaning the teeth at bedtime, and give, as an excuse, the fatigue caused by the occupations of the day; but surely this is a lame plea. We "deceive ourselves, and the truth is not in us," if we merely by *word* return thanks to the Almighty for the care he has vouchsafed us during the day passed, and ask his protection for the coming night, if we neglect the necessary attention to our bodies, which are undoubtedly a trust, for the proper maintenance and care of which we are deeply responsible; and furthermore, it is our duty to ourselves and fellow-creatures that our mouths should be in such a state as to cause those with whom we converse and associate to be in no dread of coming within a yard or two of us.

The proper description and method of using the brush is important. The brush should not be large, but consist of three rows only of bristles, slightly separated, thus reaching the interstices of the teeth. In cleaning the teeth it is necessary to brush the grinding surfaces of the molars,—that is, the back teeth,—and also between them, particularly at the necks, or that point where the gums terminate: with reference to the front teeth, or incisors, it is more important to brush them at the back than in the front, because it is at the back of these teeth, in the lower jaw, that the saliva enters the mouth; and here, more particularly, the salivary tartar or calculus accumulates, the effects of which are, to cause a recession of the gums and a rapid loosing of the teeth, and also a fœtid breath. Early and constant use of a tolerably hard brush, such as described, together with the following powder, will in many cases prevent this disagreeable accumulation.

Take—Prepared chalk, 1 oz.
Fine cuttle fish, 1 oz.
Orris root, 1 oz.
Powdered myrrh, ½ oz.
Quinine, 10 grains. Mix.

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This may be coloured with a little vermilion, and scented, if desired. It is particularly important to avoid all concoctions containing acids;—those, for instance, "warranted to whiten the teeth," which they undoubtedly may do for a short period, but at the same time they effect the decomposition of the enamel, and leave only the yellow dingy bone of the tooth, which, of course, soon gives way. And I may here add, that while acids speedily destroy the enamel, or outer coating of the teeth, heat—hot liquids, for example—destroy the interior or bony structure. Quill tooth-picks, not metallic, are useful in removing the larger particles of food which lodge between the teeth during meals, and which, if permitted to remain, act very perniciously on the crystal of the enamel. Many persons may object to the use of the brush, because the gums are tender and bleed easily. Whenever this is the case, tartar will be found to have accumulated more or less, giving rise to irritation, which irritation is in some degree removed by the bleeding. Hence it is rather beneficial than otherwise; and so far from occasioning fear, may be considered as a useful mode of allaying inflammation.

ON THE DISEASES OF WOMEN & CHILDREN.

No. III.

(Continued from page 30.)

CHLOROSIS.

Having considered the initiatory symptoms which announce the arrival of the first crisis in woman's life, we will next apply ourselves to those disorders to which she may hereafter be liable. The most frequent is chlorosis, which is that state induced by the non-appearance of the secretion at that age when the system is prepared for the requisite evacuation, namely, at the age of puberty. The subjects who are most prone to this malady are those who are naturally of a weakened or delicate constitution, those who have suffered from illness in childhood, and those who have been deprived of proper nourishment, clothing, and exercise: as well as the delicate, the more healthy, vigorous, and robust are not exempt from this form of disease. There are other causes which will contaminate, and readily induce chlorosis, if not sedulously guarded against, or their effects speedily removed. The immense influence which the passions and affections exert over the female economy is now at its zenith, and the tenderest emotion is not unseldom the harbinger of disease. He, who is the "poet of all ages" and of all circumstances, has, by his intimate and accurate knowledge of every condition of humanity, beautifully and truly described this influence in the oft-quoted words:—

> "She never told her love,
> But let concealment, like a worm i' th' bud,
> Feed on her damask cheek."

The general appearance of the female under this disordered state is most characteristic, and we are compelled to say it is neither attractive nor prepossessing: the frame, frequently from *too* rapid growth, is slender, weak, and fragile, the lips are parched and bloodless, the eye is surrounded by a dark areola, and the face loses its naturally brilliant colour, it becomes of a pale or greenish-yellow hue, and from its melancholy, almost inanimate, expression, bears more resemblance to a piece of wax-work than "the human face divine:" at the breakfast-table it is puffed up or tumid, but as the day advances this subsides, and at night the ankles and feet are affected in a similar manner—in fact, the whole body becomes flaccid and ædematous. In addition to these personal symptoms, we may mention the condition of the nails and the hair; the former we have observed in chlorotic patients to be generally wrinkled, to grow irregular, and of a paler color than those of a healthy person, whilst the hair loses its glossy appearance, becomes weak, and falls off in considerable quantity.

The *symptoms* experienced by the patient are most distressing: she is overpowered by extreme nervous weakness; the mind is either excited by imaginary fears and dismal forebodings, or becomes wrapped in melancholy; the temper is irritable, and her usual occupations and amusements neglected. Without vigour and without energy, she is borne down by lassitude, and dreads alike bodily or mental exertion. The whole circulation is affected, and the blood becomes torpid and watery from being overcharged with serum. Within a recent period we were consulted by a lady labouring under this malady, on account of her alarm in consequence of wounding her finger, and observing that the blood was watery and of a pink colour—the pulse was remarkably feeble, and the least fatigue produced exhaustion. We advised, in addition to the medicinal treatment, absolute quiet, and that every thing likely to agitate or disturb the mind should be removed, fearing lest the energy of the system would be insufficient to restore animation should fainting supervene: the case ultimately did well. The least exertion produces violent palpitation or fluttering of the heart, with difficulty in breathing; walking quickly, or ascending a staircase, creates additional uneasiness and *dyspnea*. The bowels, in the generality of cases, are torpid and constipated, the evacuations being of a dark color and offensive odour; the tongue is thickly coated and ædematous, frequently indented by the teeth; the mouth is dry and parched; the breath loses its wonted sweetness and becomes fœted; flatulence is most troublesome, and the eructations are of an acid acrid character—in fact, the whole digestion is gone. The appetite is irregular, though not deficient, but occasionally depraved, the patient craving for the most unnatural things, such as chalk, cinders, or other more strange, if not offensive, articles. Headache, with nausea or sickness, is a frequent attendant on chlorosis. The local symptoms are pain or a dragging sensation around the loins, which extends to the fore-part of the body, accompanied by a feeling of distension and discomfort, which adds materially to the anxiety of the invalid: the thighs, particularly on the inner side, suffer from occasional aches, and towards evening the ankles are swollen, painful, and tender to the touch. The patient is at times afflicted with spasm, about the fore part of the body, to a degree that excites the greatest alarm, and after it has subsided, she is left in a state of great depression and exhaustion.

In the plethoric girl there is some modification in the symptoms just described, but the leading diagnostics are alike. The whole system is in a state of over-distension, and the most important organs require that relief which the natural uterine secretion would afford. The head, in particular, suffers from this repletion, and subjects the individual to that state which is commonly, but improperly, called "determination of blood to the head." The circulation is hurried, and the breathing impeded by the almost conjested state of the lungs. In girls of this habit nature frequently makes an effort to relieve herself by expistaxis, or bleeding from the nose; when this happens it should always be encouraged, as a ready and safe means of diminishing a part of the load which overburdens the system.

Hysteria, in one or more of its countless forms, is the invariable companion of chlorosis—indeed, these two maladies are so closely allied, that one may be said to be dependant on the other.

We shall in an early number detail the treatment of this disease.

HUMAN BROTHERHOOD.

The race of mankind would perish did they cease to aid each other. From the time that the mother binds the child's head, till the moment that some kind assistant wipes the death-damp from the brow of the dying, we cannot exist without mutual help. All, therefore, that need aid, have a right to ask it from their fellow-mortals; no one who holds the power of granting can refuse it without guilt.—*Sir W. Scott.*

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DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. VI.

COMPLICATIONS OF THE INFLUENZA.

(Continued from page 34.)

THE most general, nay, the universal complication and result of influenza is debility,—debility of body, debility of mind, and loss of animal spirits. It is surprising how symptoms which frequently are so trivial, scarcely surpassing those of an ordinary cold, should entail on the invalid such a tardy convalescence, and so much loss of strength and vigour. In some cases the term debility, or weakness, most inadequately expresses the condition of the sufferer, who is prostrated to the helplessness of an infant after labouring under symptoms entirely devoid of present danger for a period not longer than twenty-four hours. It sometimes happens that the patient cannot turn, or elevate himself in bed, his limbs are powerless, whilst the whole frame possesses increased sensation, and increased sensibility. The muscles are painful and tender, the back and loins are racked by pains equal to rheumatism or lumbago, the ankles tremble, the knees ache, and the joints are in a condition similar to those of a novice after a twenty-mile journey on a hard trotting-horse. The spirits are depressed almost to a state of melancholy; the mind wanders from every agreeable or social idea, to dwell alone upon despondency and care; the temper is irritable, peevish, and discontented, and the invalid cares only to wrap himself up in his own misery, and the warmest blanket he can find.

In those cases in which debility is the leading feature, unconnected with structural disorder, we must rely as much upon the art of the cook, properly directed, as upon the drugs of the apothecary, and conjoin to both quiet yet cheerful society, which ever proves the happy and efficient helpmate of the physician during the convalescence of his patients.

The diet must be simple and generous; broiled mutton, or beef, or chicken, with toasted bread, forming the basis of all nourishment: fluids of all kinds must be taken sparingly, and never hot; wine (sherry) and water may be taken in small quantities two or three times a day; vegetables, fish, soups, and pastry,—and I would include "slops" as well—must be prohibited; in fine, the patient must have a plain, dry, and nutritious diet.

By way of medicine, a wine-glassful of the infusion of cascarilla bark, in which has been dissolved five grains of the carbonate of ammonia, may be taken two or three times a day for four or five days, to be then succeeded by three grains of the sulphate of quinine daily, for a week or two longer. During this time due attention must be paid to the state of the secretions; and, if required, the bowels must be gently moved by some warm aperient, as rhubarb or the compound rhubarb pill. A short run out of town for a few days, to Brighton, or some other healthy bracing locality, will be of essential service.

The convalescence of elderly persons demands sedulous care and good nursing; every trifling change of temperature, and the least exposure to draughts of cold air, must be guarded against, their chambers must be of a genial and equal warmth; their clothing ample, and the feet maintained at a comfortable heat. Their diet must be generous and nourishing; the energies of life should be supported and gently stimulated by aromatics and tonics, which ought for the most part, to be combined with every medicine they take. Wine in small quantities should be allowed several times during the day; and that best of all cordials, kind, soothing and affectionate regard from those by whom they are surrounded. should constantly promote the efficacy of all other remedies.

Influenza occurring in young persons frequently arouses any latent disposition to other diseases that may be lurking in the system; scrofula in all forms may be thus disturbed from its lair, and its most constant and dangerous result — *consumption*, nursed to a hopeless maturity. With the youthful, all our treatment during the period of debility and convalescence from influenza should be directed to prevent a relapse of the original disorder, and to give a new tone and fresh vigour to the constitution.

Bronchitis is a frequent result or complication of influenza; in the treatment of such cases, however urgent the symptoms may be, we must resort to blood-letting with the greatest caution; indeed, it is only in extreme cases, threatening suffocation, that the lancet is permissible. The remedies appropriate for this complication of influenza will be described hereafter.

Pleurisy is sometimes complicated with influenza: the symptoms of which may be briefly stated to be—hurried respiration, the breathing being performed by a succession of short, jerky gasps; pain or stitch in the side, of an acute, sharp, lancing character; hard and dry, but not frequent cough; the pulse strong, hard and rapid; the tongue loaded with a thick fur; excessive thirst; scanty and high-coloured urine; absence of sleep, and the countenance expressive of considerable anxiety and suffering. Under ordinary circumstances, the treatment of pleurisy might be summed up in four words,—bleeding, mercurialising, starving, and purging; but when the disease attends or succeeds influenza we are deprived of the chief means of cure, namely, bleeding; for we have not only to aim at the removal of existing symptoms, but also to guard against the sequence of a fever of a low typhoid character. General bleeding must therefore be resorted to with much caution; leeches may be applied to the side with less hazard, and if the relief be not speedy, their application must be followed by a blister, not stinted in its dimensions. Mild purgatives should be used freely, and the usual cooling medicines containing antimonials should be regularly administered. As well as subduing the active inflammatory action by antiphlogistic measures, we have to guard against the effusion of fluid, or coagulable lymph, in or between the two pleuræ, and this we must endeavour to do by the employment of mercury,— blue pill, or calomel; small doses of the latter, from one to three grains, combined with a sixth of a grain of opium, to prevent its too free action on the bowels, should be ordered every three or four hours.

Inflammation of the Lungs is another complication; the leading signs of which are acute pain in the side; respiration hurried and painful; difficulty of lying on the affected side; a hard, short cough, with viscid and rusty-coloured expectoration; fever urgent; pulse frequent, strong, and hard; the tongue coated with a thick fur; thirst, restlessness, a hot skin, and scanty, and high-coloured urine. In the treatment of inflammation of the lungs, our chief dependence is in the lancet, but when it is connected with influenza, the risk of the patient lapsing into a typhoid state after depletion renders the propriety of bleeding doubtful, if not hazardous: in extreme cases when the loss of blood is indispensible, we must produce an effect upon the system with the smallest possible loss; to this end the blood must be made to flow from a large orifice. When we dare not abstract blood from the arm, leeches may be applied to the chest, or four or five ounces of blood taken away by cupping-glasses. Blisters are unquestionably of the greatest importance, but they should not be applied whilst the pulse is hard, nor until the force of the fever has been lowered by leeches or bleeding. Repeated and small doses of calomel and tartar emetic should be persisted in, and in some cases it may be necessary to continue the mercury until the gums are affected. The practice of employing tartar emetic as the chief, the only means of treatment, as the custom is on the continent, has not hitherto gained many advo-

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cates in England: the want of success that has attended its extensive use may, in all probability, be attributed to the amount of stomach disorder with which inflammation of the lungs is generally complicated in our climate, especially during the prevalence of influenza.

If the inflammation goes on to suppuration, with all the attendant typhoid symptoms, stimulants are then called for; of these the best are ammonia, æther, wine, and brandy.

A free expectoration being the means which nature most commonly adopts for carrying off an inflammation within the chest, it might be supposed that expectorant medicines would prove useful; in practice, however, the reliance to be placed upon them is very small.

The diet in the earlist stage of inflammation must be absolutely "low;" if typhoid symptoms appear it must then be nourishing and stimulant; and during convalescence nourishing, but not stimulating.

When influenza degenerates into *fever of a low typhoid character*, all the general symptoms exist in an aggravated degree; the countenance wears an expression of anxiety, and the features appear shrunken; there is great pain in the head, dulness, confusion of thought, and dejection of mind; the patient is drowsy, but his sleep is disturbed by frightful dreams; he is roused with difficulty, and replies to questions in a low muttering tone. After a time delirium of a raving character comes on; he is then restless and makes repeated attempts to get out of bed, and afterwards lapses into a low muttering stupor, not sleep. The pulse is frequent, weak, and often intermittent; the tongue is coated with a dry, brown fur, which as the disease progresses becomes almost black; the heat of the skin is excessive, and gives a burning sensation to the touch; the urine is scanty, high-coloured, and sometimes fœtid; the bowels are relaxed, the evacuations black and offensive. These symptoms afford ample evidence of deranged function in every organ of the body.

The detail of the treatment of continued nervous, or typhus fever would occupy a little volume; I must therefore only refer to the indications of treatment, which are, to remove all existing causes of irritation, to diminish febrile excitement, to subdue local inflammation, and above all, to economise and support the strength.

The other complications and terminations of influenza, as rheumatism, dysentery, skin diseases, &c., demand treatment peculiar to these several affections,—modified by the cause which has called them into action and the debility which it has induced.

In our next we shall speak of Bronchitis, or Inflammation of the Air-Tubes.

SINGULAR INCIDENT IN A MADHOUSE.

The *Boston Herald*, U. S., mentions that some time since a singular and romantic incident occurred in the City Lunatic Hospital. A mother and daughter (emigrants) both became inmates at different dates, and were placed in the same storey of the building, where they had access to the same hall. They met and recognised each other, though one had left the other years ago in Ireland. They had each crossed the ocean, become residents in New York, and lost all knowledge of the other's history or fate; both became bereft of reason, and in a madhouse: surrounded by those who were hopelessly insane, the child and parent met; though reason was dethroned, and they were there with minds diseased, yet nature triumphed over the clouded intellect, and for a brief moment they conversed on the land of their birth, and of their separation.

RECREATIONS.

Let your recreations be manly, moderate, seasonable, and lawful: the use of recreation is to strengthen your labour and sweeten your rest. But there are some so rigid or so timorous, that they avoid all diversions, and dare not indulge lawful delights for fear of offending. These are hard tutors, if not tyrants to themselves; whilst they pretend a mortified strictness, they are injurious to their own liberty, and the liberality of their Maker.—*Steele.*

NURSING THE YOUNG.

The care of the young is the peculiar duty of women. Good and sufficient food, pure air, cleanliness, exercise, are essential to the health of the young, as of their elders; and they are more absolutely necessary, for the tender frames of the young suffer more readily from the absence of these essentials, than the frames of their more seasoned elders do. In providing that infants have pure air, care must be taken that they are not exposed to cold winds or to draughts of air, for their bodies are very apt to suffer from these causes, and, indeed, they are among the most common cause of illness in infants. The food of infants should be carefully regulated; give neither too much nor too quickly. The mother's milk is the most proper food of infants, and if the infant takes more than enough of that, or takes it too quickly, it readily throws it up again; but if it has been fed with spoon-food, especially with thick spoon-food, and has taken too much or too quickly, the food commonly remains on the stomach, and the infant is made ill by it.

It is necessary that the skin and clothing of an infant should be kept very clean, because, in addition to the ill effects of uncleanliness in stopping up the pores of the skin, and thereby preventing the healthy excretion from the skin, and the proper action of the air on the external surface of the body, the skin of an infant is very tender, and if it is not kept clean and dry, it will be covered with sores. Exercise gives strength to the body even of young infants, and therefore their limbs should be free, and should be moved about often; but they should not be kept long sitting up in their nurse's arms, whilst their backs are too weak to hold up their heads. It is especially necessary that we should carefully guard infants from all the causes of ill health, because the young body requires increase of growth, whilst the older body requires only to be kept in its present state, and because the young do not known how to take care of themselves.

From the very beginning of infant life, the affections should be carefully trained. The infant is capable of affections, which are productive of pain or pleasures from the beginning of life, and these affections are becoming habits in an infant, which will influence the after-character for weal or woe. The causes of the good and evil affections of infants and of young children, are principally the good and evil affections which they witness in their nurses. If in very early life a child is frightened or distressed by a nurse's cross-looks, or ill-tempered word, it will grow up timid or ill-tempered, and every repetition of the cause will more readily produce the ill effects; and, therefore, an infant or very young child should never be scolded or be allowed to perceive the expression of any ill-feeling. A young child should never require scolding, because the nurse should never allow it to do anything which nurses call wrong. She should be ever diligent and watchful to prevent the child doing ill, by exciting and encouraging it to be continually doing well. By smiles, fondling, and sweet words, she should make the child happy; and when it can use its little hands and feet and tongue, she should say pretty words and do pretty things in play, and it will imitate her—it will be doing like her.—*Lessons in Housewifery.*

ARTIFICIAL LIMBS.

At the Academy of Sciences in Paris lately, M. Magendie read, in the name of the committee of the academy, composed of MM. Gambey, Rayer, Velpeau, and himself, a report on an artificial arm, the invention of M. Van Petersen, a Dutch sculptor, and presented by him to the academy. The report was highly favourable to the ingenious and benevolent inventor. The members of the committee state that they had seen the apparatus tried upon five mutilated persons, and that it answered in every case admirably. One of these persons was an invalid who, in the wars of the Empire, lost both arms, retaining only the mere stumps. With the aid of two of these artificial arms, he was able to perform many of the functions which had hitherto been performed for him by others. In presence of the committee, he raised, with one of the artificial hands, a full glass to his mouth, drank its contents without spilling a drop, and then replaced the glass on the table from which he had taken it. He also picked up a pin, a sheet of paper, &c. These facts are conclusive as to the mechanical skill evinced by M. Van Petersen, and which is particularly shewn in the lightness of his apparatus, each arm and hand, with all its articulations, weighing less than a pound. The mode in which the motion is imparted to the articulations of the apparatus is exceedingly ingenious. A sort of stays is fixed round the breast of the person, and from this are cords made of catgut, which act upon the articulations according to the motion given to the natural stump of the arm. The invention fails only when the member that is wanting has been entirely removed from the socket, which is of comparatively rare occurrence. The report ends by stating that M. Van Petersen's invention is superior to any substitute for the natural arm hitherto made, and expresses a hope that he will be able to get his artificial arms manufactured at so low a cost as to be accessible to poor persons and mutilated soldiers.—*From a French newspaper.*

MODERATION.

Let your desires and aversions to the common objects and occurrences in this life be but few and feeble. Make it your daily business to moderate your aversions and desires, and to govern them by reason. This will guard you against many a ruffle of spirit, both of anger and sorrow.—*Watts.*

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RESUSCITATION.

The purpose of respiration is to expose the portion of the blood which has returned to the heart, after it has circulated through the body, and which has acquired during that circulation the properties of dark or venous blood, to the influence of atmospheric air in the lungs. The oxygenous portion of the air so received into the lungs converts this venous blood into florid or arterial blood; that is, into a state for being again circulated through all parts of the system. Any interruption to this process—by submersion in water, exposure to choke-damp, strangulation, and the like—if continued beyond a few minutes, is destructive of life. Recovery is, however, possible within certain limits; hence the resuscitative appliances to cases of 'suspended animation.'

The restoratives generally resorted to are warmth, friction, electricity, and, above all, supplying of the lungs with fresh or proper oxygenated air, either by free exposure to an external current, or by artificial injection. The cause of the latter appliance is sufficiently obvious, as the cessation of the heart's action—technically called *asphyxia*—is occasioned by the interruption of respiration, or rather by the interruption of the effect produced by that function on the blood. Any means, therefore, that can restore the process of respiration, or otherwise supply its place, till the action of the heart has been established, must be of value in resuscitation, and especially so where they can be applied with ease and rapidity. Various apparatus have been invented for the injection of common air; but as this fluid contains only about twenty parts in the hundred of pure oxygen, its effect upon the blood in the lungs cannot be so rapid as that of a mixture containing a greater proportion, and still less so than oxygen itself. This gas has accordingly been long recommended; but the difficulty of obtaining it with sufficient rapidity has hitherto proved a barrier to its application. A new mode has, however, been proposed by Dr. George Wilson of Edinburgh, by which an unlimited supply can be obtained and administered in a few minutes, and it is to this that we would direct more general attention.

It has been some time known that the chlorate of potass, if mixed with a metallic oxide—such as the peroxide of iron, or the black oxide of manganese—and heated to redness, will give off oxygen in a copious stream, and without any interruption, so long as there is any of that gas in the compound. The proportion of the metallic oxide to the chlorate is a matter of difference among chemists; but Dr. Wilson has found by repeated experiment that about one of the former to five of the latter is the most advantageous. We were recently invited to witness in his chemical class-room an exhibition of the apparatus by which he proposes to administer the gas, and which, in the opinion of medical men, is likely to prove efficacious. In this case the supply was on a limited scale only—some 600 or 800 cubic inches in four minutes—but from the rapidity and certainty with which the gas was produced and administered to a fictitious patient, it left the most favourable impression upon the minds of the spectators. A glass retort containing four or six ounces of the mixture was heated with a spirit-lamp, and in a few seconds the gas began to be evolved, the evolution increasing in rapidity, till at the second minute it flowed over in a continuous stream, and was conveyed into an ordinary telescope gasometer. From this reservoir it was extracted by means of injection bellows fitted with flexible tubes, and then conveyed to the lungs of the supposed patient. This contrivance was next abandoned, and the head of the patient placed in an air-tight box, into which the gas was conveyed from the gasometer. This box was fitted with a glass-slip for watching the changes produced on the countenance of the patient; and the necessary inspirations and expirations were caused by external pressure on the chest, as is done in ordinary cases of administering atmospheric air. Indeed several methods of applying the gas were suggested; but to these we need not advert, as the great merit of the proposal consists in the rapidity with which the supply can be produced and administered. On this head we think Dr. Wilson deserving of the thanks of the public, and especially for the pains he has taken in laying it before the medical faculty, the directors of humane societies, and others capable of making the application. Of the individuals who are asphyxiated by submersion, exposure to choke-damp, &c., only a small per centage are resuscitated by the appliances at present in use; but there is every reason to conclude that if a supply of oxygen were obtained by the means above proposed, and kept in readiness at the offices of humane societies and otherwise, the recoveries would be trebled, or even quadrupled. It is agreed on all hands that pure oxygen is more efficacious in asphyxia than common air; and certainly no plan could be more rapid or economical than that of Dr. Wilson.—*Chambers' Journal.*

HOW MANY CREATURES A MAN OF SEVENTY HAS EATEN.

A CORRESPONDENT has calculated what a man might consume on the average in seventy years, "taking ten years off for infancy—which is too much." Yes; far "too much." Mamma's darling Jacky, as papa knows to his cost, is carnivorous long before the completion of his tenth year; but "taking ten years off for infancy," although "it is too much," and allowing a man "4 pound of flesh meat per week," the consumption at the close of three score years and ten amounts to 12,480lb., or 899 st.; or to 156 sheep of 80lb. each, or 20 bullocks of 44½ st.; or, to take it another way, to 78 sheep and 10 bullocks, "with 6 st. over," which may stand for poultry, fish, &c., "say 20 of each in the year," or 1200 poultry and 1200 fish." But, if we take it in shrimps and shell-fish (and "all is fish" that comes to our correspondent's net), "Heaven only knows what animal life is destroyed to keep up the life of that one animal—Man."

TO THE READERS OF "THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN."

MY FRIENDS.—My bantling is now six weeks' old. May I believe it was well formed at its birth? It has breathed in an atmosphere of honesty of intention; you have given it a good circulation. Can we, then, wonder at its healthy infancy—may we not anticipate a robust maturity, and look forward to a vigorous old age?

THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN is now an established Periodical.

The numerous kind letters of congratulation I have received, prove how much such a work was required,—especially amongst the Industrious Classes.

To benefit the intellectual, the steady, hard-working operative, to furnish him with hints and instructions for the preservation of his health—(how often, his only stock in trade?)—to improve his social position,—were the chiefest purposes of my adventure. To this end I have become, in fact, a working—a hard-working—physician. This will be admitted when I say that since January 5 the daily average number of letters I have received requiring private answers has been twenty-five, and that I have replied to each by the same day's post,—exclusive of consultations, the literary management of the Journal, and my own private practice.

I am free to confess that when I projected a publication devoted to POPULAR MEDICINE I was timid; not only of its probable success, but also of the fancied loss of caste a physician of ten years' standing might sustain in his endeavour to make the PEOPLE comprehend the mysteries of his profession. Both apprehensions were groundless.

I wish rather to be judged by the past than to make promises for the future: I may, however, add, that the same simplicity of diction, the same practical information, the same attention to correspondents, the same hatred of quackery in all its forms that has, I hope, favourably marked the first six numbers of the Journal, shall be continued in those which will follow.

May I be pardoned all this egotism? 'Tis the only time THE EDITOR shall speak in the first person; my doing so now was an affair of gratitude.

With my best thanks to the 7500 Subscribers to "The People's Medical Journal,"—I remain their faithful servant,

Feb. 5, 1850. T. H YEOMAN.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

Sir,—I trust you will not deem it impertinent in a perfect stranger sending a line to congratulate you on the appearance of the very useful Medical publication of which you are the editor; but, more especially, ought the public to welcome its appearance, as it appears well calculated to fill a vacuum which has long existed in our periodical literature, viz., a space devoted to the lashing and exposure of the quacks and scoundrels with which the empire teems. I am, in conjunction with my brother, carrying on the business of a druggist in the adjacent large and populous city of —— ; I have, therefore, an excellent opportunity of witnessing the mischief these rascals are continually perpetrating, and the villanous robberies they commit on the unfortunate dupes they entangle in their toils. But the public will now trust to you, Mr. Editor, so to lift the veil from these extortionate Jew monsters, that they may be at length driven from their dens, and the world rid of such pests of society. A fellow named D—— "& Co.," has just established himself in Norwich, and advertises weekly in the local journals; your publication, however, which I understand is likely to have an extensive sale in that locality, will, I hope, save many victims from his fangs. I have been somewhat amused by observing that my *pious* "Old Grandmother," *the Morning Herald*, has several of these advertisements every morning; the "*Times*," very properly, refusing them. Granny, notwithstanding her piety, thus renders the paper, with its columns of beastly advertisements, quite unfit for admission into a house where females are resident. I am also sorry to find that, with I believe one exception *(the Suffolk Chronicle)*, the advertisements of these fellows (who are, by the way, continually changing their names,) are inserted weekly the whole year round, in every paper in these counties. You may judge, then, of the incalculable evil inflicted on society, and the desperate expedients some of their poor dupes are put to, to raise money to satisfy their cruel demands, sometimes accompanied with threats of exposure, if other means of extortion have little or no effect. Let me entreat you, Mr. Editor, to relax not in your good work until your powerful pen has been the means of extirpating from our country all the host of charlatans who prey on the unwary, and use the public press only to outrage public decency and common sense.—I am, sir, yours, &c.

E. H.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

DINNER PILLS.—Take, aloes, one scruple; powdered rhubarb, half a drachm; ipecacuan powder, five grains; oil of carraways, six drops. Mix. Divide into twelve pills; one to be taken one hour before dining.

CHAMOMILE TEA.—Take chamomile flowers, five drachms; boiling water, a pint. Macerate for ten minutes in a loosely covered vessel, and then strain. When cold it is a light tonic, and may be taken in dyspepsia and hysteria; it is also useful as a vehicle for more active remedies. When taken warm, it acts as a gentle emetic.

THE MOST AGREEABLE FORMULA IN THE PHARMACOPŒIA.—Take, spirit of French wine, (say brandy); cinnamon water, of each four ounces; the yolk of two eggs; refined sugar, half an ounce; oil of cinnamon, two minims. Beat the eggs to a froth—add the other ingredients gradually. Dose, as much as will "do you good." Use,—to promote conviviality.

ALE BEER is the best vehicle in which to take that nauseous medicine, balsam of copaiba. Drop the pure balsam gently on the surface of the beer, shut your eyes, and swallow.

A BLACK EYE is generally no more than a bruise of the eye-lids, spreading more or less over the face, according to the size of the instrument, by which it is inflicted. The greater number of persons who get a black eye deserve it, and, so far as I am aware, there is no remedy save warm bathing, which will hasten its removal; but it is often a very tedious business. The only thing to be borne in mind is not to get a black eye; if you do, you must be content to bear the disgrace for a few days, if you deserve it. But if it have been an accident, there is nothing to be ashamed of, and a small draught of patience will be a sovereign remedy.—*Mr. South.*

VINEGAR.—The presence of *lead* in vinegar may be detected by hydrosulphuric acid, or by sulphuret of soda; the former giving a brown precipitate,—sulphuret of lead,—the latter a white precipitate—sulphate of lead. A clean plate of iron immersed in the acid, will present a rose-coloured coating of copper, if that metal be present. Ammonia also detects copper by producing an azure blue colour. Iron is detected by prussiate of potass, producing a blue precipitate.

DIETARY, WHOLESOME & ECONOMIC.

ISINGLASS JELLY.—Before using isinglass for the formation of jellies, it is advisable, in order that the jelly may be clear, to reduce the isinglass to small pieces, either by beating it first in a mortar, or only picking it in shreds; and then washing it well in clear water. To boil an ounce of isinglass, a pint of water is allowed; boil till it has lost one-half; it must be skimmed while boiling, and when done strained through a sieve.

HARTSHORN JELLY.—Boil half a pound of hartshorn-shavings in three quarts of water till the gelatine is extracted from them; strain the jelly while hot into a saucepan, and add to it a pint of Rhenish or sherry wine, and a quarter of a pound of loaf sugar. Froth the whites of four egg, and mix them with the jelly; boil it for a few minutes, and then add the juice of three or four lemons; boil again, and when curdled, pour it through a jelly-bag several times, till it is quite clear. You may flavour it in what way you please, and then fill your jelly glasses with it. It is, perhaps, best to keep out the wine till the jelly is clarified, and then add it.

CALVES FEET JELLY.—Cut scalded calves feet into pieces, and boil them gently for several hours in water sufficient to cover them; strain off the liquor, and the next day, when it is completely cold, take off the fat, and wash the jelly in warm water, to make it perfectly clean. Put it into a stew-pan, and dissolve it over the fire, adding such condiments to flavour it as you may choose, such as lemon or Seville orange-juice, white wine, sugar, a bit of lemon-peel. cinnamon, &c. Whisk it up with some whites of eggs, and boil it gently for a quarter of an hour or more, taking off the scum; run it through a flannel bag till it becomes quite bright. When nearly cold, fill your shapes with it. This jelly is not essentially different from one made with isinglass or hartshorn shavings, only it requires a little more care in the preparation to make it clear and free from fat.

PLAIN JELLY.—Three calves feet are to be boiled down in four quarts of water, till the water is reduced rather more than one-fourth; strain it off, and, when cold, remove the settlement, and boil it with the following articles: The whites of eleven eggs, well beaten up, a quart of Madeira wine, a pound and a half of loaf sugar, the juice of an orange, three large lemons, a little powdered cloves and cinnamon, half an ounce of isinglass, prepared as directed for isinglass jelly. Stir the mixture well; let it boil up three times; strain it, and when cold remove the settlement; then warm it again, and fill your shapes.

SAVORY JELLY.—Make a strong jelly with a knuckle of veal, which must be boiled till all the bones drop out; then strain it through a sieve, and let it stand till it is cold, when all the fat must be taken clean off. Add some Tarragon vinegar, and a few juniper-berries, to flavour it. It must be clarified as directed for calves feet jelly.

ADVERTISEMENTS.

Price 2s.; by post 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, and Rational Treatment, with the means of Prevention. By T. H. YEOMAN, M.D.

Also by the same author, price 2s.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH, the Causes. Symptoms, and Rational Treatment.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. YEOMAN is well known by his Work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849

London: SAMPSON LOW, 169. Fleet Street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly; and all Booksellers.

ROOFF'S IMPROVED RESPIRATOR (Patent,) for Consumption, Asthma, &c., has separate channels for the inspired and expired air; warms and purifies the atmosphere without becoming clogged; it neither requires cleaning nor repairing, has no unsightly appearance, and may be had resembling a handkerchief held to the mouth. Testimonials to be seen, and descriptions had, on application,—Depot, 183, Strand, near Norfolk Street.

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Agent for ROOFF'S Patent Improved Respirator. J. M. has now a large supply of COD LIVER OIL, prepared from the finest Fish of the Season.

TRUSSES.—S. SMITH, Truss-maker, 1, High Holborn, three doors from Gray's-inn-lane, respectfully announces to the Public that TRUSSES can be had at his establishment, at the following low prices: Double Trusses, 16s. each: single ditto, 8s. Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c.—Mrs. Smith attends on ladies.

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DR. ARNOTT'S HYDROSTATIC OR FLOATING BEDS. This valuable invention, affording such relief to all patients long confined to bed, is now presented to the public, greatly improved in manufacture, by which it is made much more durable; and at a price which it is hoped will conduce to make its advantages more generally available.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book, for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays and Saturdays from Two until Three o'clock. Surgical advice may be obtained at the above establishment, every Tuesday, Thursday, and Saturday evenings, from Six till Nine o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber"—"Constant Reader"—"Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

THE Monthly Part of the PEOPLE'S MEDICAL JOURNAL, containing the first Five Numbers, is now ready, price, in a neat Wrapper, 6d.

WE have received many applications to publish separately, in a small volume, the articles on Indigestion, which will be completed in our next number. Should this wish be more generally expressed by our readers, we shall do so. The price not to exceed fourpence, by post sixpence.

H. E. S. A.—To your first question,—No. To your second,—According to the position and circumstances of the patient; one, two, three, nay even four, consultations for a guinea.

J. MILBRAY.—We should not recommend cod-liver oil; neither can we suggest any other treatment, having no other data than your scanty note from which to form an opinion on the case.

W. J. (Northampton).—See answer to H. G. H. in No. 5.

LAURENCE FORBES (Putney).—Be contented. You have not any reasonable cause for suspicion. Repose every confidence in her assertions. Remember

"——————— all who joy would win—
Must share it. Happiness was born a twin."

RICHARD DAVIS (Abingdon Street).—From three to five grains of the compound soap pill; five grains, contain one grain of opium.

J. T. F. (Barnsbury Road).—In all cases of arterial bleeding, pressure should be applied to that side of the orifice that is nearest the heart. To your second question, we do not think the subject of sufficient practical utility. If you have discovered anything original on the subject we shall be glad to hear from you.

T. RAYNER (Halifax).—Try the blister, as advised in No. 5; or paint the ring-worms with tincture of the murinte of iron. We will shortly publish an article on this troublesome and frequent disease of the skin.

J. F. RETSOF (Camden New Town).—We are glad that the anxiety of your wife is lessened. For yourself, see answer to A. M. in No. 5.

M. A. C. (Birmingham).—You must send your private address.

H. JONES (New North Road).—We must see the child.

S. W. J. (Weymouth).—Your anxiety need be only of short duration if you would pay religious attention to proper advice. Communicate privately.

MARY S——N (York).—Take, compound decoction of aloes, four ounces; compound iron mixture, three ounces and a half; tincture of valerian, four drachms. Mix. Dose; three table-spoonsful early every morning.

A SUFFERER.—A short series of articles on RHEUMATISM will be commenced in No. 9.

M. R. C. S.—We are obliged by your polite offer, which we are compelled to decline, as all our literary arrangements are complete.

A DYSPEPTIC.—Use Nevill's flour of lentils to one meal at least, daily; 'tis the same preparation as Revalenta—at about one-eighth of the price of that advertised article.

R. B. (Fleet-street).—We would willingly comply with our correspondent's request if we could. We do not know, although we have seen, "the medical practitioner" who rolls about the City in a tilbury, driven by a negro.—Is he Baron Spolasco? A black groom in a white coat, white choker, and white gloves, is certainly a capital driver for an advertising van.

J. JONES (Putney).—We do not notice such cases in these columns. You must apply personally, or by private letter.

ANXIOUS.—The "German physician" you name was once placed at the bar of the Old Bailey to take his trial for manslaughter. That is all the good and all the evil we know of him.

Z. (Leeds).—The remedy required must vary according to the cause that has produced the disorder.

NERVOUS, OR MIND COMPLAINTS.—We would earnestly caution our readers against one of the most determined quacks in the whole empire, who advertises under the title of "Reverend Doctor."—His book is now before us; from the commencement to the end 'tis a farrago of nonsense, impossibilities, and untruths. Oh! that there were a society like the Mendicity Society, to bring to the felons' bar, imposters—book-writers—who, like the begging-letter writers, obtain money on false pretences. The pillory and ducking stool were good, wholesome punishments in the days of our forefathers.—Revive them.

JAMES. (Rotherhithe).—You will find all the information you ask for in the article on Indigestion, in No. 2.

MORISON'S PILLS.—We will give these poisoners an advertisement gratis, and copy from the *Times* of Dec. 19, 1849, the following:—"The enormous sum of £115,000 has been paid to the English Government for stamps on Morison's Vegetable universal Medicine, which represents 828,000,000 pills." Will the proprietors of this vegetable poison add to the above information, how often they or their agents have been committed for manslaughter? Will they tell us the number of deaths that have resulted from their Universal gamboge and scammony? Shame! shame! on an Exchequer that bolsters up its deficiencies by "stamp" money that "stamps" a poison, and "stamps" death on the silly victims of blinded credulity.

A CLERK. (City). Observe moderation in all things, even in obtaining "gratuitous advice." If moderation is not in your vocabulary, at least practice patience. We have advised you twice in a disorder that does not merit much commiseration: you must not stand in the way of more deserving cases. A prescription and note await you at the place you name.

WM. R——s (Colchester).—We will attend your appointment, although the time and place are extremely inconvenient.

P. C. (Leeds). J. JONES (Putney).—We do not advise in such cases in the columns of our Journal. Communicate privately.

A. Z. (Oxford-street).—We are not in possession of any "infallible receipts" There is a house in the New-road, guarded by a lion on the roof, apply there, or at "two doors from Temple Bar." A. Z., is not a Y. Z.

F. FRANCIS. Use Nevill's flour of Lentils. We are never without it—it saves many doses of physic.

A. H. (Fife).—Hold the head over the vapour of boiling water; anoint the nostril with elder-flower ointment.

A YOUNG MAN.—Twenty grains.

J. O. G. (Accrington).—Still imperfect. You really must be most careless of your health if you would follow any suggestion that may be offered to you. If you desire our opinion, you must write privately, when we will endeavour to put you in the way of describing your symptoms with some approach to correctness.

WILLIAM GRYMES. See answer to H. G. H. in No. 5.

THOMAS ROKESBY (Mill Hill).—To use a vulgar phrase—"cut it." No harm can ensue. Be careful whom you engage to operate.

CHARLOTTE (St. George's East).—Rest; plain nourishing diet; attention to the bowels and skin; a warm hip-bath; friction, by means of a coarse towel; not any beer; two table-spoonsful of unsweetened gin in a tumbler of cold water; and take compound iron mixture, four ounces; compound decoction of aloes, five ounces and a half; tincture of ginger, four drachms. Mix. Dose; two table-spoonsful, twice a day.

W. L. B. Certainly. We have more confidence in the effects of prescriptions dispensed at chemists whose drugs we know to be pure, than in those "prepared" at the cheap shops in Leather Lane, Clerkenwell Green, Norton Folgate, or Ratcliff Highway. The chemists we recommend are Miles, Gracechurch Street; Savory and Moore, Bond Street; Apothecaries Hall; Allen's, Plough Court; Jacob Bell, Oxford Street. Many druggists of an inferior grade, too frequently, far too frequently, presume to substitute one article, which they may have, for another which they have not; thus the patient is injured—the physician disappointed, and his reputation jeopardised.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents: J. GOOD, (Homerton). T. B. C. (Wandsworth). JOHN S——N, (Stepeny Green). THETIS. WILLIAM JACKSON. AN APPRENTICE, (London Wall). W. B. C. (Lower Road, Islington). FANNY, (Eastcheap). ALPHONSO, (Tavistock Place). J. F. (Dartford). A WATCHMAKER, (Clerkenwell). AN OPERATIVE. AN OLD PATIENT. MRS. GREEN. MRS. DAVY'S CHILD. W. O. (Islington). C. G. L. (Brixton). D. J. L. (Islington). JOHN (Westminster).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 7.—Vol. I.] SATURDAY, FEBRUARY 16, 1850. [ONE PENNY

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

NO. VII.

BRONCHITIS—INFLAMMATION OF THE AIR TUBES.

(*Continued from page* 45.)

Bronchitis, or inflammation of the mucous lining of the air tubes, is a disease of most frequent occurrence and of the greatest importance, as well from the serious results which may immediately ensue, as from the diseases of which it may become the foundation. It may exist as an idiopathic, or original disease; as the sequel of catarrh or influenza; as a complication of continued fever; or, as an accompaniment of measles, small-pox, scarlet fever, and hooping-cough. There is, probably, no other disease which is so variable in its consequences. In some cases it is scarcely considered an interruption to health, and in others it becomes rapidly dangerous and fatal; these extreme results depend on the condition of the persons affected, the extent of mucous surface implicated, and the intensity of the essential symptoms.

The cause of acute bronchitis might be summarily described in one word,—*cold*; but as this acts in different modes and by different media, some of which are at the time little suspected of inducing disease, or if known, too often neglected, I shall dwell a moment on this part of the subject.

The most injurious effect produced by cold on the respiratory organs, is when it suddenly alternates with warmth; consequently we may frequently trace catarrh or bronchitis to exposure to a cold, damp atmosphere, immediately after leaving a heated and crowded room. How often in our amusements do we acquire a disease which shall embitter, if it does not shorten, the future of our lives. I would earnestly impress this remark on the recollection of my female readers, and pray their especial attention to the effects which may follow carelessness or imprudence, either in attire, or in change of temperature. Fashion should be subservient to health; and, with some little care, the one would *lose* none of its attractions, and the other would attain continued ability for enjoyment. Nothing can be more hazardous than the too common practice, during the inclemency of winter, of women, who in the day time are clad in a Siberian costume of furs and shawls, exposing themselves at night in muslin or gauze, to the cold air of lobbies, passages, and damp pavements, immediately after being heated by exercise in a crowded ball-room, or after inhaling the heated atmosphere of a theatre. Two of the most severe cases of bronchitis that I have attended this winter had their origin in such a cause; the one, a young lady, who remained a short time, on a damp, foggy night, at the door of one of the theatres, waiting for her carriage; the other, a gentleman who when on a visit to the suburbs, ran a considerable distance to save the "last 'bus," which on his arrival was filled inside; instead of walking leisurely home, he imprudently mounted the box, suddenly became chilled, and the next morning, he was, as he told me, "barking like a dog." Some people appear so reckless, or so convinced of the supposed hardihood of their frames, that it is only when on a sick bed that they will admit they are susceptible of ordinary influences.

Cold, when conjoined with moisture, as that occasioned by remaining in damp clothes, particularly wet stockings and boots, and sleeping in damp beds, generally induces an attack. I have recently had under my care three or four cases of bronchitis that were referable to a cause which I fear is far from being uncommon; namely, inhabiting newly-built houses whilst the walls and plaster are still reeking with moisture. Dwelling in kitchens flagged with stone, and imperfectly drained, has, in many instances known to me, proved a constant cause in several members of the same family.

Irritating gases and vapours frequently excite inflammation of the bronchial membranes, and the disease is rife amongst brassfounders who have to inhale the fumes of zinc and spelter; artisans employing the mineral acids, also frequently suffer from an attack.

Bronchitis, like the majority of inflammatory diseases, presents itself under two forms, the one differing materially from the other in the aggravation or diminution of the symptoms. I shall, therefore, first consider *acute bronchitis*; that is, when the inflammation is intense, and the disease makes rapid progress; and afterwards *chronic bronchitis*, or that condition in which the cough is constant, the fever absent, and the disease, of itself, divested of urgent or acute symptoms.

ACUTE BRONCHITIS.

Acute bronchitis presents the general symptoms of cold on the chest, considerably increased in intensity, with a greater degree of fever. The disease usually commences with some disturbance of the whole frame, as chilliness, lassitude, diminished appetite, stiffness of the limbs, dry skin, quickened pulse, and the ordinary attendants on fever; when the attack is slight, little inconvenience may be experienced, nevertheless it is capable of becoming one of the most fearful complaints to which the respiratory organs are liable.

The first symptom of a local character is a feeling of dryness and roughness in the windpipe, which induces the patient to make repeated attempts to clear the throat by cough, and each attempt is succeeded by greater roughness, or a sense of titilation; the cough soon becomes frequent, hard, and dry; and in a short time there is an expectoration of a thin mucus, having a saline taste; this, like the discharge from the nostrils in *coryza*, appears to be acrid and irritating in its nature, and adds to the existing inflammation. With the increased cough there is pain and oppression in the chest, the breathing is difficult and

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uneasy, so that the patient is conscious of, and apprehensive of each inspiration, and consequently inspires deeply and deliberately.

The cough frequently comes on in violent and irresistible paroxysms that excite almost a feeling of suffocation, and render the breathing more laborious if not gasping; during such attacks the blood is propelled with increased force to the head, the face is reddened, the eyes suffused and injected with blood; and confusion, noise in the head, giddiness, or a throbbing headache supervenes.

So long as the expectoration continues thin, watery, and saline, the cough remains harrasing and frequent; but as it becomes thicker, it loses a part of its irritating properties, and a cessation of the cough takes place, the constriction of the chest is then less and the breathing comparatively free; the pulse which before was rapid, loses its frequency, and the skin is cooled by a genial perspiration; the severity and progress of the disease may be, in many instances, estimated by the condition of the expectoration; a thicker, more opaque, and tenacious phlegm, easily coughed up, always indicating an amelioration of the symptoms. This change in the character of the expectoration takes place in favourable cases about the fourth or fifth day, after which it becomes whiter and less abundant;—this state is sometimes called *ripening* of the expectoration;—as the disease draws to a termination, the cough and expectoration is less during the day, causing, however, some annoyance to the patient in the morning and towards evening; after a few days, the disease may subside altogether, or gradually decline into chronic bronchitis.

I have now described bronchitis in its mildest form, in which but a small extent of the bronchial tubes are affected; we will next turn to the disease in its more acute degree, when the inflammation is not confined to the larger air tubes, but extends to their minute ramifications throughout the lungs.

In some cases the general or constitutional symptoms denote a considerable departure from health; at the onset there are frequent rigors, or shivering, followed by flushes of heat; the pulse is quick, full, and irritable; the skin is hot, harsh and dry; pain is felt in the head, particularly across the eyes, down the back, the shoulders and chest; the tongue is foul and white; the urine scanty and high-coloured; the patient suffers from loss of appetite, sickness, lassitude, and prostration of strength;—in effect, he labours under a sharp attack of fever. The symptoms referable to the respiratory organs, are difficulty in breathing, and tightness or constriction of the chest; the lungs feel as though pressed upon by a weight, and the oppression renders the the patient anxious and fearful; the cough is frequent, severe, and distressing; each paroxysm greatly aggravates the pain in the chest, which is now acute and lancinating, especially at the part immediately around the breast-bone; the voice is hoarse, and the effort of speaking is attended with pain. The expectoration, at first small in quantity, is glairy, frothy, and occasionally streaked with blood; it soon becomes copious, but its evacuation affords no relief to the symptoms, in fact its secretion and accumulation irritates the tubes and aggravates the cough; towards evening it is more profuse, the fever runs higher, the respiration is more embarrassed, and all the symptoms attain greater force.

These symptoms having continued in this state for five or six days, the patient gradually begins to recover, or gradually begins to grow worse.

When by neglect, or by treatment insufficiently active, the disease takes an unfavourable turn, we usually find on the fourth or fifth day, that the invalid is reduced to a state of debility, or collapse; the pulse becomes quick, irregular, and feeble; the countenance is pallid, betraying considerable anxiety, and the surface of the body covered with a cold, clammy sweat; the strength is exhausted by repeated efforts to relieve the lungs of the accumulated mucus, the cough is less frequent, feeble, and insufficient in power to clear the bronchial tubes, and each attempt to expectorate threatens suffocation; the mucus collected in the larger tubes obstructs the passage of air, which can now be distinctly heard to wheeze and rattle, and the patient is in a position of imminent danger. This state is quickly followed by lividity of the countenance, delirium, and stupor, indicating that by the thickened state of the membranes and the increased secretion in the smaller tubes, the blood is not presented in the cells of the lungs to the action of the air, and that unarterialised blood is circulating in the brain.

Acute bronchitis in its worst form is remarkably rapid in its progress; a state of high fever and extensive local inflammation is quickly followed by great prostration and extensive debility, and in some cases, the result is fatal in two or three days.

[To be continued in our next.]

DYSPEPSIA.—INDIGESTION.

NERVOUSNESS, &c.

BY THE EDITOR.

No. VII.

THE INFLUENCE OF INDIGESTION ON OTHER DISEASES.

(*Concluded from page* 42.)

In concluding the essays on indigestion, we shall briefly notice the influence which this disorder exerts upon other diseases: some of which follow or attend dyspepsia, as an inevitable consequence; others—latent in the system—are called into activity; and all are more or less aggravated by its continuance.

The elements of nutrition being supplied to every part of the body by the blood, and this deriving its nutritive matter from the aliment taken, and the mode in which it is digested in the stomach, it follows that when the function which thus prepares the food to become blood is impaired, the blood itself must be deficient in its nutritive properties, and thus disease may be engendered by the want of sufficient nutrition, or debility.

In healthful digestion, the ordinary action of the stomach is equal to its own demand; but the moment it labours under any degree of debility, or in consequence of being overloaded, or loaded with indigestible materials, its ordinary action is not sufficient, and it becomes necessary that it should be supplied with an additional flow of nervous energy to enable it to meet the excess of duty imposed upon it. The surplus of sensorial power, under such circumstances bestowed upon the stomach, is taken from the general supply to the system at large, as from a common stock, every organ contributing its proportion. If, therefore, this demand of a feeble stomach occur in a system in which there is weakness, or predisposition to disease in the respiratory organs, as an effect, the lungs become irritated, a sympathetic disorder is induced, or it may be that latent disease, as consumption, is excited into action. The same occurs with the other organs, and thus disease follows disease.

The importance of correctly distinguishing every derangement of the heart and lungs, the result simply of disordered digestion, from organic disease in which there is actual change of structure, must be self evident; without this be accomplished, the treatment must be vague and uncertain, and in some instances injury may be added to injury. We are inclined to think that cases of consumption, *so called*, which have been successfully treated, and added to the list of recoveries from consumption, should be considered as dyspeptic consumption rather than that which proceeds from scrofula or phthisical disposition of the constitution; when the actual cause of the pulmonary affection can be traced to irregular digestion and defective nutrition alone, we may sanguinely expect a favourable termination. Would that we could say the same when the disease is caused by scrofulous tubercles.

The earliest sign of disturbance in the respiratory organs produced by dyspepsia, is in the larynx, which, becoming irritated by its proximity to the œsophagus, causes a tickling cough, at first dry, or only accompanied by a trifling expectoration of mucus. After a time the membranes of the lungs are implicated, and, if there be any disposition to scrofula or tubercles, this disposition is likely to be excited into action by the sympathetic irritation, and

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then consumption of the common and fatal kind will soon be developed. In dyspeptic consumption, the complexion is more sallow than in the idiopathic form, and the spirits are more depressed. The paroxysms of cough are generally after eating and early in the morning, or when the patient is lying on his left side in bed. As the disease progresses, the expectoration becomes more copious, its character changes, and, from being limpid and glairy, it becomes thick and ropy, with some suspicious points of a purulent character; respiration is performed with difficulty, the strength fails, and the condition of the patient, with reason, excites the apprehensions of his friends. When these symptoms are the result of a secondary disorder, they will in a majority of cases yield to proper treatment. "I have observed," says Mr. Abernethy, "a cough attended with expectoration to cease upon the correction of the disorder of the digestive function;" and the experience of every physician will confirm the remark. Distension of the stomach and bowels by flatus, and a loaded state of the large intestines, frequently cause fits of breathlessness, or "short wind," or "broken wind," which closely imitate asthma; the dimensions of the chest being narrowed, and the natural expansion of the lungs impeded. Of the value of the stethoscope in enabling us to arrive at a correct diagnosis in all the affections of the chest, we have already spoken in another series of articles.

Painful sympathetic affections of the heart are consequences not less common, and are often the most troublesome symptoms that accompany disorders of the stomach, and are always the most alarming to the patient. They appear under various forms, and frequently assume, in a very great degree, all the characters of fixed disease of the heart or large vessels. The slightest and perhaps the most common form, consists of a momentary feeling of rolling or trembling motion of the heart, like that which is produced by a sudden surprise or fright, and it is accompanied by an intermission of the pulse. This feeling may occur once or twice, frequently, or only at long intervals; it is sometimes accompanied by a sensation as if the heart were violently grasped. In other cases, the affection assumes the form of continued fits of palpitation, or strong and irregular action of the heart, which continue without any remission for an hour or more at a time, and recur in this manner daily. They are of course accompanied by irregularity of the pulse, when the action of the heart itself is irregular; but frequently there is no irregularity in the action; the affection merely consisting of a strong pulsation, which the patient feels, or hears throbbing in his ear, and can count distinctly by the sound, especially when he is in bed. The affection is always very alarming to the patient, and sometimes perplexing to the practitioner; for, from the permanency of the symptoms, they often assume the character of diseases of the heart, and may even exhibit some of the stethoscopic signs, when, in truth, they are caused alone by the disorder in the stomach. Flatulent distensions of the stomach may produce pressure on the aorta and other large blood-vessels, and arrest the flow of blood, and it is in this way that apoplexies after full meals are produced; the blood, in its course to the lower extremities, being impeded by the pressure of a heavy stomach on the aorta, is forced to the superior part of the body, and the carotid arteries too strongly inject the brain.

Indigestion frequently affects the nervous system, or some part of it, directly, producing either general or partial debility, or violent nervous pains, as *tic douloureux*, neuralgic pains in the shoulders, loins, and thighs; and, in spite of all local treatment, they will continue to distress the patient so long as the digestion is in error. Mr. Abernethy, who, if not the first, was certainly the most strenuous, in referring such disorders to the stomach, says, "They can only be successfully treated by means which operate upon the constitution in general." The influence of dyspepsia on the mind, we have already noticed in the essay on "Low Spirits."

Scrofula is a disease peculiarly influenced by disorder of the stomach, and we most frequently observe that formidable complaint attended with considerable disturbance in this organ, which is neglected by the patient until the more obtrusive disease makes its appearance in the enlargement of the glands, either of the neck, arm-pit, or, in females, the breasts. Abernethy relates several cases in which patients came to town for the purpose of having the breast removed by operation, who returned in health with a sound breast, after having the disorder in the stomach and digestive apparatus, which was the cause, not the effect, of the glandular affection, relieved. We have at this time several cases under treatment, in which the patients suffered the greatest alarm, fearful they were afflicted with malignant disease of the breast; this apprehension is quickly yielding with the improvment in the digestion and general health. Even in cancer, disorder of the digestive organs is antecedent to the local disease, which is aggravated by every irregularity in the stomach; the same occurs in gout, rheumatism, and certain disorders of the bladder and kidneys. The production of worms is, in many cases, referable to a debilitated state of the alimentary canal; piles are aggravated, if not induced, by pressure on the large blood-vessels by the oppressed stomach, as well as the irritated state of the lower intestines; and stricture, prolapsus, or fistula, may arise from the same cause.

That profound observer of nature, and able surgeon, Abernethy, did humanity good service in directing attention to the constitutional origin of many local diseases. He found that many wounds which resisted all the means which the surgeon could employ, were attended with a disordered state of the digestive organs, and yielded readily when the due performance of their functions was restored; nay, that some wounds, as ulcerated legs, indolent sores, and other local complaints, had no other origin than that state of the health which attends irritation of the stomach and bowels. Sometimes but one local disease of this description exists; but in general they break out in different parts of the body, which is a proof—indeed, *the* proof,—that they depend upon some error in the health in general, rather than upon a local cause. How frequently do we notice ulcers on the legs, of long standing, which have resisted all the lotions, ointments, strapping, and bandaging which ingenuity could devise, heal quickly when, by attention to the irregular state of the stomach and bowels and care in diet, the function of digestion has been improved, and a healthful condition of the circulation obtained.

Numerous skin diseases have their sole origin in dyspepsia, and others, which are specific and hereditary, can only be relieved and cured by amending the general health, removing every obnoxious cause, and facilitating the process of assimilation, so that good and pure blood may be eliminated.

We might go on to greater length in enumerating the evil effects of neglected indigestion; as it is, we have said enough to prove that there is scarcely a disease which afflicts the human body that can be correctly treated if the nature of the disease of the digestive organs be not well understood. It has been justly said, "A thorough knowledge of dyspepsia in all its forms and varieties may be considered the key to the cure of many acute and of most chronic diseases."

ON THE DISEASES OF THE TEETH.

No. III.

BY CHARLES SMARTT, ESQ., SURGEON-DENTIST.

HAVING in our previous observations pointed out the uses and purposes of the teeth, and the necessary means to be adopted for their preservation, we now proceed to explain the nature and effect of the diseases to which they are liable. In order to be better understood, it will be as well to devote a short space in describing their formation and structure. The anatomist divides the teeth into three portions. The surface or top of the teeth is termed the crown; that part where the gum terminates is named the neck; the remaining portion, which is embedded in the alveolus, or socket, is the root or fang.

The teeth are composed of an organic and inorganic substance: the enamel is inorganic, or without life, and the interior is organic, or with life. They are sparingly supplied with blood-vessels and nerves, from which they derive vitality and nutrition, and an exquiste degree or sensibility. The outer covering is the enamel, a vitreous crystalline-looking body, which is easily destroyed, as before observed, by acids; beneath this we have the bone, speedily affected by heat, and in the interior we find a small cavity, or canal, containing pulp, in which are the blood-vessels and nerves. These obtain their entrance at the end or extreme point of the fang. Between the fangs of the tooth and the alveolus, or socket, in the jaw, there is a very fine membrane or skin, the purposes of which are to retain the teeth firmly in their position, and to prevent the jar which would otherwise occur when the mouth is violently closed, in the act, for instance, of biting hard substances; and we may here state, by the way, that when the teeth are used for the purpose of

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cracking the shells of nuts or biting threads, they are applied to a purpose nature did not intend them for, which is ruinously injurious to them. There are few among us who require to be reminded that the teeth are liable to disease, decay, and excruciating pain. The most common—we might almost add, all common — diseases are salivary calculus or tartar, caries or decay, and their result,—tooth-ache.

Salivary calculus, or tartar, is an earthy deposit, formed by the saliva or spittle. Hence we find it in greater quantities around the necks of the incisors, or front teeth of the lower jaw, and the small molars or bicuspids of the upper, as it is at these points that the saliva enters the mouth. The small vessels conveying the fluid are termed the salivary ducts. The effects of this unfortunate accumulation are always pernicious,—an altered condition of the fluids of the mouth, diseased gums, the loosening and ultimate loss of the teeth, and the gradual destruction of the socket, or alveolar process. When allowed to remain any length of time, the gum becomes sensitive, and the brush cannot be used without great pain; consequently the brush is given up, the deposition rapidly increases, and the teeth, one after another, fall victims to its desolating ravages. It frequently occasions the discharge of a fœtid matter from the gums, thereby rendering the breath exceedingly offensive, so much so, that the atmosphere of the whole room is speedily tainted. The method which the dentist adopts for the removal of this filthy mass is termed *scaling*. This necessary and important operation, when carefully and properly performed, is unaccompanied by pain or any disagreeable consequences; and when, by its removal, the gums are restored to a healthy state, its future accumulation can in most cases be stayed, by a regular and constant use of the brush and powder mentioned in the previous article. In some constitutions, however, its deposition is so rapid and obstinate of removal, that periodical visits to the dentist alone can preserve the teeth from its injurious effects.

Caries, or decay, may arise from many causes. Mercury (calomel), which, necessarily, is frequently administered by the surgeon, is a fearful and deadly enemy. Inflammation, arising from cold, and a febrile and heated state of the body, generally lay the seeds of this decomposition of the structure of the teeth.

In the first instance the bony structure of the tooth decays, and subsequently a dark spot shews itself in the enamel, which speedily breaks through. The nerve thus becomes exposed, and is liable at all times to be affected by the draughts of cold air drawn into the mouth, or the slightest pressure of the food, or liquids, required for the sustenance of life. Thus diseased, if the decay has not progressed too far, the dentist will carefully remove all the carious or dead portion of the dental member, and then fill up, or what is termed *stop*, the tooth; and if this apparently simple operation is carefully and scientifically performed, the tooth may be retained for useful and ornamental purposes many years. It is essentially important to seek professional aid at an early stage of the appearance of disease. Let us counsel our readers not to hastily part with so useful a portion of their body as a tooth, because it causes pain. The object, or rather duty, of a dentist is to preserve our teeth, not to extract them. If disease or accident befal a limb, we do not ask the surgeon immediately to amputate it. We earnestly entreat him to preserve it, and so it should be with the teeth: like the old lady with her flannel, we do not really know their value until we miss them.

Tooth-ache, which Burns characterised as the "Hell o' a' diseases,"—this excruciating and tormenting affliction generally arises in consequence of exposure of the nerve by caries or decay of the tooth. Thus a tooth which has been felt to be unsound, but has never been the cause of more than temporary pain, suddenly breaks through, and portions of the food are forced upon the sensitive pulp. Immediate inflammation takes place, and we have tooth-ache with all its racking and distressing agony. During the paroxysm a little camphorated spirit, or eau de Cologne may frequently be applied with success; all foreign substances should be removed from the cavity, which should then be filled with wax, and this allowed to remain there not less than six hours. By this time the inflammation will probably in a great degree have subsided, and the patient may then submit his mouth to the dentist, for the purpose of having the tooth stopped or filled. When tooth-ache arises from cold, or a derangement of the digestive organs, it may be mitigated by mild aperient medicines, assisted by a warm bath, and the application of a leech to the gum.

SPECIFICS.

What is meant by the term "specific"? It is a property which some remedies *are said* to possess of removing disease in every case with certainty! We do not believe in this theory: we maintain that the action and effect of every drug in the materia medica must vary in different individuals; that the action of every remedy must be modified by the condition of the patient at the time it is administered—the same remedy having a different action upon the same individual at different periods; and that it must be influenced by peculiar constitutions, peculiar temperaments, and by peculiar ages and habits. That drug which would be inert when taken by a strong robust man, might act with dangerous activity in a debilitated frame, and *vice versa*: indeed the condition of man while labouring under disease varies almost daily, so that that which was beneficial to-day might be injurious to-morrow. Did we know a remedy which would act upon disease like water in extinguishing fire, producing one constant and invariable effect, it would indeed merit the appellation of a specific: unfortunately none such is known.

For one disease mercury is accounted a specific, and certainly its effects in some cases approach the nearest to a specific action of any we are acquainted with; but even mercury does not act with precision—its effects are not invariably the same; its action is influenced by age, by sex, by constitution, by habit, by idiosyncracy, by climate, by the state of the system at the time it is used, and by a predisposition, hereditary or acquired, to disease. Thus a dose of blue pill which would purge one individual violently, might in another remain dormant in the system, and produce salivation; again, mercury taken by one person of unimpaired general health, might cause a sore to heal readily; taken for the same purpose by a subject affected with a scrofulous taint, it would aggravate the wound, perhaps produce sloughing, and materially increase the disease for which it was taken as a cure.

As another example of the impossibility of any medicine having a specific and universal effect, take ipecacuanha, which in a large majority of cases is a most valuable agent for the relief of many disorders of the respiratory organs, especially asthma; yet when prescribed for some peculiarly constituted patients, it actually excites this very disease. We do not admit the specific action of any remedy; various drugs will produce one effect; some are known to attain this easier and more speedily than others; it therefore behoves the physician to select that which he can administer to his patient with the greatest certainty of success, and with the least risk of exciting any opposing peculiarity. In medicine, we must consider the end to be obtained, more than the means; the medical practitioner should not be wedded to a *routine* of practice, but consider every case, as it invariably is originally, differing from others which have preceded it. We would earnestly and sincerely warn the suffering invalid not to place any reliance in a specific or empirical remedy; we would

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urge him not to submit to a routine of practice which promises a cure, alike for the robust and the debilitated, for the young and the old, for the man of active life, and him whose occupation is sedentary; it is contrary to reason to suppose that the same agent can produce the same effect in these opposite and extreme conditions. We would advise every patient to have his disorder considered with reference to himself alone, and to pursue a course of treatment prescribed for the existing symptoms of his individual case.

QUACK ADVERTISING SURGEONS.

We copy this article from *The Medical Times*.

A correspondent sends us the following illustration of the protection from quackery at present enjoyed:

"Having, for some time past, a young gentleman under my care, with 'hæmoptysis,' and the symptoms now yielding to the treatment adopted, he returned to his paternal home, viz. Plaistow, for a few weeks. Recovery was slow: but, from the effects of a fright, the hæmorrhage returned. This was caused thus: the young gentleman called upon a Mister L'——t, of advertising celebrity, who 'asked his name?' And, on hearing, said, 'You must pay me a pound.' It was done. 'Who previously attended you?' Answered. 'Young man, you'll die; but I can save you:—what money have you got about you?' The young man took out the silver he had, viz. 10s.; it was seized, with the remark, 'You must bring me £9 10s. more by three o'clock, or five o'clock at farthest, without fail.' The young man then *left* the house, and has been seriously indisposed since. I have been also informed of a similar case, where the young man allowed £4 to be taken from him by the 'advertising doctor,' through fear alone. With your suggestion and advice (which the father of my patient is now determined to act up to), he will, if possible, shew this individual to the world in his true light."

To this the editor of *The Medical Times* answers:—"We fear nothing can be done with the demoralising and murderous empiric. Even exposure is no punishment, for a change of name is as easy to such fellows as a change of garment. They will continue doing mischief as long as the law is as it is, and the press opens its columns to their filthy advertisements."

"Receivers are as bad as the thief," is an old and apt proverb. *Palmam qui meruit ferat*, Messieurs Proprietors of Newspapers and other advertising media.

COD LIVER OIL.

In the fourth number of the People's Medical Journal we said, "Cod liver oil, in our practice, has always been most deceptive in its results; improving the appearance, perhaps the condition, of the patient to-day—to leave him in greater prostration and danger to-morrow. Cod liver oil is a pretty varnish, that polishes over a decayed spot, and allows the canker silently to work its way beneath the surface."—This remark has caused many of our professional friends to elevate their eyebrows: some have said—"Pooh!" one said with great emphasis—"Nonsense!" but another, a good *old* physician, exclaimed "I believe your're right." And so says Dr. Benson in a paper read before the Surgical Society of Dublin last week. "*It is*, perhaps, too much a custom, when a patient is made to take the *oil*, to look on it as a last resource, to the neglect of all other means; by its use the apparent symptoms improve much quicker than the physical signs; in other words, the tubercular irritation and inflammation are allowed to go on, *under a false shew of returning health*."

We repeat, Cod liver oil is only a fashionable remedy—in ten years it will be superseded by some other novelty.

CREATING A WANT.

The Rev. Dr. Trench, the last archbishop of Tuam, though a wealthy man, was extremely simple and temperate in his mode of living—a plain joint of meat supplied his dinner. Whenever he saw one of his children about to try a new dish, not tasted perhaps at any time before, he always said, with a smile, "Now, you are going to create a want."

EXCISION OF A TUMOUR.

SITUATED IN THE INTERIOR OF THE PAROTID GLAND, BENEATH THE BRANCHES OF THE FACIAL NERVE.—PERFECT RECOVERY.

The following operation, one of singular interest, and highly creditable to surgery, was performed within the walls, though not publicly in the wards, of St. Bartholomew's Hospital. The subject of it is a well-known and highly-esteemed member of the Medical Profession, practising at Salisbury. About five years ago, this gentleman discovered a small, elastic, moveable tumour on the right side of his face, just below the zygoma. At first he took little notice of it; but, finding that it gradually increased in size, he subsequently came up to London to consult the surgeons of the old Hospital in which he had been educated. They were unanimously of opinion, that the tumour was one of a class commonly called parotid, and that, since it was progressively enlarging, it ought to be removed. Upon this opinion, however, the gentleman in question did not feel disposed to act, because the tumour caused him no pain or inconvenience. In this respect, his decision was probably biassed by the fact of his being himself the patient,—for we are sure he would have been the last man in the world to have allowed the slightest weight to such an argument in any other case but his own. In this state of uncertainty, he suffered five years to elapse before he made up his mind to part with the tumour. Meantime, it had slowly grown larger, so that it had now attained the size, and pretty nearly the shape, of a large walnut, with the long axis in the direction of the masseter muscle. In other respects no other change had taken place. It was still elastic and moveable, yet not so moveable that the ramus of the jaw could be felt behind it. This circumstance led to the inference that a part of the tumour at least was probably embedded in the substance of the parotid gland.

The operation was performed by Mr. Stanley, ably assisted by Mr. Paget, whilst the patient was kept under the influence of chloroform by Dr. Snow. An incision was made over the long axis of the tumour. A very little dissection was sufficient to show that the tumour was seated in the substance of the parotid gland, and that the primary branches of the facial nerve not only crossed in front of it, but that they were also firmly united to it. This circumstance, of course, complicated the operation exceedingly. To remove the disease without dividing the nerves, it was necessary to cut it away piecemeal. On the first incision into it, there escaped a quantity of thin fluid; thus it proved to be a cyst, and its walls immediately collapsed. The subsequent part of the operation was indeed a very tedious and delicate affair, and can be easily imagined by those who are familiar with the dissection of the portio dura in the parotid gland. While the operator was cutting out, bit by bit, several portions of the cyst, which extended irregularly in this and that direction, the nerves were stretched and drawn out of the way by hooks, and therefore unavoidably rather roughly handled. It was curious to see how one or other of the muscles of the face twitched, as this or that branch of the facial nerve was disturbed. Every part of the cyst having been at length removed, there remained a wide gap in the situation of the parotid gland, and an excellent display of what we had never before seen in the living subject, the so-called *pes anserinus* of the portio dura.

From a letter recently received from the patient, we quote what remains to be told of the case, as well as a very graphic account of his sensations during the inhalation of the chloroform.

"For the first four or five inspirations, I felt a slight sensation of constriction opposite the first bone of the sternum. This was followed by an overwhelming noise resembling the combined sound of many threshing machines or steam carriages, so near as to bewilder me. This increased until a sudden shooting sensation passed down all the limbs, conveying the conviction that sensation was gone; and, lastly, an agreeable ecstasy, ending almost instantly in complete unconsciousness, from which I never recovered for an instant until I awoke in bed, an hour and a half from the commencement of the operation. I suffered for some hours from vomiting, for three days from nausea, headache, aching of the knees, and general *mal-aise*, and from a distressing sensibility and want of command over the expression of my feelings. Those feelings all ceased instantly on the free action of my bowels. The wound healed in its upper half by the first intention. There was slight venous hæmorrhage on the second night, which Mr. Paget arrested by the removal of the sutures and coagula, and by applying cold water dressing. On the fifth day after the operation I left my room, and on the thirteenth I returned to Salisbury. Saliva escaped at first from the wound on taking nourishment; this has gradually ceased, and on this, the thirtieth day after operation, the wound is entirely closed. The last drop of saliva continued obstinately to escape, until my friend Mr. Wilkes, house surgeon to the Salisbury Infirmary, proposed and practised an injection of a solution of two grains of the nitrate of silver to an ounce of distilled water, when it ceased entirely. The only existing evidence of my having undergone this operation are the cicatrix, a difficulty in winking with my right eye, and a very slight difference in the distance between the eyelids, those of the right eye being the most separated, and even these results of the bruising of a branch of the portio dura are rapidly subsiding."—*Medical Times*.

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THE SIGNS OF DISEASE.

The signs or symptoms of disease are *external*, and accessible to the perception of others; or *internal*, and only revealed to the inward sensation of the patient himself. They are *visible, odorous, tactile*, or *acoustic*.

The *visible signs* are drawn from the physiognomy, the modifications of the cutaneous surface, the general appearance of the body, the perspiration, the urine, the fæces, the expectoration, the matters vomited, &c.

The *odorous signs* are manifested by the exhalation from the skin, the breath, the urine, the fæces, the matter from vomiting, the discharge from ulcers, &c.

The *tactile signs* are those which are afforded by the movements of the circulation—that is to say, the pulse; the displacement of gases, of liquids, or of solids, beneath the skin; and the disengagement of heat, with or without moisture.

Acoustic signs are had recourse to for the purpose of discovering those symptoms of health and disease, which, by their depth, are concealed from the sight, the smell, and the touch. We judge at a distance of the tone and alteration of the voice; but it is by applying our ear mediately or immediately upon the chest, or by shaking the body, that we judge of the state of the deep-seated parts. The one of these processes is named *auscultation*, the other *percussion*. We auscultate the heart, the lungs, the stomach, the intestines, the uterus while in a state of gestation, by applying the ear, or the stethoscope, upon the regions corresponding to these organs. Percussion is practised principally over the chest and abdominal regions, for the purpose of discovering the condition of the organs in these cavities.

Internal signs of disease.—We understand by the internal signs of disease, those of which the patient alone is cognisant, and for which we are obliged to depend on his evidence simply. Among these we may enumerate the following:—First, the *sight* is disturbed and weakened, as soon as the central system participates in the progress of the evil; the patient sees objects turn around him; there is a horror of light; the eye loses the sensation of ordinary colours; objects are seen double with both eyes; things which are stationary, seem to be agitated, or move around; black spots float about the focus of vision, &c. The *taste* becomes blunted, vitiated, or destroyed, should the papillæ or nerves of the tongue become implicated, the secretions which arrive at this organ will be deranged. The *smell* is vitiated more readily than the taste. The *hearing* becomes obtuse, or deranged in various ways, as well from the accumulation of *cerumen* or wax, or the presence of foreign bodies, as from the effects of inflammation of the delicate structures of this organ. The *touch*, in like manner, is more or less disordered: it is by this sense that the patient receives impressions from all parts of the body; whether it be the crawling of a worm, the displacement of a liquid, or of a solid body, the itching, or pruritus of a moving atom, the introduction or the escape of air, the impressions of heat and cold, of increase or arrest of transpiration, of shivering, or of fever, &c. All these sensations are conveyed to the patient through the medium of the touch.

Finally, as to the *consciousness*, that sixth sense, if it may so be termed, so clear in its workings to the patient, yet so obscure to the observer: this also may become a symptom of disease, whether by its unnatural exaltation, or by its depression.

A CHEAP SUBSTITUTE FOR A VAPOUR BATH.

Dr. Serre (d'Alais) recommends the following means of inducing abundant transpiration:—"Take a piece of quick-lime, about half the size of your fist, and wrap around it a wet cloth, sufficiently wrung to prevent water running from it. A dry cloth is to be several times wrapped around this. Place one of these packets on each side the patient when in bed. An abundant humid heat is soon developed by the combination of the lime with the water, which induces copious transpiration; the effect of the apparatus lasting for two hours at least. When sweating is fully established we may withdraw the lime, which is now reduced to a powder, and is easily removed. In this way, neither copious drinks, nor loading the bed with coverings, is required."

THE GOOD AND BEAUTIFUL.

Man is so inclined to give himself up to common pursuits, the mind becomes easily dulled to impressions of the beauty and perfect, that one should take all possible means to awaken one's perspective faculty to such objects, for no one can entirely dispense with these pleasures; and it is only the being unaccustomed to the enjoyment of anything good that causes men to find pleasure in tasteless and trivial objects, which have no recommendation but that of novelty. One ought every day to hear a little music, to read a little poetry, to see a good picture, and, if it were possible, to say a few reasonable words. —*Goethe.*

ADULTERATION OF DRUGS.

Mr. Lloyd Bullock, in an interesting lecture (printed for private circulation) on the state of pharmacy in England, gives some pregnant examples of the inefficiency of drugs, and their adulteration by some unprincipled dealers. The adulteration of morphia, so as to be reduced in strength one half, is, he says, of frequent occurrence. He remarks that there doubtless are many wholesale druggists and chemical manufacturers, most honourable and upright men, incapable of practising deception, or taking advantage of the ignorance of their customers; but there are some few who deem such practices as diluting with an innocent substance a costly drug, no crime, and therefore practise it without remorse. Besides, there are many causes which may bring into the dispenser's bottles a substance so weak as to be inefficient, or so different to the one intended to be kept there, as to be more than worthless, positively mischievous, in cases wherein it is usually prescribed. Many substances are manufactured in large quanties, and these must be prepared by workmen who do not understand the processes which they practise. A few years ago a physician in one of the great metropolitan hospitals, a bold experimenter, among other things, began to examine the effects of the iodide of potassium. He commenced by prescribing a few grains, but not perceiving any result, he increased the dose; still, as no effect followed, he added more and more to his prescription, until he reached several drachms. At last it occurred to somebody to inquire whether the substance given in such large doses was pure or not, when it was found that it contained more than seventy-five per cent of carbonate of potash, and the wonder was then easily explained. The remedy for this state of things is, that the *man who prepares a prescription should be capable of making an analysis—he ought to be a scientific chemist;* the real fact being, that the majority of chemists and druggists in this country are totally ignorant of chemistry, and yet these persons, who are so ignorant of their own business that they cannot detect by analysis an adulterated specimen of the iodide of potassium when set before them, claim the privilege of prescribing for the sick, for which they are equally or more disqualified. They undergo no examination; they are under no restrictions. A grocer may displace his canisters any day he pleases, an oilman his casks, and supply their places with substances, single grains of which may consign to death their equally ignorant neighbours. The boy who has carried out the medicine of the general practitioner, learns to spell the names of the bottles in the dispensary, and he is forthwith qualified to be a pharmacien. He takes a shop, writes up "chemist," and the confiding public enjoys the precious boon. Not a few instances have occurred where the errand boy has proceeded a step further, and dubbed himself a practitioner in medicine, or even donned the "professor's" robe.

THE PORES OF THE SKIN.

Mr. Wilson has made the following curious calculation, he says:—On the palm of the hand the number of perspiratory pores is 3,528 in the square inch. Now each of these pores, being the aperture of a little tube a quarter of an inch long, it follows that, in a square inch of skin on the palms of the hand, there exists a length of tube equal to 882 inches, or 73½ feet. On the pulps of the fingers, where the ridges of the sensitive layer of the true skin are somewhat finer than in the palm of the hand, the number of pores on a square inch a little exceeded that of the palm of the hand, and on the heel, where the ridges are coarser, the number of pores on the square inch was 2,268, and the length of the tube 567 inches, or 47 feet. To obtain an estimate of the length of tube of the perspiratory system of the whole surface of the body, I think that 2,800 might be taken as a fair average of pores in the square inch, and 700 consequently of the number of inches in length. Now, the number of square inches of surface in an adult of ordinary height and bulk is 2,500, the number of pores therefore, 7,000,000; and the number of inches of perspiratory tube 1,750,000; that is, 145,833 feet, or 48,600 yards, or nearly 28 miles of superficial drainage.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

ZINC OINTMENT is made by rubbing well together one ounce of oxide of zinc, and six ounces of hogs' lard. It is commonly used for dressing the sores remaining after scalds and burns, to absorb the great discharge which generally follows; and it is a very good application to cracked skin, from which a watery fluid oozes and irritates the neighbouring skin.

TO REMOVE CORNS.—Corns being produced by pressure, it is only by the removal of that pressure they can be effectually eradicated; paring them will afford but temporary relief, and is a dangerous expedient. The safest method of getting rid of these troublesome appendages, is by something which will serve as a protection against the pressure of the boot or shoe. Very clever little pads of all sizes, having perforations in the centre, made of an elastic material, may be obtained at any respectable druggists'. They readily adapt themselves to the toe or foot, and are worn without the least inconvenience. They are far more beneficial than all the plaisters, salves, and solvents ever invented.

AQUA SINAPIS.—According to M. Heusler, by the distillation of 18 ozs. of coarsely-powdered black mustard, with 8 ozs. of alcohol, and sufficient water until 36 ozs. have passed over, a liquid is obtained, which, when applied to the skin on linen moistened with it, acts more quickly and powerfully than an ordinary mustard poultice.

BALSAMIC VINEGAR FOR SICK CHAMBERS, &c.—Rue, sage, rosemary, lavender, cassia, and cloves, of each 1 ounce; camphor (powdered), 2 ounces; strong vinegar, half a gallon. Steep for one week.

TO ARREST BALDNESS, OR STAY THE FALLING OFF OF THE HAIR.—In two ounces of spirits of wine steep two drachms of cantharides (pulverised) for a fortnight or three weeks, shaking it repeatedly during that time. Then filter it, and rub up one-tenth of the tincture so procured, with nine-tenths of cold hog's lard. Scent it with a few drops of any kind of perfume, and rub it well into the head every morning and evening.

CHILDREN should drink plain water or milk, or a mixture of both. No child is naturally fond of wine or beer; and when these fluids are offered they will generally turn from them with disgust, until their taste becomes reconciled to their use, which indeed, unless they are given as medicines, cannot be justified.—*Dr. Conquest.*

DIETARY.—WHOLESOME AND ECONOMIC.

MULLIGATAWNY SOUP.—Cut up a knuckle of veal, which put into a stewpan, with a piece of butter, half a pound of lean ham, a carrot, a turnip, three onions, and six apples, add half a pint of water; set the stewpan over a sharp fire, moving the meat round occasionally; let it remain until the bottom of the stewpan is covered with a brownish glaze, then add three table-spoonsful of curry powder, one of curry paste, and half a pound of flour, stir well in, and fill the stewpan with a gallon of water; add a spoonful of salt, the half of one of sugar; when boiling place it at the corner of the fire, and let it simmer two hours and a half, skimming off all the fat as it rises, then press it through a tammy into a tureen, trim some of the pieces of veal, and put it back in the stewpan to boil, and serve with plain boiled rice separately. Ox-tails or pair of rabbits, chickens, &c., left from a previous dinner might be served in it instead of veal. The veal is exceedingly good to eat.

APPLE FRITTERS.—Pare the largest baking apples you can get, take out the core with an apple scraper, cut them in round slices, and dip them in batter, made as for pancakes, fry them crisp, and serve them up with sugar grated over them.

BATTER PANCAKES.—Beat three eggs with a pound of flour very well, put to it a pint of milk and a little salt, fry them in lard or butter, grate sugar over them, cut them in quarters, and serve them up hot.

FINE PANCAKES.—Take a pint of cream, eight eggs (leave out two of the whites) three large spoonsful of orange-flower water, a little sugar and grated nutmeg; melt a small quantity of butter with the cream over the fire, then add three spoonsful of flour, and mix well together. Butter the frying-pan for the first; let them run as thin as you can in the pan, fry them quick, and send them up hot.

A PINK-COLOURED PANCAKE.—Boil a large beet roor tender, and beat it fine in a marble mortar, then add the yolk of four eggs, two spoonsful of flour, and three spoonsful of good cream; sweeten it to your taste; grate in half a nutmeg, and put in a glass of brandy; beat them all together half an hour, fry them in butter, and garnish them with green sweetmeats, preserved apricots, or green sprigs of myrtle. It is a pretty corner dish for either dinner or supper.

TO MAKE A LIGHT PUDDING.—Take one table-spoonful of NEVILLS' patent flour of LENTILS, and mix with a wine-glassful of cold milk, upon which pour one pint of scalding milk; then add a slice of butter, and two eggs. Flavour with nutmeg, lemon-peel, bitter almonds and sugar. Be careful to keep stirring with each mixture. Bake it in a slow oven half an hour—[Capital.]

ADVERTISEMENTS.

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"This compendious little treatise is marked by much good sense, careful observation, and specific views as to the nature of the terrible disease of which it treats. The subject is treated in a popular form: and the volume should be consulted by every one who is interested in this disease: and who is not, in this its favourite region?"—*Court Journal, October* 14, 1848.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven to Nine. He attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber," — "Constant Reader," — Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

THE Monthly Part of the PEOPLE'S MEDICAL JOURNAL, containing the first Five Numbers, is now ready, price, in a neat Wrapper, 6d.

WE have received many applications to publish separately, in a small volume, the articles on Indigestion, which are now completed. Should this wish be more generally expressed by our readers, we shall do so. The price not to exceed fourpence, by post sixpence.

OBSERVER (Coalville).—Try a shower-bath—pay attention to the stomach and bowels—take exercise out of doors. Exercise the memory thus:—Read a paragraph that interests you in the morning, write the same, from recollection, at night—do this often.

AMATOR SCIENTIÆ.—Take some of the preparations of iron, as the citrate; and employ a shower-bath. The person about whom you inquire is an ignorant quack as regards the cure of disease, although he may understand the making (and selling) of galvanic apparatus.

FEDON (Strand).—Wear eye-preservers of blue or green glass—dash the eyes night and morning with the coldest water you can procure—and omit the laudanum. May not the stomach assist to increase the annoyance?

A. B. C.—There should always be perfect confidence between the physician and his patient. The confessional is not more sacredly confidential than the consulting-room. Nevertheless, we care not whether you are A. B. C. (to be left at the Post Office); or Mr. Smith, No. 17, Blank-street, London.

T. T. C. (S—r—g).—Try the tartar-emetic ointment to the breast-bone (a piece about the size of two peas to be rubbed in every night, until an eruption is induced); and take, twenty drops of tincture of squills, and ten drops of elixir of vitriol, in water, three times a day.

X. O. O.—Your's is a singular case. If there is an outlet for one secretion, there must be also one for the other. We should not recommend an operation by the knife. The case is of sufficient importance to merit your best attention. We are obliged by the paragraph you have enclosed; it does not refer to our Journal.

C. W. (Crosby Square).—We have received the correspondence dated from a place "leading to Great Marlboro' Street," and, agreeable to your permission, shall make use of it. You had better "EAT" what you will, "DRINK" what you like, and "AVOID" quackery, than have your health impaired and your purse lightened.—"And so, my friend, farewell." Patchoulli!

WILLIAM FOSTER (Screveton).—See answer to H. G. H. in No. 5.

M. M. Q. (Bolton).—Were you to mind your own business, instea of quacking your neighbours with lobella, and meddling with affairs which, judging from your letter, you are totally unfitted by education to comprehend, we are certain your children would be better fed and better cared for, and their father would run less risk of seeing the inside of the county-jail. If you are a cobbler, stick to your last.

CHARLES MUIR (Stirling).—You will find all the information you ask for in the article on Hypochondriasis, or Low Spirits, published in No. 3.

J. E. W—N (Manchester).—See answer to H. G. H. in No. 5. If not better in a week, send your address.

J. F. (John Street).—Your question is an invidious one, which we decline answering.

G. K. (Kettering).—Sometimes, particularly in the Southern and Western States of America — tar, in the absence of that, molasses, mixed with feathers, is worn next the skin. Nevertheless, we still advise calico. How silly, to suppose we could devote a whole column to answer a silly question for your especial behoof!

ALPHA (Chelsea).—Do not take colchicum, unless under medical direction. Move the bowels freely, and take five grains of the compound galbanum pill every night.

MARY ANN—Your statement is not sufficiently descriptive of the "eruptions."

H. W. (Halifax).—We are extremely grateful for the interest you appear to take in the success of our Journal, but fear we shall be unable to insert your promised contributions.

H. A. (Gateshead).—The original price was 4s. 6d. A cheaper copy may sometimes be purchased second-hand. Phillips' Translation is the best, price 8s. 6d.

D. W. (Vauxhall Road).—You require moral medicine as well as drugs—Fee, according to the circumstances of the patient.

C. M.—Few things, few practices injure health so decidedly as the *habit* of taking drugs or remedies to excite the action of the bowels. Ox-gall "pills" are valuable occasionally—their constant use is injurious; knock at the door regularly, and nature will soon open it.

MARIA.—Mr. Smartt, certainly. His writings prove him to be an accomplished gentleman; his operations prove him to be an accomplished dentist—and his moderate charges prove him to be a liberal man.

J. T. F.—Yes: We shall be glad to read your paper on dreams; if appropriate we will insert it. Brevity and utility are what we require.

J. W. F. (Cornwall).—Your's is another case of swindle: Second:—it is curable by proper remedies and your own moral management. The remedies can be as easily procured in your own town as in London.

R. G. (Wilmington Square) Housemaids' knee, or *inflamed bursa*. Rest, cold lotions, and purgatives. If matter has formed, warm poultices and a lancet.

Z. (Preston).—Yes.

E. L.—The cold water is dangerous—murderous; the vinegar most injurious, and will not fulfil the purpose supposed.

WILLIAM SMITHSON.—See the v. chap. 2d. Kings and 5th and 6th verses.

RHEUMATISM.—We shall commence a short series of Papers on this malady in our next.

J. W. (Leeds).—Take the second prescription given in the third article on Diseases of the Chest, published in No. 3.

ROBERT HAWSON.—We do not profess to give advice, indiscriminately, without fee; there is a wide difference between honest poverty, and poverty of spirit. The former will always meet with the utmost consideration at our hands, and our services will be cheerfully rendered. Will your lawyer preserve your property without his "charges"? Why should a medical man who preserves your health be the only man who is expected to work, brain and hand, gratis? "The labourer is worthy of his hire," whether he be a baker, tailor, or doctor.

T. B. H. (Derby).—Take, of the trisnitrate of bismuth one scruple; powdered squills, ten grains; powdered rhubarb, two scruples; syrup sufficient to form mass, carefully beat together. Divide into eighteen pills. Take one three times a day.

D. E. (Belfast).—Abstemiousness; mild purgatives, as compound rhubarb pill, and plenty of exercise. A tepid bath occasionally.

E. X. (Chelsea).—We suffer from the same annoyance. Wear a cloth boot; pressure, even that of a new and tight sock, aggravates the pain; place the foot in hot water, and give it all the rest you can until the uneasiness has abated.

THE FOLLOWING CORRESPONDENTS can only be answered privately:—THESPIUS (Woolwich). T. R. F. (Bristol). MATTHEW M. (Liverpool). P. M. (New Road). CHARLES STANLEY (Birmingham). A. B. (Tooley Street). W. B. LAMMERMUIR. A FRIGHTENED ONE (Southampton). W. B. (A poor clerk). P. V. (Manchester). S. THOMPSON (Bishopsgate Street). AN OLD PATIENT (Whitby). W. HINTON. A POOR MAN (Chelsea). A H. (Newcastle-on-Tyne). B. B. (Edmonton).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 8.—Vol. I.] SATURDAY, FEBRUARY 23, 1850. [ONE PENNY.

RHEUMATISM.

BY THE EDITOR.

No. I.

Rheumatism is a painful item in almost every Englishman's inheritance; there are few who reach the summit of the incline plane of life, without enjoying their legacy; and still fewer who make the descent without lumbago or rheumatism becoming an annuity—in many instances, paid quarterly.

Rheumatism is the term applied to pain, inflammation, and fulness about the larger joints; when its seat is in the back, it is termed *lumbago;* when in the neck, it has been called *a crick in the neck.* When the sciatic nerve is painfully affected, and the disorder known as *sciatica* is induced, it was common to refer it to rheumatism; this is incorrect, sciatica is a disease of the nerve itself. Rheumatism is an inflammation of the fibrous tissues, as the aponeuroses, or tendinous expansions of the muscles, the fibrous sheaths of the tendons, the ligaments surrounding the joints, and the periosteum, or membrane immediately covering the bones. Some pathologists consider the substance of the muscles to be equally the seat of rheumatism.

The common remote cause of rheumatism is cold or damp applied when the body is heated; hence it is that we find it attributed, in a large proportion of cases, to sleeping in damp beds, living within damp walls, sitting in damp clothes, or working in damp situations. Children are seldom the subject of acute rheumatism, it rarely occurs until the age of puberty; and out of one hundred cases, ninety are above the age of sixteen. The strong and the active, those of a sanguine temperament and plethoric habit of body, are the most prone to its attacks. Daily experience proves that both sexes are alike liable; if women more frequently escape, owing perhaps, to their less robust constitution, and their being generally less exposed to cold and damp, they are still known to be particularly susceptible when, after being tenderly brought up, they are exposed to the exciting causes, and their tendency to be attacked is known to be increased by interruption of that regularity which is essential to the health of females. Women, therefore, between the ages of forty and fifty, frequently suffer from it. Rheumatism prevails principally in the months of December and January, and least frequently in August and September.

Rheumatism occurs both in an acute and chronic form; the latter is by far the most constant and obstinate affection.

Acute Rheumatism, or Rheumatic Fever, is ushered in by a sudden attack of rigors, followed by a high degree of fever; there is great pain and swelling of the joints, with utter inability to move them; there is no joint except perhaps the extreme and minute joints of the fingers and toes, but is susceptible of its attack, although it usually commences in, and even confines itself to, the larger. Among these, however, it frequently wanders most capriciously, passing rapidly from the shoulders to the elbows, wrists, loins, hips, knees, or ankles without observing any order, or enabling us in any way to prognosticate its course; it always enlarges the part on which it alights, and renders it peculiarly tender to the touch. The pains are aggravated towards night; and (contrary to chronic rheumatism) at all times increased by the application of external heat; the swelling or puffiness of the parts does not in every case take the form in the joint affected, but is diffused over the cellular membrane in its neighbourhood. The accompanying fever presents several important peculiarities: the pulse seldom exceeds 100 to 110 in the minute; but, instead of the hardness which characterises other inflammatory fevers, it is full, soft, and, as it were *round.* The skin, instead of being hot, harsh, and dry, is commonly in a state of profuse perspiration, from which escapes an exceedingly sour smell. The tongue is always deeply loaded; the papillæ, or little red points, appear elongated, and stand up like the pile of velvet, and are covered with a thick and abundant mucus; there is great thirst, but rarely any nausea or vomiting; the bowels are constipated; the urine is at first pale, but soon becomes high-coloured, and deposits a red sediment.

Unlike other inflammations, acute rheumatism never ends in suppuration or in mortification; there may be some effusion of a transparent gelatinous fluid, but this is soon absorbed, and it is seldom that any permanent injury is done to the joint. When the disease subsides, there is not that itching of the part which precedes the departure of gout, neither does the skin peel off. Acute rheumatism is not, generally speaking, attended with danger; sometimes, however, it induces inflammation in parts of great importance to life, by the strong tendency which is peculiar to this disease to shift its situation *(metastasis).* The parts to which the rheumatic affection is thus translated, are those which partake more or less of the ligamentous or fibrous tissue: the periosteum is a structure that is frequently attacked; hence those aching pains in the bones by which patients are severely tortured. The pericardium is another organ to which the rheumatic inflammation is frequently directed; this is indicated by great pain in the region of the heart, and great disorder in its action: this is the most dangerous sequel to rheumatism. The pleura in like manner may be affected, causing pleurisy: sometimes the dura mater, another fibrous membrane, suffers; the patient being afflicted with keen headache, and often falling a victim to the disease. In all cases of acute rheumatism, we must carefully examine the chest, and watch any sign of inflammation in the organs contained within.

There is no disease that is so liable to relapse on slight occasions as rheumatism. Going out a little too early in the open air, too much exercise of a particular joint, or an excess in diet, have frequently brought back the disease in all its former violence.

"I leave you to guess," wrote Madame de Sevigné, to her

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daughter, "what is that which comes the swiftest, and departs the slowest; which brings you nearest to convalescence, yet places you at a greater distance from it; which places within your reach the most agreeable prospect, yet prevents you enjoying it; which gives rise to the fairest hopes, but places the realisation beyond your reach.—Can you not guess it? well, then, it is rheumatism!"

Acute rheumatism may be distinguished from gout by being but little connected with indigestion; the pain is severe certainly, but not of the violent, horrid kind, like a dog gnawing the joint, experienced in gout; neither does it, like gout, commence in the evening or at night, but at any time. Rheumatism attacks the large, gout the small joints, and the former may be invariably referred to exposure to cold and damp. Rheumatism, when it attacks the head and face, has been mistaken for tic-douloureux; in the latter affection the pain may be traced to a common centre, from which diverge in lines, the torturing pangs; in rheumatism, the pain is diffused over the head, face, and neck. It may be distinguished from sciatica by the absence of swelling; indeed in sciatica the whole limb, instead of continuing to swell, soon wastes away, and the emaciation extends to the buttocks of the afflicted side, so that the muscles have neither strength nor substance, while the thigh seems elongated. Shakspere's Timon says,—

——— "The cold SCIATICA
Cripple our senators, that their limbs may halt
As lamely as their manners."

Lumbago has sometimes been confounded wth inflammation of the kidney, or with stone in the kidneys or ureters; the diagnostic signs of retraction, numbness shooting down the thigh, and irregularity in the secretion of urine, which mark the nephritic affection, are sufficiently clear to proclaim the real state of things.

The *treatment* of acute rheumatism must, in the first instance, be similar to that pursued in other active inflammations; when the fever is violent, and especially when the frame is robust, our only effectual remedies are bleeding and the use of diaphoretics; by the former we subdue the inflammation, and by the latter we follow the indication of nature by relaxing the pores of the skin, and thus endeavouring to throw off the disease by perspiration. Bleeding by the lancet must not be carried too far so as to weaken the system unnecessarily, for it should be remembered the inflammation is not in an organ essential to life: in weak and irritable constitutions we must be content with abstracting blood locally by leeches or cupping: it is not, however, in every case that the loss of blood is required. The most useful diaphoretic is Dover's powder, which may be employed in union with the acetate of ammonia and camphor. Aperients are always necessary at the commencement. Small doses of calomel combined with opium frequently arrest the disease; but while it continues, neither opium, hyosciamus, hemlock, or other sedatives, have much power in alleviating the pain. When the inflammatory action has subsided, we may employ that well-known remedy in rheumatic and gouty affections—colchicum; it should be given with magnesia, and continued till it purges the patient thoroughly, and as soon as this is effected it should be discontinued; it is a drug which is apt to gripe severely, and the stomach will seldom bear it without annoyance—each dose may therefore be conjoined with one, two, or three minims of hydrocyanic acid. Colchicum is a far more potent remedy in chronic rheumatism than in the form of the disease on which we are now writing. There is a remedy for rheumatism which appears to have been strangely overlooked by English practitioners, although deservedly held in high favour by Russian physicians: we allude to the *rhododendron chrysanthum*, a plant which is a native of the snowy summits of the Alps, and mountains of Siberia; we have frequently met with it in drug establishments in Edinburgh and Glasgow, but it is difficult to procure in London; the dose is from five to ten grains of the powdered leaves. It acts as a powerful diaphoretic and narcotic, and has the power of immediately lowering the pulse; its use requires great care, as it is apt to produce vertigo and nausea.

As soon as all the inflammatory symptoms have abated it will be prudent for the patient to persevere in the employment of small doses of quinine for some days. The use of bark as a remedy for rheumatism during its inflammatory stages, is now, properly, exploded.

In acute rheumatism, local applications to the affected joints are of little service—or, rather, in most cases of no service at all. This remark applies equally to fomentations, cold lotions, rubefacient liniments, plaisters, and blisters. In this complaint the functions of the stomach are often little impaired, nevertheless a strict attention to diet is necessary; a free indulgence of the appetite protracts the complaint, frustrates the effects of remedies, and certainly contributes to give to rheumatism that character of tediousness which makes it the golden harvest of quack medicine proprietors.

Chronic Rheumatism in our next.

ON THE MANAGEMENT OF THE TEETH.

No. IV.

BY CHARLES SMART, ESQ., SURGEON DENTIST.

In an essay written in popular phrase, it will not be necessary to enter minutely into the ways and means of extracting teeth; suffice it to observe, that this being an operation not unfrequently attended with pain, it is much dreaded, although the experienced practitioner will generally succeed in removing the offending member without inflicting any serious amount of suffering. It would be quite out of place here to offer advice to the patient as to the *method* of extraction, and he need not be reminded that although it is perfectly possible the village blacksmith and penny barber may succeed in *pulling* out a tooth, nevertheless it is essentially important that he assure himself, when seeking the advice of the dentist, that his adviser is possessed of a perfect knowledge of his art, both physically and mechanically. Without the first, extraction and other dental operations must necessarily be performed per chance, and frequent fractures, not only of the teeth, but of the jaws also, will occur; and without a combination of the two he can never succeed in properly and usefully fitting artificial teeth in the mouths of those who may have the misfortune to be deprived of their natural teeth. Having in a previous article directed attention to the uses of the teeth, not only as the handmaids of beauty, but also as helpmates to articulation and digestion, we need not urge upon our readers the almost vital necessity of obtaining the aid of art to replace, as far as possible, the decay of nature. And it is surprising that any person should be so unwise as to exhibit the false delicacy frequently observed in these matters. How many there are who hesitate not to wear a wig, although, by interfering with the escape of perspiration, they injure the scalp! What lady is deterred from encasing herself in false ribs (stays) whereby she suffers all the ill effects of tight lacing! And we might mention another portion of female dress even more monstrous and unnatural, perfectly useless and unsightly, but equally as universal. The ancients paid much attention to dental matters, the more especially as among the Egyptians it was their custom to punish some crimes with the extraction of the teeth—hence arose the necessity of replacing the loss which might arise in them from punishment or decay. The mechanical dentists of the present day appear to have approached as near as possible to perfection in their art; so much so, that when formed by the

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experienced workman, artificial teeth should answer all the purposes of the originals, not only in speech, but in mastication and appearance. Properly fitted, teeth do not cause pain or uneasiness beyond what we may naturally expect to be experienced for a few days in wearing a considerable substance in the mouth to which we have been unaccustomed. This feeling is, however, soon outgrown, and we are persuaded that when from any cause the artificial teeth are removed from the mouth, either for cleansing or replacing them, the patient feels much more discomfort from their absence than he did from the feeling of fulness in the first instance.

The teeth used are either natural or artificial, according to the predilection of the patient, or sometimes the fancy of the dentist. These are mounted, in some cases, on plates of gold made to fit accurately the surface presented by the gum; or where extensive absorption has occurred, ivory is employed. This ivory is formed from the tusks of the hippopotamus or sea-horse, the only objection to which is the odour that it acquires from the salines and fluids received into the mouth. This may, however, be avoided in a great degree by occasionally placing the teeth in spirits of wine, having previously well cleansed and brushed them. Ivory is seldom required where only a few teeth are lost. In these cases gold plates are employed. Silver is occasionally made use of, but as it speedily becomes oxidised, it is not really so economical as gold, although cheaper.

The method adopted for removing the irregularities of the teeth must of course depend upon the position of the malplaced tooth. Some cases require an ivory wedge, so placed, that when the mouth is closed, the teeth are gradually pressed into their proper position. Other cases require a gold plate round the inside of the mouth; attached to this is a spring fastened to the irregular tooth, and by this contrivance it is drawn into its correct station. Few cases present themselves that cannot in time and with perseverance be caused to yield, and thus the most ill-formed set of teeth may be made to present a regular and pleasant appearance.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. VIII.

ACUTE BRONCHITIS.

(Continued from page 50.)

THE SYMPTOMS of acute bronchitis are materially modified by age. In young children the disease sometimes advances so insidiously as not to present any very alarming aspect, until a fatal termination appears inevitable:—there may be only a little fever, without pain or frequent cough, or indeed any indication to excite greater apprehension than would be caused by a common cold. By attentive observation, however, the breathing will be found hurried, and attended with a wheezing, or whistling in the chest, the child is restless, the countenance pale and heavy, the pulse quick, and the respiration oppressed. This condition, if not speedily relieved, is soon followed by extreme difficulty of breathing, and great rapidity of the pulse, which again may abate for a time, and then the child will probably fall into a disturbed sleep; soon after the dyspnœa (difficult breathing) returns with increased violence, and suffocation ensues.

The aged, and persons of a weakened constitution, are sometimes attacked with bronchitis in a form that closely resembles inflammation of the lungs,—described by medical writers as *peripneumonia notha*, or spurious inflammation of the lungs. In such cases the difficulty of breathing, accompanied by a peculiar wheezing, is the first and most urgent symptom; the fever is less acute; the temperature of the skin is scarcely increased, except towards night, although the pulse is usually quick and wiry;—the stomach is affected, there is nausea, a loaded tongue, and great thirst; the expectoration, which at first is scanty, afterwards becomes copious, and the patient has frequent attacks of dyspnœa which prevent him lying down; the voice is greatly weakened, occasionally altogether lost. Bronchitis of this type commonly follows humid catarrh, and has a great tendency to pass into the chronic form.

The diagnosis of bronchitis is simple; it is distinguished from inflammation of the lungs, by the absence of the red, or rusty tinge, which the expectoration acquires in the latter disease; and, as has been correctly remarked "there is little likelihood of its being confounded with any other affection; the only fear is, that in its more insidious forms it may escape attention altogether until the mischief is irremediable."

The physical or stethoscopic signs clearly indicate the precise disease; the mucous membrane of the tubes being thickened by inflammation, their calibre is diminished, so that in certain parts of the chest the air may be heard passing through with a whistling, or wheezing, or hissing sound, which, occasionally, is more prolonged and of a graver tone, like a note of a violoncello, or the cooing of a dove; when the mucus accumulates in the tubes, it gives rise to a bubbling sound, and the natural murmur of respiration is partially lost.

The prognosis, or probable result, of acute bronchitis is of course dependent upon the extent of the disease. In mild cases in which the inflammation is confined to a few of the larger bronchial tubes, with only a slight attack of fever, and not much difficulty in breathing, it may terminate favourably in six or seven days, or be protracted, without any aggravation of the symptoms, to three or four weeks, and then it may become chronic. The character of the expectoration will always afford a true indication of the advance towards health; when it becomes opaque, consistent, and a pearly white colour, it invariably becomes less in quantity, and the disease speedily terminates; if, on the other hand, it remains glairy and fluid, we may expect a more prolonged attack. During the progress towards recovery, the greatest caution should be maintained, as by a fresh accession of cold the symptoms may return with renewed violence, and we then find that the expectoration immediately changes, and becomes again thin, watery, and irritating; such a relapse is invariably more severe than the original invasion of the disease, the cough is more distressing, the breathing more oppressed, and what was before almost a harmless complaint, is converted into one of a dangerous tendency.

When the inflammation is more extensive and acute, and the other symptoms are increased in proportion, the prognosis must be guarded: if an amelioration does not quickly follow active and judicious treatment, we may then fear that a state of collapse will succeed, and the patient may be threatened with suffocation; the countenance affords a correct index of this change; it is anxious and sharp, at first deadly pale, and afterwards purple or livid; a mucous rattle or gurgling is heard throughout the lungs, and the absence of the respiratory murmur gives faithful evidence of the alarming position of the patient. When bronchitis succeeds to the sudden suppression of an eruptive fever, as the measles, small-pox or scarlet fever, the result is generally adverse.

In some cases acute bronchitis terminates in inflammation of one or both lungs; in others it may induce *emphysema*, or escape of air into the cellular membrane, and it frequently lays the foundation of some serious disease of the heart.

In severe cases in children the inflammation generally extends to the tubes of both lungs at the same time, and considerable danger may be apprehended; sometimes the disease changes into croup. That form of the disease to which old people are more particularly subject—*peripneumonia notha*, is attended with danger, in consequence of the strength of the patient being insufficient

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to clear the air passages of the mucus which is so freely secreted, and as the lungs in advanced age lose a great part of their resiliency, they are ill able to bear any abridgment of their respiratory power.

THE TREATMENT.

THE treatment required varies greatly according to the form of the disease and its intensity: the more simple cases seldom come under the notice of the physician in their earlier stages, as ipecacuan, syrup of squills, warm gruel, and the foot-bath, are the familiar, and in some cases, sufficient remedies, and from the frequency of the attack, every person imagines he can cure "only a cough." In addition to these popular remedies, the diet should be devoid of all that can stimulate, animal food should be used sparingly, or not at all; fermented liquors of all kinds are to be avoided, the bowels moved by gentle laxatives, and the patient confined to the house.

When consulted at the commencement of a Cold on the chest in which the bronchial tubes are inflamed, I prescribe a mild aperient, to be followed at bed-time by a full dose of Dover's or James's powder, the feet to be put into hot water, and perspiration encouraged by copious drinks of barley-water, gruel, or other bland fluid: when the desired effects are produced, namely, a free evacuation of the bowels and a profuse perspiration of the skin, the attack is already checked, if not cured, and by confining the patient to home for a day or two, and "loosening" the cough by small and frequent doses of ipecacuan, or tincture of squills combined with liquor potassæ, the inflammation will subside, and be followed by a free secretion of easily expectorated mucus.

When the symptoms are more acute, the cough frequent, the feeling of tightness across the chest urgent, with high fever, and a quick, full pulse, there can be no doubt as to propriety of bleeding, more or less freely, according to the urgency of the symptoms and the strength of the patient; when general blood-letting is contra-indicated, leeches should be applied to the chest, or a few ounces of blood abstracted by cupping-glasses; after the action of a brisk purgative, as three or four grains of calomel with a scruple of jalap—saline medicines containing nauseating doses of tartarised antimony should be given every second or third hour, which will have the effect of lowering the fever, modifying the mucus secretion, and facilitating its expectoration. Mercury given in small and frequent doses is of the greatest service; it may be conjoined with the tartarised antimony in the proportion of half-a-grain of the latter to two grains of calomel; all the dangerous symptoms frequently yield the moment the gums are made sore. When the frequency of the pulse is diminished, and the irritability of the system subdued, some counter-irritant should be applied to the chest; blisters I consider objectionable in many cases, as the amount of irritation and uneasiness they create before they "rise" frequently adds to the local inflammation, and certainly increases the irritability of the whole system: considerable benefit will frequently follow the use of tartar emetic ointment, and in some extreme cases I have seen the spirits of turpentine of the greatest service; a mustard poultice is perhaps the speediest, as it certainly is the safest counter-irritant that can be employed.

Digitalis is sometimes administered with the view of lessening the action of the vascular system, and thus diminishing the difficulty of breathing and the cough; it is a remedy,—I could add, a dangerous remedy,—that demands constant watching, and should be immediately discontinued whenever it induces any irregularity in the pulse; in preference to its use I generally increase the quantity of antimony when the symptoms are so urgent as to demand an immediate effect on the circulation.

To relieve the cough, the compound squill pill, alone, or in combination with extract of conium, may be given three or four times a day; or ipecacuan and squills, in some bland fluid, as in the following prescription, may be ordered.

Take—Spermaceti, 2 drachms;
The yolk of one egg, beat together; then add gradually,
Water, 7 ounces;
Ipecacuan wine;
Tincture of squills, of each 3 drachms;
Syrup of balsam of Tolu, 2 drachms;
Mix. Dose—A table spoonful.

When the cough comes on in fits, a lozenge containing a sixth of a grain of extract of stramonium often proves serviceable; lozenges are admirable vehicles for pectoral remedies—their gradual solution in the mouth assists to lubricate the throat as well as to facilitate expectoration.—The following is a valuable recipe for a lozenge that may be prepared by any respectable lozenge maker, if not at home.

Take—Sugar, 2 ounces;
Manna, 1 ounce;
Extract of lettuce, 30 grains;
Ipecacuan powdered, 1 drachm;
Squill powder, 16 grains;
Mix accurately, and make into a paste with mucilage of gum tragacanth. To be divided into lozenges of 15 grains each and dried on a hot tinned plate. One to be taken occasionally.

In the bronchitis of young children, tartarised antimony must be given in such a quantity as will prove emetic, and continued for a time in nauseating doses; the bowels should be freely purged, and if the symptoms are severe it may be necessary to apply leeches to the chest. So long as inflammatory symptoms are present the diet must consist alone of gruel, arrow root, and the like innocent food.

If the disease runs into the collapsed stage, when the whole system is in a state of debility, we must have recourse to very opposite remedies from those already detailed; it will be necessary to clear the bronchial tubes of the mucus which threatens suffocation, by some stimulating expectorant, as the sesquicarbonate of ammonia, in five grain doses, with five minims of laudanum in an ounce of camphor mixture, or decoction of senega; sometimes it is better to give an emetic and repeat it daily;—I have found great benefit from the use of an alkali that has the power to dissolve and loosen the collected expectoration, and for this purpose the liquor potassæ is preferable. When the rest is greatly disturbed it is necessary to procure sleep by opiates, and the best is the sixth or quarter part of a grain of the muriate of morphia. In all cases the powers of the patient must be upheld by wine, good nourishment, particularly strong jellies, and the daily use of cascarilla or quinine.

(To be continued in our next)

ADVANTAGES OF PLANTS IN THE DWELLINGS OF THE POOR.

IF plants were grown in the dwellings of the poor, I think it would be laying the axe to the root of the tree; that you would do more good to the poor by the adoption of some such plan than can be conceived; that by the introduction of those plants you would induce the poor to get out into the woods round London instead of going to the public houses; and that it would be an occupation of the most interesting nature to the women and children. The expense (of one of Mr. Ward's cases) would be trifling. Glazed and puttied frames can be obtained at a shilling the square foot, which might be put in their windows and little yards, and they would repay the expense of the case within a twelvemonth by the growth of salad or flowers. These cases are becoming more common, and furnish the most delightful blinds which can be imagined. There cannot be a doubt that plants have a direct influence in diminishing the quantity of carbon or deleterious ingredient. The concurrent testimony of all naturalists proves that the vegetable respiration counterbalances animal respiration by purifying the air which animals vitiate, and in many cases where ordinary drainage could not be effected, a similar effect might be secured by the introduction of vegetation, and the effect would be in proportion to the amount of vegetation. The most putrid ditches and ponds will be purified by plants growing in them, and the water preserved in a state fit for animals to drink. There are some plants whose odours may be injurious to certain individuals, but, generally speaking, plants have no other effect than that of purifying the air.—*N. B. Ward.*

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INFLUENCE OF NEWLY-BUILT HOUSES ON HEALTH.

Dr. Reidel of Berlin, in a paper of great merit and interest, has recently directed attention to the injurious influence of newly-built houses on the health and life of their occupiers. After mentioning the intimate connexion kept up between the external air and the human organisation, through the medium of the skin and lungs, he refers to experience to show the slow and dangerous diseases to which inhabitants of such houses are exposed, and considers it therefore to be the duty of the sanitary police to remove or check those evils by means of prohibitory measures. It is well known that the atmosphere is composed of nitrogen, oxygen, and carbonic acid, in certain definite proportions, and that less or more of invisible vapour is always dissolved in it. Anything which tends to derange this normal composition must be injurious to the human system; and it is Dr. Reidel's object to show that newly-built apartments are a fertile source of such derangement. *First*, In new houses there is generally an increased proportion of water in the atmosphere which we breathe. This arises from the wooden materials, which may be too new and damp; from the stone-work, which only becomes dry after long exposure; or from the materials used for cementing the stones, and for colouring and varnishing the walls. The walls of those houses remain damp longest which have been plastered immediately after their completion, because the dried lime forms an external layer very difficult of penetration. As accidental causes, which may render houses damp, it is necessary to mention wet weather when building, damp situations, large cellars, and enclosure by other high edifices, which prevents the free access of sun and wind. *Second*, The proportion of carbonic acid is diminished by the mortar, which attracts it from the air; it may also be attracted by certain colours, such as those containing acetate of copper. No direct injury would, however, be caused by the diminution of carbonic acid, as it belongs to the matters given off by the lungs and skin. *Third*, Certain deleterious ingredients, arising from the new materials, are mixed with the air. Thus particles of lime have been proved beyond doubt to exist in the atmosphere of new habitations, being suspended by the evaporation of the moisture; oils and metallic colours also less or more evaporate. Combinations of lead, copper, and arsenic are employed in the preparation of painters' colours; and many of these volatilise, and may be taken into the system Besides these, there are different chemical exhalations from new wood, mould, fungi, and grasses, which arise and putrefy in damp habitations.

Attention has also been directed to the mould with which the furniture of newly-built houses is covered, and to the constant moisture of the clothes and linen, from which circumstances alone, influences injurious to the inhabitants may be expected; for, on account of the increased humidity of the surrounding atmosphere, not only is the skin prevented from free transpiration, but it is even induced to attract more moisture. This is also the case with the lungs, and thus the composition of the blood is rendered unnatural, as may be seen in the pale face, wasted muscles, and sluggishness of all the functions which ensue. In other cases, protracted rheumatism, inflammation of the joints, contractions or paralysis, are produced. In addition, the sojourn in a damp atmosphere is a frequent cause of the development of scrofula, intermittent and typhoid fevers, scurvy, quinsy, croup, &c. Wounds and ulcers more quickly assume an unhealthy appearance, and have a tendency to take on gangrenous inflammation. The evaporation from organic substances favours the production of miasmata and contagions, for in no situations did the cholera occur more frequently than in new damp habitations. The inspiration of lime-particles may dispose to diseases of the chest or apoplexy; and there can be no doubt that the lead employed in painting the walls, volatilising at a high temperature, may produce in those who are constantly exposed to its injurious exhalations symptoms of chronic poisoning, disturbed digestion, cholic, and paralysis. Chronic poisoning may also be produced by being exposed to the evaporation of Scheele's green, from which arsenious compounds escape for a long time after it has been put on the walls. *Lastly* the constant moisture of the clothes and beds, and the frequent effect on the food, cause certain injurious consequences on the constitutions of the inhabitants.

Since, then, the early occupation of newly-built houses and recently-plastered rooms causes so many diseases, and imparts to children the germs of prolonged sickness and misery, it becomes, argues Dr. Reidel, the duty of the State to prevent these evils by all possible means. The following are the measures which he considers necessary:—Official examination of the materials before the commencement of the building, and the enforcement of proper arrangements as regards the structure itself. Thus, in public contracts for any building to be erected in summer, the condition ought to be made, that the materials should be procured and dried during the preceding winter, and the term of completing any edifice should always be regulated according to the weather. Lead and arsenical colours for painting the walls should be entirely forbidden. 2. A house should not be inhabited before a fixed time after its completion had elapsed. Considering the different effects of situation, a house in town should remain uninhabited for a year, and in the country, where sun and air have free access, for half a year after it has been finished. Should any house be dried before the time appointed, the proprietor might request the sanitary commission to examine it, when, if sufficiently dry, it might be inhabited. 3. A commission should be appointed for the purpose of examining every newly-built house, and testifying to its soundness before it is inhabited. 4. Instruction of the people as regards the injuries caused by inhabiting newly-built houses, &c., and as regards the means to be taken for the purpose of counteracting these injuries.

In absence of such a commission, people ought at least to be informed of the diseases to which they are liable by exposure to such noxious evaporation; and if compelled by circumstances to submit, they ought to use the following precautions pointed out by Dr. Reidel:—Thorough drying and ventilation should not be confined to one room, but to all the adjoining rooms. Mould, fungi, &c., should be rubbed and washed off with the greatest care; fires should be frequently lighted, and the windows opened; and muriate of lime or sulphuric acid should be put in different places to attract the moisture. To purify the air from other injurious matters, chlorine, nitric acid vapours, fumes of sulphur, evaporation of vinegar, coarsely-powdered and moistened charcoal put in different places, and other fumigations, should be resorted to. For rooms already inhabited, a solution of chloride of lime is the most proper substance. Drawers and other furniture should not be placed too near the damp walls, and if the latter should be covered with mould, they ought to be touched with a solution of the chloride of lime. In addition, warm and dry clothes must be provided, and the bed must not stand too near the walls. Straw or feather beds should be changed frequently, or exposed to the sun.

Such is the abstract of Dr. Reidel's paper, which is replete with important but too much neglected instruction. We trust, however, that the plain and convincing manner in which he has placed his views, will be the means of directing attention to an evil to which a large section of our population is continually exposed.

SYMPATHETIC AND LOCAL IRRITATION.

When there is irritation of one organ, it is very common for another to sympathise with it; that is to say, there may be disease of one joint, and the next to it will suffer pain, although there is nothing the matter with it; for instance, in disease of the hip, the knee sympathises with it, and there is great pain in the latter joint; so in disease of the knee joint, the ankle is painful. In arthritic rheumatism this is peculiarly well exemplified; the disease goes from one joint to another in a most remarkable manner, and there is nothing for certain to account for it. Again, when there is stone in the bladder, pain is felt at a more remote part; in disease of the prostate gland, pain is experienced in one or both thighs. A blow on the head causing concussion of the brain, will induce vomiting; a blow on the stomach, death; a sudden cessation of a discharge from the urethra, hernia humoralis (more correctly *orchitis*); in fact, the instances of sympathetic irritation are too numerous to mention. They are to be accounted for through the nervous system. The nerves of the limbs are connected with the spinal marrow, and through it with the brain, and thus any injury to the limbs will account for irritation of the whole system. Likewise, any injury to an internal part will, through the sympathetic nerve, account for the same. But they both sympathise with one another, and, therefore, wherever the injury may be, the whole nervous system will be deranged. But local irritation is not always to be explained through the nervous system. In many instances local irritation takes place through the absorbents. For instance, an individual has an ulcer on the foot, a hang nail, a very painful corn, or an irritable sore of the leg; the absorbents inflame, the glands in the groin become enlarged, and in some instances even pus forms. It is not uncommon for a patient to present himself with enlarged inguinal glands, not knowing the cause; on examination, there may be generally detected an irritable ulcer on the leg or foot, from which proceeds a red line denoting inflammation of the absorbents. Many exemplifications could be adduced. The wound received in dissection is a good instance. A gentleman opens a body, or dissects; he pricks his finger, pain at the spot follows, the absorbents inflame, and the glands in the arm-pit become enlarged. Pus forms at various spots along the absorbents, or in the glands, and symptoms of the greatest danger supervene.

A DRUNKARD.

The five cardinal points for a drunkard are a face of brass, nerves of steel, lungs of leather, heart of stone, and incombustible liver.

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HAIR DYES.

BY DR. WIMMER, OF MUNICH.

HAIR-DYES being sometimes attended with danger, it may be useful to give the two following which are perfectly innocent:—The first is *pyrogallic acid*, which gives the hair a brown colour. It is prepared by subjecting nut-galls, coarsely powdered, to a dry distillation at a moderate heat in a retort. One part will sublime and rest in the neck of the retort, whilst the other will distil over as a fluid. Dissolve the sublimate in the neck of the retort in distilled water at a moderate heat, and dilute the distilled acid-liquid with it; after removing the greater part of the empyreumatic oil, by means of a filtering funnel, shake the watery of the pyrogallic acid, adding to it animal charcoal to diminish the bad smell, and filter it, washing it for some time with distilled water and removing the charcoal. The solution of pyrogallic acid thus becomes almost transparent and without smell, and must now be concentrated by evaporating at a moderate heat; it must then be diluted again with spirits of wine, and should some bad smell still adhere, it can easily be concealed by a few drops of a fragrant ethereal oil. By using this tincture, the grey hairs gradually become light-coloured, and then permanently brown. Care must be taken not to soil the hands or other parts of the body with it, on account of the great difficulty in removing the colour. It must also be remarked that the preparation of pyrogallic acid must not be interrupted, because it possesses the property of absorbing oxygen very rapidly from the air, and becomes transformed into a dark brown pigment (*humine*) almost insoluble in water and spirits of wine.

A second very curious hair-dye is the *sulphuret* of *silver*, which gives a durable black colour. To prepare it, two liquids are necessary; a diluted solution of *nitrate* or *acetate* of *silver*, and a rather concentrated one of *sulphuret* of *potassium*, or *sulphuret* of *sodium*, procured by reducing sulphate of potass, or sulphate of soda, by means of coals. The following is the mode of application:—At night, before going to bed, dip a small brush or a fine comb into the solution of silver, and brush or comb the hair carefully through, and then cover it by a close fitting oil-skin cap; gloves ought to be used during the application, to prevent the fingers being soiled. The next morning dip another fine comb into the solution of the sulphuret, and comb the hair through carefully; the latter operation produces sulphuret of silver. Lastly, dip the other comb into the solution of the silver again, and comb the hair through repeatedly and carefully. As soon as the hair is perfectly dry, treat it in the usual way with pomatum, to give the natural suppleness and lustre. [To spare many needless inquiries, the Editor begs to add that the above recipes are not sanctioned by his own experience in, or knowledge of, their utility. Having received many letters on the subject of Hair-dyes, he has sought for the best authority, and here gives the result of his research.]

THE MODEL NURSE.

THE Model Nurse is most punctual to her time; rather the day before than after. She is never idle. She cuts up an old glove for the door-knocker. She has quite a stud of horses ready aired with linen for "the dear little poppet." She has taken off her goloshes, hung up her pattens, and put on her list slippers. Her big nightcap lies ready for action. She is quite breathless. She only leaves the bedside upon the greatest emergency. Nothing but supper will tear her away from it. She has her little vanities, and is much tickled with straw in the street.

When the happy moment has arrived, her coolness, her nerve, her importance, her power of command, her bustle, cannot be exceeded. If the husband dares to put his nose into the room, he is immediately pushed out. The whole house is at her disposal. Grandmamma, even, is put into a corner—the Doctor sinks into a mere black shadow—the servants run quickest at her orders. No one moves, not a person comes in, without her crying out, in a whisper of agony, "Hus-s-sh." She alone has the power of opening the bed-room curtain, —she alone has the authority to withdraw the bolt of the door—she alone has the handling of baby and the privilege of withdrawing the flannels that are curled round it, like a hot roll, to keep it warm—and shewing its face, and hands, and feet, to its young brothers and sisters. No one is allowed to take it out of the cradle without Nurse's permission. Young ladies, who have such an extraordinary love (in public) for everybody's babies, are not allowed to kiss, kiss, kiss it again and again, and toss it up and clatter "chuky! chuky! chuky!" until it cries, without the express sanction of Nurse. Man, during the first thirty days of his existence, is the property of the Monthly Nurse. Every one must feel this, for if there is one thing truer than another in the sceptical world, it is that "we all have been babies once." If there is a woman who can contradict that, I hope I may never meet her.

The Model Nurse can sleep anywhere—in an arm-chair, on a bed-stool, or on a sofa. "Nature's gentle restorer" visits her at a single wink. She does not snore. A touch, a sigh almost, wakes her up, and, in a second, she is by the head of her patient, offering all sorts of remedies, and smoothing the pillow. She does not take snuff.

It is curious she never goes to bed. At least, during my long experience, I never recollect an instance of a nurse undressing. A nightcap and a mysterious black bottle, and she would sleep like a perfect top, I think, on the top of the spire of Strasburg Cathedral.—*Horace Mayhew.*

OZONE.

THIS peculiar substance, the nature of which is yet far from being understood, has recently attracted much attention on account of its supposed connexion with epidemic diseases. M. Schoenbein, of Bale, has submitted it to some new experiments, the results of which were communicated by M. Becquerel, at the last meeting of the Academy of Sciences.

M. Schoenbein procures ozone in large quantities, by enclosing a small quantity of water in a balloon having a capacity of ten to fifteen quarts. Small bits of phosphorus, of one centimetre in diameter, are then placed, half in the water, half in the air of the balloon; the latter is closed imperfectly, and its contents raised to a temperature of 60 to 68 degrees Fahr. When the operation is completed—a circumstance readily known by the peculiar smell of the air in the balloon, the latter is turned down over water, to get rid of the phosphorus, and then agitated to wash the compound. A cork, supporting two tubes, is now attached to the balloon, and through one tube some water is introduced, while the other gives exit to the ozone. This substance, when concentrated, has an odour resembling that of chlorine; when mixed with air, it gives out an odour like that emitted from an electric machine, while in motion. Air, thoroughly charged with ozone, produces some difficulty of breathing, and, according to M. Schoenbein, is often the cause of catarrh affections. Small animals placed in it die quickly. Ozone is insoluble in water; it destroys rapidly organic colouring matters, as well as those having albumen and ligneum for their base. According to the author, it is the substance which has the greatest affinity for oxygen of all known bodies. As it is invariably produced in the air by the action of artificial electric discharges, it must be produced in the atmosphere under the influence of the same cause, when natural. Nothing is more easy than to determine the presence of ozone in the atmosphere, and the variation of quantity it presents. For this purpose we have merely to test the air with some paper impregnated with a solution of sulphate or muriate of magnesia. The ozone decomposes the salt rapidly, and the paper assumes a brown tint. Generally speaking, this action on the paper is found to be stronger in winter than in summer. M. Schoenbein observed, that it was always stronger during falls of snow than at any other period. Up to the present moment this curious body has defied chemical analysis. M. Marignac thinks that it is a peculiar modification of oxygen. M. Schoenbein regards it as a bis-oxyde of hydrogen, or a substance probably containing a greater quantity of oxygen than oxygenated water.—*Gaz. Med.*, Jan.

RULE FOR ADMINISTERING CHLOROFORM.

M. DUDART, a dentist, who has had very extensive experience of chloroform, proposes the following rule for determining the degree to which the inhalation of this energetic agent should be carried. On the one hand, it is necessary to produce a certain amount of insensibility, and on the other, it is dangerous to push this insensibility too far. By what sign are we to know that the inhalation has been carried to the proper extent? M. Dudart thinks we may find this sign in the species of *trismus* which affects the elevator muscles of the lower jaw. When the jaws and teeth are pretty firmly pressed against each other, and some force is required to separate them, we should suspend the inhalation, and may perform the most painful operation in full security, for the patient has ceased to feel.

SINGULAR CASE OF THE ADVANTAGE OF LIFE ASSURANCE.

A WORKING man was recently admitted a member of the Plymouth branch of the Western Provident Association, for a small life assurance. A day or two previous he had met with a slight scratch in his arm, so trifling that no notice was taken of it by himself, or by the medical gentlemen who examined him, to test his fitness for admission to the society. Some few days afterwards inflammation arose, and from this insignificant cause, within a week, this man, before strong and healthy, died. He had made but one month's payment, a mere trifle, to the association, and, in return, his widow and family have received, by means of the assurance, a most timely and important aid.—*Western Times.*

COMPANY.

THERE is a certain magic or charm in company, for it will assimilate and make you like to them by much conversation with them. If they be good company, it is a great means to make you good, or confirm you in goodness; but if they be bad, it is twenty to one but they will corrupt and infect you. Therefore be wary and shy in choosing and entertaining, or frequenting any company or companies; be not too hasty in committing yourself to them; stand off awhile till you have acquired of some (that you know by experience to be faithful) what they are; observe what company they keep; be not too easy to gain acquaintance, but stand off and keep a distance yet awhile, till you have observed and learned touching them. Men or women that are greedy of acquaintance, or hasty in it, are oftentimes snared in ill company before they are aware, and entangled so that they cannot easily get loose from it after when they would.—*Sir Matthew Hale.*

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

A HINT FOR NURSES.—When excessive doses of quack medicines destroy life, the mother or attendant, who administered them, ought to be held accountable for the fatal result. As they vary so much in their composition,—some producing death by excessive purgation, and prostration of the strength, others by numbing and paralysing the nervous functions—it is impossible to give directions how to temporarily remedy their evil results.—*Dr. Conquest.*

SIR HENRY HALFORD'S *Gout Preventive.*—Take bicarbonate of potash, fifteen grains; tincture of rhubarb, one drachm; infusion of gentian, one and a half ounce. Mix. We give this on the authority of Beasley.

QUININE.—Coffee conceals the intense bitterness of this valuable remedy better than any other vehicle.

ANDERSON'S PILLS. (Scot's Pills).—Take, one drachm of aloes; one drachm of gamboge; ten drops of oil of aniseeds. Mix, and divide into pills of four grains each.

GLUTTONY.—Inordinate appetite arises from habitual indulgence in excessive meals, in consequence of which a large portion of the vital and nervous energy being directed continually on the stomach, and accustomed to be expended in that organ, a craving for a repetition of such ample meals, and a feeling of, as it were, unemployed digestive energy, is experienced, which constantly demands new materials for exercise; and thus the unfortunate and brutal habit of surfeiting is kept up. Sometimes, also, inordinate appetite arises not from bad habit, but a peculiar state of the stomachic nerves; thus we see maniacs consume vast quantities of food.

EXERCISE acts like a tonic, condensing the muscles and the arteries on the column of blood; the heart's action is felt more strong after it than before. The heart also seems to acquire more energy; or rather, the size of the internal vessels being contracted by the tonic effect of exercise, the red particles of blood are forced into the capillary or minute vessels of the surface, as may be seen in the redness of the face, and other external parts, when the body is excited by exercise.

GREASE FOR THE HAIR.—Soak half a pound of clear beef marrow, and a pound of unsalted fresh lard, in water two or three days, changing and beating it every day. Put it into a sieve; and, when dry into a jar, and the jar into a saucepan of water. When melted, pour it into a basin, and beat it with two spoonsful of brandy; drain off the brandy, and then add essence of lemon, bergamot, or any other scent that is liked.

DIETARY, WHOLESOME & ECONOMIC.

PEAS SOUP FOR LENT.—Put three pints of blue boiling peas into five quarts of soft cold water, three anchovies, three red herrings, and two large onions, stick in a clove at each end, a carrot and a parsnip sliced in, with a bunch of sweet herbs; boil them all together till the soup is thick, strain it through a cullender, then slice in the white part of a head of celery, a good lump of butter, a little pepper and salt, a slice of bread toasted and buttered well, and cut into little diamonds, put it into a dish, and pour the soup upon it; add a little dried mint, if you choose it.

TO DRESS A SALT COD.—Steep your salt-fish in water, all night, with a glass of vinegar, it will fetch out the salt and make it eat like fresh fish; the next day boil it; when it is enough, pull it in flakes into your dish, then pour egg-sauce over it, or parsnips boiled and beaten fine with butter and cream; send it to the table on a water-plate, for it will soon grow cold.

EGG SAUCE FOR A SALT COD.—Boil your eggs hard, first half chop the whites, then put in the yolks, and chop them both together, but not very small, put them into half a pound of good melted butter, and let it boil up, then put it on the fish.

COD'S SOUNDS LIKE LITTLE TURKEYS.—Boil your sounds as for eating, but not too much, take them up and let them stand till they are quite cold, then take a forcemeat of chopped oysters, crumbs of bread, a lump of butter, nutmeg, pepper, salt, and the yolks of two eggs, fill your sounds with it, and skewer them in the shape of a turkey, then lard them down each side as you would do a turkey's breast, dust them well with flour, and put them in a tin oven to roast before the fire, and baste them well with butter; when they are enough, pour on them oyster-sauce; three are sufficient for a side dish; garnish with barberries; it is a pretty side dish for a large table for a dinner in Lent.

PITCHCOCK EELS.—Skin, gut, and wash your eels, then dry them with a cloth, sprinkle them with pepper, salt, and a little dried sage; turn them backward and forward, and skewer them; rub your gridiron with beef-suet, broil them a good brown, and garnish the dish with fried parsley.

COMMON CUSTARD.—Take a quart of good cream, set it over a slow fire, with a little cinnamon, and four ounces of sugar; when it is boiled take it off the fire; beat the yolks of eight eggs, put to them a spoonful of orange-flower water to prevent the cream from cracking, stir them in by degrees as your cream cools, put the pan over a very slow fire, stir them carefully one way till it is almost boiling, then put it into cups, and serve them up.

ADVERTISEMENTS.

Price 2s.; by post 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, and Rational Treatment, with the means of Prevention. By T. H. YEOMAN, M.D.

"There is so much good sense, scientific knowledge, and useful information in this little volume that we gladly assist in giving it publicity. Dr. YEOMAN discountenances all empirical modes of treatment, at the same time that he suggests some safe and beneficial rules for the cure or amelioration of the disease. The remarks on the healthy discipline of home shew that the author is a sound social philosopher, as well as an experienced physician."—*The Britannia, Nov.* 11, 1848.

"There is no assumption or quackery in this little volume—it is just such a work as might be anticipated from an intelligent and experienced physician. The suggestions and recommendations of Dr. Yeoman are extremely valuable and may be unhesitatingly and advantageously adopted by all who are interested in the health and well-being of the rising generation."—*Morning Herald,* Oct. 23, 1848.

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London: SAMPSON LOW, 169, Fleet Street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly; and all Booksellers.

NEVILL'S PATENT FLOUR of LENTILS,—a pleasant, nutritious, and agreeable Food for Invalids, Dyspeptics, and persons suffering from Constipation, or any other chronic derangement of the Digestive Organs—also for making Gruel. It is the only food that does not distend or turn acid on a weak Stomach. It will be found invaluable for Delicate Children and Sufferers from Debility.

Sold Wholesale by NEVILL and Co., 16A, Chichester Place, Grays Inn Road, London; and Retail by T. CARRICK, 127, Crawford Street; T. SHARP, 44, Bishopsgate Street Within; MILES, Gracechurch Street, City; and may be obtained from all respectable Shopkeepers in the Kingdom, in Packets, 6d. and 1s. each, and 6 lb. and 12 lb. canisters, 5s. 6d. and 10s. 6d. each.

F. S. CLEAVER'S WINTER SOAP.—This SOAP is a combination of the Genuine Honey Soap, Camphor, and Vegetable Oils, consequently the very best for this Season of the year, and at all times for tender skins. Invaluable as a Shaving Soap. Sold in large non-angular Tablets, at 3d. each; and monsters 6d. each. To be had at the manufactory, 13, Red Lion Square, Holborn, and at all Chemists, Perfumers, &c., in the United Kingdom.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 48, Harmer Street, Gravesend, every Friday.

JOHN MILES, (LATE BUTLER AND CO.) DISPENSING CHEMIST, 78, Gracechurch Street, respectfully informs the Public that the most vigilant care and attention is always paid by him to the selection of the purest and best Drugs and Chemicals; the too frequent dangerous adulteration and careless preparation of Medicines, upon the exact action of which depend the health and safety of our fellow creatures, induces J. MILES to pledge himself that every article sold at his establishment is genuine, and that all Prescriptions are dispensed by well-qualified assistants under his own immediate direction.

Agent for ROOFF'S Patent Improved Respirator. J. M. has now a large supply of COD LIVER OIL, prepared from the finest Fish of the Season.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book, for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays from Two until Three o'clock.

WE have received many applications to publish separately, in a small volume, the articles on Indigestion, which are now completed. Should this wish be more generally expressed by our readers, we shall do so. The price not to exceed fourpence, by post sixpence.

N. L. (Lambeth).—We are obliged by your note and question. The subject is one of importance, and in an early number of our Journal we will insert an article on the various actions and effects of calomel—mercury—on the human system.

JANE (Paradise-place, Hammersmith).—Local applications are worse than useless; the child being over-run with scrofula, constitutional means only will be of any permanent benefit. Keep the sores perfectly clean, and let them be dressed with the most simple material. If possible send the boy to the sea-side. Let his diet be generous; attend strictly to his bowels; and give him three drops of the tincture of the muriate of iron in water three times a day. Proper advice at the present time may spare the child from being a cripple—a burden to you, and his existence a misery to himself.

T. H. (Newcastle).—See answer to H. G. H. in No. 5.

DELTA (Irvine).—We have compared the sample of Du Barry's Revalenta that you forwarded to us with Nevill's patent flour of Lentils. We are unable to detect any difference. Continue to use either the one or the other. Nevill's packets are about five times cheaper than Revalenta, Ervalenta, or Oriental Farina. We may here repeat our approval of the lentil as an article of wholesome diet; and we recommand our fair readers to try the "light pudding" mentioned in our last number.

SLUGGARD (Birmingham).—Your letter is a very candid one; you *are* a lazy fellow. Use a shower bath; purge the bowels freely, and afterwards keep up a gentle action by the compound decoction of aloes; eat less; drink less; and exert moral courage and resolution.

LAMERT, CURTIS, BRODIE, LUCAS, PERRY, are all relations and Jews. "Lamert" is the family name. Curtis and Lamert are brothers. Brodie is an assumed name. Lucas has changed his name and his residence. Perry is an assumed name. Culverwell is not a Jew. Holloway is dying. Morison is dead. Prout is a comb-maker. Parr's Pills are, or were, the property of the proprietors of "the Illustrated News." Locock's Wafers contain opium. The quack who advertises to cure ruptures without a truss, and who keeps thousands of trophies in the shape of old trusses, is not a member of "the Society for the Protection of Trade." We doubt if he would be admitted. Many "water doctors" have been committed for manslaughter, The homœopathists drink their "grog" stronger, far stronger, than they mix their globules. The qualified medical man who sells quack medicines respects his purse more than his respectability. We do not know whether the Rev. Dr. Willis Moseley is a Ranter, a Mormonite, a Jumper, a Shaker, a Howler, or a "Johanna Southcote," but we *do* know that he is a venerable (not venerated) quack. This paragraph will answer the questions of fifty correspondents.

CYRENIUS (Ashton).—Your first suggestion is about being carried into effect. It would be hazardous to comply with the second. We should be very sorry to employ Brande's Enamel to our own teeth, therefore would not recommend it to you.

CHARLES STANLEY (Birmingham).—Three grains of calomel; four grains of scammony; twelve grains of rhubarb. Mix. To be taken at bed-time in preserve, honey, or treacle. Take on the following morning a wine glassful of the compound decoction of aloes. If you are troubled with worms, this dose will give you demonstrative proof of their existence. You had not seen No. 7 at the time you wrote your second note.

E. H. (Blofield).—The action brought by the quack dentist did not escape our notice. We were really pleased with the verdict, and wish all silly people who place confidence in such scamps may be made to suffer in purse; this may spare their health at some future period.

J. T. F.—Your paper only fulfils one requirement, namely, brevity; the utility is nil.

SCOTTY (St. John's.)—You are suffering from bronchocele-goitre, which is a scrofulous enlargement of the thyroid gland (in the neck). The treatment can only be directed by a medical man; the remedies required are too potent to be trusted to the management of a young lady, "aged 20." Removal from the district in which the disease originated is often of great benefit, and the sea coast should be preferred. The drugs to be employed are iodine in the form of tincture or ointment externally; and the iodide of potassium internally. Sometimes leeches are required; the diet should be plain and nutritious.

LONDINENSIS.—Were we to notice all the kind—we may add flattering—communications we receive, our columns would be filled with laudations and thanks; we cannot, however, allow a note written in a tone so amiable as yours' to pass unnoticed. Believe we are grateful, and will endeavour to fulfil the high purpose expected from our exertions. On looking over the Sunday papers of the 17th instant, we notice the advertisements of several self-called "Doctors," who profess to cure rupture for six shillings without mechanical means. That they are not medical men we are certain; that they are imposters, quacks, and scamps, may be fairly assumed. One of these "Doctors" under the style of "Miss" professes to enable his dupes to "see themselves as others see them," on the receipt of thirteen postage stamps, and a letter in the applicant's calligraphy! Another styling himself Von Something—professes to foretel the "lot of life" of his "customers," on receiving a "a lock of hair"! He is an expensive soothsayer, and requires "24 uncut post-stamps." Now, really, the amount of fools that these baits catch must be considerable to make the swindle profitable—advertising is a dear way of seeing yourself in print. To your second question: A stricture *may* be cured without mechanical means; but in nineteen cases out of twenty, the instrument carefully employed, is the safer, the easiest, and the most certain remedy.

J. F. KETSOFF (Camden New Town).—We cannot answer the question referring to your child without seeing him, or knowing more of the case than your note details. For yourself, have a duplicate set of flannels, one for the day and one for the night.

JAMES SMITH (Edinburgh).—It is occasionally given internally, in very minute doses; the effect is the same as if inhaled. Quack pills are dangerous, poisonous:—"Dr. (bah!) De Roos's" pills are quack pills.

A. J. (Maidstone).—Scaling is the most effectual mode of removing the tartar from the teeth; the operation is simple, and should be painless.

E. C. (Fakenham).—If a rosy cheek and the robust health of "a dairymaid" give you trouble, and if your "mamma is pained to see you look so m-lady-like," we fear we must be so ungallant as to tell you—you are both very silly ladies.

CLERICUS.—We doubt the possibility of the "itch" existing in the same subject for 25 years. Ordinary itch may be cured in eight or ten hours, by means of the compound sulphur ointment, and a warm bath. Mercury is not required. All the linen worn during the continuance of the infection, should be boiled, or baked, or, better still, destroyed.

C. J. (Knight Street).—We sympathise with you. Do you not look at your troubles through a microscope? A mother's unkindness *is* hard indeed to endure, but is the daughter never in error? Our object is "to preserve health," so you will see the error you have committed in applying to us. You may have kindness shewn to you "without being ill past recovery."

X. Y. Z. (Putney).—Mechanical means assisted by medical and dietical treatment. Smith, High Holborn, is one of the best and cheapest truss-makers. You will see that your second question is already answered. We shall shortly publish an article on Varicose Veins.

THE PEOPLE'S MEDICAL JOURNAL is published in Monthly Parts, and will be ready for transmission to the country along with the magazines for March.—It is requested that orders may be immediately given to the local booksellers and newsvendors.

ERRATUM.—In the last number, page 52, second column, three lines from the bottom—*for* originally *read* original.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person or by letter:—CHARLES CONARN (St. John's Wood). W. B. (Camden Town). A. K. (Fife). T. KIRKALDY (Newcastle). A WEAVER (Nottingham). THOMAS (Maidstone). E. S. H. (Norwich). MISERY. CATHERINE S. ANOTHER VICTIM. DOUBTFUL. M. A. B. (Wisbeach). T. R. (Maidstone). O. Y. E. W. STAMP. P. P. P. (Wandsworth). AN ENGINEER (Greenwich). W. WRIGHT. ANNABELLA. A FORESTER. J. G. (Deptford). REPENTANCE. A POOR WIDOW. HORATIO.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents: L. W. (Lambeth). S. T. (Blackfriars' Road). MRS. M A. N. DOROTHY. A CLERK (Lothbury). BERTRAND. MRS. DODD. A NEEDLEWORKER. JOHN BRIGGS. WM. NICHOLSON. A NEIGHBOUR. J. J. (Victoria Park). AN EXCISEMAN. F. R. ONE WHO HAS BEEN DUPED. M. TREE. P. (Cannon Street Road). A POOR SCHOLAR. T. R. B. (Cambridge Heath). PRISCILLA (Newington Causeway). K. W. (Leytonstone).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 9—Vol. I.] SATURDAY, MARCH 2, 1850. [ONE PENNY.

DEATH BY QUACKERY.

The number of deaths occurring in England and Wales in the space of ten years may be computed at three and a quarter millions: we will assume that this fatality implies at least 160 millions of cases of sickness. Let it be admitted, first, that under *efficient* medical treatment 3 millions would have died; secondly, that if left to nature, 4 millions would have perished; thirdly, that if the whole 160 millions of unfortunate patients had been placed at the mercy of quacks and uneducated prescribing druggists, or other pretenders, the fatality would have been increased, either by a frustration of the efforts of nature, or by the administration of unsuitable medicines, to 4½ millions. This is a moderate computation, but after every possible deduction has been made, the deaths which are likely to occur from the ill-treatment of the sick by quacks and prescribing druggists throw into shade all the murders and all the deaths from violence that could happen in any state of society, the murders of war being excepted.

A murder, it is true, becomes speedily notorious; the cry for vengeance upon the shedders of human blood is loudly and widely heard, while persons whose deaths are wrought by the quack and the medical pretender fall silently into the grave, and are lost, unheeded, amid the numbers which no skill can preserve. Many fatal events, indeed, are consummated by misadventurous patients themselves, in prescribing for their own diseases, unfortunate in their own judgment, and unfortunate in their friends. The quack, or the prescribing druggist, will tell us that he visits his patients from motives of humanity, and not from mere love of lucre. But what is the result of his conduct? a drowning man vociferates for "help!" a knave intrudes in the garb of the *Humane Society*, and, seeming to "help," prevents efficient aid from being rendered by others, and the victim of his imposition perishes, plunged beneath the merciless waters.

A distinction will be drawn between an instant murder, committed by violence, and a slow, or a sudden death, under the hands of a prescribing druggist, pretender, or quack. In the latter case, the patient voluntarily places his life at the disposal of an ignorant person; no *violence* is perpetrated. But can the community sanction such an act of suicide? Should a government, professing to represent the intelligence and the humanity of the nation, suffer men to play such desperate games with their own lives? or allow reckless mercenaries to swindle the poor, the ignorant, and the superstitious, by impudent lies and cajolery, out of existence?

If any measure were brought before parliament for the entire suppression of quackery, objectors would arise, and ask if the attempt were not an infringement on the liberty of the subject, —whether an impotent old man might not, if he chose, use "Balm of Zazezizozu;" or a young man "Antiallsortsofdiseaseandinfection Drops;" or one of the other sex consult a druggist on the mysteries of the "turn of life," and feminine disorders,—without the interference of parliament; or whether the people should be denied the use of "aperient pills," or prohibited from "purifying their blood," by legislative enactments? And in the event of suppression, what "was to become," it would be asked, "of the thousands of prescribing druggists, the vendors of patent medicines, the quacks, and other such practitioners of all descriptions?"

These inquiries develope two circumstances on which the existence of quackery depends,—the propensity of one part of mankind to indulge in extravagant follies, and the interest of another class in furnishing aliment to those follies. Resting on these, unhappily too secure, foundations, quackery can no more be entirely suppressed than theft; but it may be greatly diminished if the law, instead of sanctioning, *forbade* the sale of quack medicines, and punished quacks and pretenders, in whatever garb they might be found. The public would, assuredly, sanction any regulations which, while they secured an abundant supply of able, well-educated practitioners, protected the ignorant and the weak-minded from the arts of death-dealing pretenders; for, although many quack nostrums are inert and innoxious, others are violent in their action, and in the highest degree dangerous.

The great mass of chemists and druggists in England receive no professional education; they are ignorant of the scientific and practical parts of chemistry, and they have no general acquaintance with pharmacy, as it is understood in Germany and in France. To say that they have not the slightest knowledge of the human frame, or its diseases, is unnecessary. The only means of improving this important department of the healing art would be to subject every chemist and druggist in the kingdom to an examination in pharmacy.

CHRONIC RHEUMATISM.

BY THE EDITOR.

(*Continued from page* 58.)

Chronic Rheumatism is seldom preceded by Acute Rheumatism; acute rheumatism is comparatively of rare occurrence: chronic rheumatism, on the contrary, is constantly met with, and this circumstance alone is sufficient to point out that it is not often the result of the acute form of the disease. In many instances it is a distinct complaint, marked by symptoms of its own, and demanding very different treatment.

Chronic rheumatism is characterised by pain of the larger joints and surrounding muscles, which is increased by motion; the parts affected are stiff and rigid; the several structures around are thickened, or there may be an effusion of fluid into the synovial bags of the joints; there is rarely any swelling, redness, or increased heat, and fever is seldom present; the limb spontane-

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ously and easily grows cold, and its action and movements are considerably weakened, if not entirely crippled. These may be described as the leading features of chronic rheumatism, but in some cases the symptoms are variable, and demand a more minute description.

In that form of the disease known as *sub-acute rheumatism*, the pain frequently shifts its situation from one joint to another, and is increased by warmth, especially at night by additional bed-clothing. There is swelling of the part, of a white, shiny appearance, like marble, of an œdematous character; this is more particularly observed at those joints which are surrounded by a large mass of muscles, and those which are constantly excited, as the hips, and the lower part of the spine. This state of chronic rheumatism is accompanied with a white tongue, thirst, a quickened pulse, and a costive condition of the bowels.

Another form of the disease is marked by the total absence of every constitutional symptom; there is not any increased excitement in the system, the pulse is not quickened, the tongue is clear, and the bowels regular; in fact, the patient has his usual bodily health, but is quickly reminded of his infirmity by every change in the heat and moisture of the atmosphere. The pain is often not felt, except on moving the limbs, and generally subsides as soon as tranquillity is regained; to some extent the limb loses the power of motion, and becomes useless, as though affected with a degree of paralytic torpor. The part affected is always cold and stiff, and the pain is relieved rather than increased by the warmth of bed; pressure on the part does not afford pain, neither is there any puffiness or swelling.

There is another species of chronic rheumatism, which is attended with permanent derangement in the structure of the joints, especially those of the fingers, and sometimes, also, the ankles and knees. This species of the disease is sometimes called *rheumatic gout*. The periosteum, the ends of the bones, and the ligaments of the joints, become thickened, and lumps, or nodes, form upon them, often to such an extent as to distort the joint in the most unsightly manner. The pain is violent and acute —sometimes pulsating and throbbing as though matter were forming in the joint; it is felt with increased severity during the night. Women who have passed the meridian of life are more liable to this type of rheumatism than men.

We frequently hear patients complain of rheumatism in the head and face, and certainly the symptoms approach closely to those of rheumatism in the joints; the parts throb, are hot and swollen, and the eyes water. The complaint, however, is more of a neuralgic than of a rheumatic character; it may be properly described as *rheumatic neuralgia*, or rheumatic nerve-ache. In such cases, the disease arises from cold, and those causes which induce rheumatism; there is, in the first instance, a great deal of heat, pain, and tenderness—not producing a pain like an electric shock, as in tic-doloureux—but tenderness of the part upon the slightest touch, or even if blown upon. This kind of nervous rheumatism is frequently periodical in its attack, and generally comes on in the evening at a fixed hour, continuing for a certain time, and then abating in severity; in the intervals of the attack, there is usually a constant dull, or "dead" pain in the part previously the seat of the violent stabbing, plunging pain of the neuralgia.

Chronic rheumatism may continue for an indefinite period, and sometimes it only terminates with life itself; it may be altogether absent for some time, but a person once attacked should always be prepared for, and guard against, a renewed attack. It sometimes happens that the affected joint is debilitated in the utmost degree, so that, when the acute pain is not present, the weakness resembles that of a stroke of palsy.

Cold, the common cause of acute rheumatism, is also a common cause of the chronic disease, even where the acute species has not preceded; cold, when combined with moisture, as in damp sheets, damp walls, and wet feet, is the most likely to induce the disease, and sitting in a partial current of cold air has a like effect. Sprains, strains, bruises, and even an attack of spasms, frequently act as exciting causes. Chronic rheumatism is also one of the most common effects of the syphilitic poison, the imprudent use of mercury, and neglected gonorrhœa.

THE TREATMENT.

In nine cases out of every ten, chronic rheumatism is a disease of debility, and the mode of treatment must be founded upon this idea; certainly to such an extent as will prevent all depletory means being employed to reduce or exhaust the system. It may occur, in some severe attack of lumbago, that the abstraction of a few ounces of blood by cupping may be proper, but, as a general rule, the lancet, cupping, and leeches are inadmissible.

Chronic Rheumatism is a difficult and tedious disorder to combat; it is almost as much beyond the control of medicine as acute rheumatism is under it. At the moment a cure is supposed to be effected, a relapse takes place, the treatment must commence *de novo*, and thus the patient loses faith in his medical attendant and the remedies he may apply, to fall a prey to the vendors of quack pills, mixtures, draughts, drinks, and oils, which promise "immediate relief" and "astounding cures." The disappointment is the same; and the regular practitioner, the nostrum sellers, and the Lady Bountifuls, are equally baffled by Chronic Rheumatism.

It unfortunately happens that no general rules can be laid down for our guidance; our best attention, however, should be directed to the state of the constitution and general health of the patient, before we attempt to make any permanent impression on the chronic disorder: thus, if we discover the stomach to be out of order, the bowels costive, and the tongue much loaded, we must thoroughly cleanse out the intestinal canal. If we find there is much fever present (but this seldom occurs in the chronic form of the disease), we must then lower the system by purging and saline medicines, and with a low diet. When there is much debility, with feeble pulse, and a decided loss of tone in the system, we must then employ stimulants, cordials, and tonics—as myrrh, guaiacum, benzoin, steel, quinine, and it may be, even wine and brandy. When the disease is purely local, without any constitutional disturbance, it may be treated by blisters, stimulating embrocations, sharp and long-continued frictions, warm fomentations, and other local means.

Having restored the system to better health, we may with better success attack the specific disease. In detailing the treatment, it must be borne in mind that both internal and external remedies must be varied according to their effects, and the particular circumstances of each case: we have already stated that chronic rheumatism must be considered a disease of debility, and that the mode of treatment must be founded on this idea. We also stated that in some sub-acute forms of the affection, as lumbago and rheumatism of the hip joint, the local abstraction of blood may be productive of great benefit, and that when there is much pain and swelling of a joint from distension of the synovial membrane, a few leeches should be applied; in all other cases, blood-letting is improper. The cure of chronic rheumatism may be occasionally effected by promoting diaphoresis—a determination to the skin—perspiration. This mode of treatment is adapted to those cases in which there exists some degree of febrile excitement, where the pains are of recent date, and shifting from one point to another. A draught composed of Dover's powder, *liquor ammonia diacetatis*, and camphor mixture should be given repeatedly during the day—or, what is preferable, inasmuch as it acts as a stimulant as well, the *ammoniated tincture of guaiacum* should be employed. This is a medicine

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given in various doses, from thirty drops to a drachm at a time; and Dr. Elliston has known patients who took six drachms three or four times a-day. The grand property of this medicine is that it not only excites a profuse perspiration, but also produces great warmth in the frame, which the patient retains for a considerable time. Every rheumatic patient knows how desirable this is, and, by a proper course, this warmth may be retained and kept up, and all the painful symptoms alleviated. Sometimes this preparation of guaiacum purges—sometimes it produces the nettle-rash; nevertheless, it is an admirable remedy. With this diaphoretic treatment should be conjoined the warm bath, which may be directed twice or three times a-week. Stimulants of all kinds have been found serviceable, and have at different times been highly lauded. Warm, active balsams and resins, essential oils from resinous substances, as turpentine and amber, aromatic or pungent plants, as camphor and mustard, and especially cajeput, the green distilled oil from the leaves of the *melaleuca leucodendron*, have all been employed in their turn; sometimes alone, when they combine a sedative with a stimulant power, as camphor and cajeput, and sometimes in union with opium, which very often proves a very valuable addition. Most of these drugs are also powerful diuretics, and are therefore doubly serviceable; horse-radish and garlic, for a like reason, are beneficial.

In the same description of cases which are benefited by diaphoretics, the preparations of *colchicum*, or meadow saffron, may be had recourse to with great advantage. Colchicum is, without doubt, the most valuable internal medicine which we possess for the treatment of rheumatism; its action is both purgative and diuretic; it seldom effects any decided good until it purges briskly; and it has been remarked, "when it once purges the patient thoroughly, the disease gives way." It would be fortunate were this always the case. In our practice. however, we never repeat it after its full purgative action has been obtained. It is too powerful a drug to be incautiously administered; the griping which it *may* excite is very violent, and an over-dose causes great debility and uneasy sensations, which are, fortunately, of short duration. Whenever it induces heat in the stomach and bowels, and pain on pressure, it should be omitted. Colchicum is generally given, combined with magnesia, and guarded by two or three drops of hydrocyanic acid.

Mercury is frequently necessary and useful, especially in those cases in which it is supposed a syphilitic taint may be lurking in the system, and keeping up the disease. Nothing is more common than for persons who have chronic rheumatism, who suffer great pain, which is increased towards night, and when warm in bed, to receive no benefit whatever, till they have had a course of mercury, and as soon as the mouth is tender, they lose all pain.

In all cases of chronic rheumatism we must endeavour to mitigate the pain as speedily as possible; and, in general, opium and its preparations, laudanum, morphia, &c., will be found the only effectual resource. Ten or fifteen grains of Dover's powder should be given every night at bed-time. Whenever opium disagrees with the system, producing head-ache and fever, the extracts of conium and hyosciamus may be substituted. The costiveness, which all narcotics occasion, should be carefully obviated by some aperient, as a wine-glass full of the compound decoction of aloes, taken the following morning.

When chronic rheumatism assumes an intermittent form, it must be treated, in some measure, as intermittent fever, by giving a large dose of quinine just before a paroxysm is expected, and smaller doses in the intervals. The arsenical solution has been successfully employed in such cases; but, in practice, we prefer the quinine, which seldom fails. The waters of Bath and Buxton possess considerable fame for their curative properties.

We now have to speak of external and local remedies. There is no remedy, perhaps, of such general application in the treatment of chronic rheumatism as local warm bathing. In that severe form of the disease called nodosity of the joints, scarcely anything else can be relied on to soothe the pain, and relax the rigid fibres. Fomentations of poppy-heads, cumin seeds, brine, &c., are sometimes advised, but simple water, as hot as can be borne, is equally efficacious: we know of nothing that will soothe the pain and insure a good night's rest more certainly than a general warm bath immediately before getting into bed.

Local stimulants of all kinds have been employed, and some with considerable advantage. Poultices of cumin and mustard-seeds, occasionally intermixed with ammonia, euphorbium, or cantharides; embrocations with ammonia and croton oil; ointments of tartar emetic; shocks of electricity; powerful friction with horse-hair gloves; shampooing; the moxa (burning German tinder on the part affected;) acupuncturation, which consists in pushing five or six finely-pointed needles, at a small distance from each other, to the depth of from half an inch to an inch into the seat of the pain, taking care that the part is muscular, not tendonous; sulphurous fumigations, &c. &c., have had, and have their advocates.

It is unnecessary to add, that in every form of chronic rheumatism little benefit can be derived without strict attention to the diet and clothing be enjoined: it is one of the few diseases in which flannel should be worn next the skin.

INFLUENCE OF AIR AND EXERCISE ON HEALTH.

In proof of the influence which even temporary physical education exerts upon the human frame and its stamina, may be mentioned the following example:—In the summer of 1839, we had an opportunity of witnessing one of the trial races of Oscroft, at that time one of the swiftest runners in England. On the occasion we speak of, he ran 120 yards in eleven seconds; his pulse, just before starting, beat 61 strokes per minute, and at the termination of his extraordinary feat it beat only 94! When it is further taken into account, that, whilst in the act of running, he never made a complete inspiration or expiration, the performance can be considered little short of wonderful. We were informed by the man himself, that though he was naturally remarkable for nimble-footedness, he was anything but "good-winded." Two months previously, he had been taken from a stocking-frame, and, by a process of merely careful training, was brought into the state of bodily condition alluded to. Had it been possible for him, before commencing to train, to have run the distance in the time stated, the effort, if it had not killed, would have nearly asphyxiated him. He would have been breathing for his life, and his pulse could not have been counted. As it was, at the completion of his task, he breathed without difficulty, and his pulse was increased only 33 beats per minute! After such evidence as this—and it is only one of a multitude of examples with which the world is familiar—no man, not actually diseased, need despair of becoming active and vigorous, if he will only attend to the simple rules which are to guide his physical discipline. The man of whom we have spoken had not a good chest, for which reason he could not, under any circumstances, have run a long race; and his configuration of thorax was even opposed to an effort of speed for a short distance; but the natural obstacle was overcome for the time being by temporary training! We are, perhaps, not justified in saying *ex uno disce omnes*; but at least we can say, that if two short months of rigid living, and exercise in pure air, can do so much for a man's constitution and strength, how much more permanent service may be done by a continued observance, though in a milder degree, of the principles of proper training! How many listless and enfeebled frames would be roused, refreshed, and made fit for the wear and tear of a protracted life! How many minds, sinking into imbecility from actual lassitude, or oppressed by the melancholy of fancied cares, would be stirred by the busy and cheerful objects of worldly enterprise! We would fain teach the man too ardently devoted to learning, to science, or to worldly business, that with all his toil, and care, and penury of time, he is not a gainer; he may appropriate to his idol object an hour that should be sacred to his own service, and in so doing he is a loser of twain; let him husband his moments as niggardly as he will, there is a certain reckoning which he must daily have with himself, a certain time for his own rest and refreshment; and if that time be not granted, it becomes no matter of idle debtorship—day after day registers a fresh account against him, and, at the end of a few years, the unsuspected fact of premature old age is announced by decrepitude, decay, and death.—*Medical Times.*

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"STOPPING" TEETH.

The following are some of the most approved formulæ for the preparation of compounds for filling up decayed teeth.

A Common Succedaneum for the Teeth.—To fill decayed teeth, prepare a concentrated solution of gum sandarac, mastick, colophonium, in ether or pure alcohol, which ought not to amount to more than a third part of the weight of the whole mass. Take, for instance, twelve parts of sandarac, six parts of mastick, one part of powdered amber, and six parts of ether, and distribute the solution into small phials corked air-tight, bound over with a bladder, and kept in a cool place. It is the tooth mastick,—is like balsam of copaiba in colour and consistence. Exposed to the air, it thickens very rapidly, becoming viscid at first, and dries gradually, but remains for a long time soft. With alcohol the mass is turned into a milky white solution.

The Celebrated Dr. Ganger's Tooth Balsam, is a sort of mastick prepared with pure alcohol, and principally used in St Petersburgh. It is prepared in the following way:—Dissolve two ounces of choice mastick in three ounces of pure alcohol: decant the solution and pour it into a dry bottle capable of holding two pounds; add nine ounces of dry balsam of tolu, and accelerate its solution by a moderate heat, and by turning and shaking the bottle, which must be corked air-tight all the time. Then place the fluid for some time in a warm place, in order that the insoluble parts may separate from the rest, and distribute the liquid into wide-mouthed little phials, which must be corked air-tight, immediately. This tooth-balsam is thick and tough, and becomes pretty solid by the contact of the air, and is neither affected by saliva nor by any other liquid. To fill hollow teeth and alleviate the tooth-ache, the hollow is first cleaned and dried by cotton or blotting-paper; then a piece of cotton is rolled up, dipped into the balsam, and introduced into the tooth. If the cement falls out after some time, the stopping must be repeated immediately. This is a substitute for the lead usually introduced in Germany.

Vienna Succedaneum for Teeth.—Herr Von Wirth, the learned apothecary of Vienna, has conceived the happy idea of substituting asbestos for cotton, and of keeping it mixed with the resinous mass. At the same time, a brown tooth tincture is used, which is prepared with alcohol and acetic ether, from guaiacum, myrrh, &c. M. Paul Ostermaier, of Munich, analysed the above cement and tincture, and succeeded in preparing them. West Indian copal is finely powdered, and exposed for some weeks to a moderately warm air; then it is dissolved in absolute alcohol, mixed with a few drops of oil of peppermint. After the evaporation of the alcohol, the mass will retain a certain elasticity and softness. The asbestos must be finely triturated before being mixed with the solution of copal; wide-mouthed phials must be used and closed air tight. The prospectus given with the two phials sets forth that the cement, by filling the tooth, will stop decay, remove the bad smell of the mouth, protect the nerve against external injury, and make the tooth fit again for mastication. The tooth which is to be stopped must first be cleansed by dry cotton, then filled with another morsel of cotton, previously dipped in the mixture; the cotton is taken out and the cement pressed into the tooth with the finger; the access of saliva during the operation must be prevented. In tooth-ache the tincture alone ought to be used. The stopper and neck of the phial must be carefully cleansed after being used.

Ostermaier's Succedaneum for Teeth.—M. Otto Ostermaier produced *phosphate* of *lime* within the tooth in the following manner:—he first obtained phosphoric acid by burning phosphorus in dry air under a large pot; with forty-eight parts of the acid he mixed fifty-two parts of newly burned quick lime, and pressed them together into the bottom of the tooth, *previously dried with great care*. If the tooth be not carefully dried, the mass will expand and flow over. The remaining mass cannot be used afterwards, because it hardens after a few minutes.

Poudre Metallique (the celebrated Parisian Succedaneum).—Having understood that it is kept in mercury, and that a smell of ammonia appears after removing the mercury, it is supposed to be prepared from ammonia, silver, and mercury in excess. If the excess of mercury be removed, and the mass exposed to air and water, the ammonium loses one part of its hydrogen and escapes as ammonium, whilst the silver, with a small portion of mercury, remains in the tooth and becomes hard.

TO THE EDITOR OF "THE PEOPLE'S MEDICAL JOURNAL."

Sir,—There is a new system adopted by the puffers of nostrums, which, in the country, must operate very injuriously to the public. The other day, travelling in the country, I met with a person who, in proof of the good performed by a Quack medicine, pulled out of his pocket a hand-bill, in which were stated the *opinons of the leading journals of the metropolis*, of course highly laudatory of the nostrum in question. The plan formed to deceive the public is as follows:—An *advertisement* is sent to perhaps half a dozen leading journals, containing the puff intended to be *republished in the hand-bills of the advertiser*. As soon, however, as the advertisement has appeared, it is printed on the hand-bills as if coming from the editor of the paper in which it was inserted as an advertisement, and thus many ignorant persons really believe it to be the opinion of the journal quoted.

I am, Sir, your obedient servant,

London, Feb. 23d, 1850. A Sub-Editor.

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. IX.

CHRONIC BRONCHITIS.

(*Continued from page* 61.)

Chronic bronchitis, although more frequently the sequel of an acute attack, commences also as a common cold, without any highly inflammatory symptoms; it becomes constant for a month or longer, and returns at certain periods, particularly during the winter. It differs from the acute disease in its greater mildness and longer duration, and in many instances it is complicated with other disorders, either of the circulatory or digestive organs.

When chronic bronchitis occurs in early life, it generally succeeds hooping cough, small-pox, measles, or disease in which there is some cutaneous eruption; it is in more advanced years that it follows an attack of the acute form. I have frequently observed the affection gradually advance without any decided inflammatory symptoms, and at length induce cough, expectoration, and the peculiar wheeze, equal to that which supervenes to an acute attack, or to the periodical bronchitis of aged people; such cases occur in persons who lead an irregular life, indulge freely in intoxicating beverages, and are exposed to every change of the weather at all hours of the day and night. The disease thus engendered may be often detected in a class of men who are from their avocations subject to these influences, namely, the drivers of public vehicles, cabmen, omnibus drivers, and the now almost obsolete coachman; the husky cough, the hoarse voice, the reddened countenance, the muffled throat, are frequently the outward signs of the disease under consideration. The constant or frequent inhalation of an atmosphere loaded with dust or powder, is often an exciting cause; thus we find the disease rife amongst feather-dressers, leather-dressers, and packers; if the particles of dust are in themselves of a pernicious or irritating nature, the disease, as a consequence, is more frequent and more severe in its effects; plasterers, stone-cutters, jet-polishers, drug-grinders, those who powder the materials for making china, fork-grinders, and needle-pointers, are seldom, if ever, free from an attack. Sailors rarely suffer from this complaint although exposed to so many adverse influences; this immunity may arise from hardihood of the frame acquired by constant habit, or by the unirritating salts contained in a marine atmosphere.

In the mildest cases of chronic bronchitis the patient complains—or probably does not *complain* at all, for in some persons approaching the down-hill of life the disease is habitual, and obtains but little consideration—in the mildest cases the patient has a frequent cough with expectoration, which is increased by certain changes of the weather, as from a warm or temperate, to a cold, damp, foggy, or "raw" atmosphere; consequently it is during the winter and spring that this form of the disease is most prevalent.

As the complaint assumes a more severe character, so does the difficulty in breathing become greater, and with this symptom we discover others that denote a serious amount of obstruction in the respiratory organs. A dull, heavy, oppressive pain is felt in the chest and in the immediate neighbourhood of the heart, which palpitates violently and occasions much distress; the cough is severe and frequent, and towards night is constant and exhausting; there is generally some considerable degree of fever, and the digestive organs are always disordered; there is little inclination for food, and as soon as any is taken it causes pain in the region of the stomach, and augments the tightness in the chest; the tongue is foul, the mouth hot and clammy, and the bowels confined. Should the symptoms continue for any length of time they seldom fail to waste and weaken the body; we then find the pulse small and feeble, there is great debility

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and emaciation, the breathing is more oppressed, and in some cases the patient is totally unable to breathe when in the recumbent position, and requires to be propped up with pillows, or refrains from going to bed; the least movement or exertion brings on increased oppression and palpitation, and he will try every posture to enable him to breathe with greater freedom. We frequently notice patients during a paroxysm support themselves with both hands while seated on a chair or sofa, by which they elevate the first rib and thus slightly enlarge the cavity of the chest. The voice is hoarse and indistinct, and sentences are spoken with difficulty or disjointed. When the cough is very violent, and the collected mucus difficult to expectorate, the vessels of the face become gorged with blood, the countenance is red or livid, and the patient struggles for every gasp of breath; sometimes a small blood-vessel is ruptured, and spitting of blood ensues; if the expectoration assumes a purulent character the patient is weakened by continual night-sweats, diarrhœa is invariably present, together with hectic fever, and other symptoms that closely resemble pulmonary consumption.

The expectoration undergoes every possible change, and the alterations in its character merit the best and constant attention of the physician, as they afford him the surest indication of the condition and progress of the disease. It may be copious or scanty, watery, viscid, or even purulent; it may in colour be of every shade, from white or greenish-yellow, to black, or it may be streaked with blood; it is sometimes inodorous, at others, of a faint or fœtid smell. In the milder cases it is discharged without great difficulty, it is tolerably copious, thick, uniform in its consistence, and perfectly opaque; the colour is usually yellow, or greenish-yellow, and the odour and taste slightly fœtid. When the disease presents itself in an aggravated degree, the expectoration generally assumes a muco-purulent appearance, and then loses a part of its glutinous nature and becomes cream-like; it is frequently tinged with dots or specks of a black colour, and not unfrequently traces of blood may be discovered; sometimes these little specs are abundant and surrounded by a more fluid secretion which is occasionally of a brownish or ash colour. We may often notice several little hardened lumps not unlike pieces of glue or jelly, coughed up with an accumulation of more fluid mucus; after these are expectorated, the patient experiences considerable relief until they again collect in the bronchial tubes. If the disease is permitted to run on unrestrained by remedial treatment, the expectoration will become purulent, streaked with blood and presenting all the characters of true pus; in such cases the constitutional symptoms indicate a state of imminent peril: the pulse is rapid, the strength prostrated, hectic fever is established, and the patient sinks under the effects of night sweats, diarrhœa, and profuse expectoration, in the same manner as in fatal cases of consumption.

The signs detected by the stethoscope are nearly similar to those which mark the acute form of the disease; the respiratory murmur is sometimes heard distinctly, and often louder than usual, occasionally it is obscure and accompanied by a mucus gurgle or rattle in different parts of the chest; wherever the tubes are obstructed by a collection of secretion, or wherever the internal membranes are thickened, may be heard a hissing, sonorous, snoring sound. When the inflammation has continued for any length of time, some alteration generally takes place in the structure of the bronchial membrane, it may become softened, thickened, and ulcerated; these states may be clearly diagnosed by attention to the general symptoms and stethoscopic signs. Sometimes one or more of the tubes become dilated, and in several parts of their course form small sacs or pouches, which are, for the most part gorged with pus; the expectoration then acquires a remarkably fœtid odour.

Chronic bronchitis is easily distinguished from all other affections of the chest except consumption, in severe cases it so closely resembles this fearful disease, that it is only by careful examination and narrowly watching the constitutional symptoms that the one can be distinguished from the other; in both diseases, as they draw to a close, we find nearly the same signs, particularly hectic, night-sweats, emaciation, and diarrhœa. It is by the absence of those symptoms which mark consumption that we must chiefly depend to arrive at a correct diagnosis, and these negative proofs must of necessity be less satisfactory than those which are positive.

In simple cases of chronic bronchitis, the individual may labour under an attack for some time, or for several succeeding winters, without any considerable derangement of health, or abridgment of the ordinary term of life; and we frequently observe elderly people who, with the exception of the distress which a paroxysm of cough induces, are in all other respects free from bodily ailment. In others who are more delicate or have any latent disease, the immediate effects are severely felt, and as well as the affection of the bronchial tubes, the mucus membrane of the stomach and bowels is frequently implicated; irritability, irregularity or congestion of the circulation, may be induced, and consumption hastened in its progress. When thus complicated, one or more diseases acting in concert, the progress of both will be accelerated, and the result rendered more doubtful. In severe cases of long continuance we usually find the disease complicated with some disorder of the liver, stomach, or bowels; if the abdominal derangement be repaired, and the healthy nutrition of the system insured, the patient will frequently recover from a condition that appears surrounded with danger.

(To be continued in our next.)

FACTS IN ANATOMY AND PHYSIOLOGY.

The average weight of an adult man, aged 40, is 140lbs. 6oz. The skeleton generally consists of 240 bones, but 248 have occasionally been found, and weighs about 14lbs. The height of a man when alive being 5 feet 8 inches, the skeleton will be about 5 feet 7 inches. The average weight of the brain of a man is 3½lbs., that of a woman, 2lbs. 11oz. The circulating blood is 28lbs. An ordinary sized man consumes about 46,000 cubic inches of oxygen per day. The average number of respirations are 20 per minute. The forces that circulate the blood are four; contraction of the left ventricle of the heart, elasticity of the arteries, muscular action propelling the blood in the veins, and expansion of the chest during inspiration. Total abstinence above seven days is fatal to man; but there are instances of surviving after a longer period. The pulse of children is 120 in a minute; at puberty 72 to 80; and at 60, only 60.

LONGEVITY.

There is nothing in the system of nature which, in our present state of knowledge, appears so unintelligible as the scale of longevity. It must be admitted, indeed, that our knowledge upon this subject is very imperfect; for all that is known of domesticated animals, and the accidental facts which have been preserved concerning others, tend to the strange result, that longevity bears no relation either to strength, size, complexity of organization, or intellectual power. True it is that birds, which seem to rank higher than beasts in the scale of being, are also much longer lived. Thirty is a great age for a horse; dogs usually live only from fourteen years to twenty; but it is known that the goose and the hawk exceed a century. But fish, evidently a lower rank in creation than either, are longer lived than birds; it has been said of some species, and of certain snakes also, that they grow as long as they live, and as far as we know, live till some accident puts an end to their indefinite term of life. And the toad! it cannot indeed be said that the toad lives for ever, but many of these animals who were cased up at the general deluge, are likely to live till they are baked in their cells at the general conflagration.—*Southey.*

PASSION.

Nothing doth so fool a man as extreme passion. This doth both make them fools which otherwise are not, and shew them to be fools that are so.—*Bishop Hall.*

INSECTUAL LEAPING.

The flea, grasshopper, and locust, jump 200 times their own length, equal to a quarter of a mile for a man.

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CLASSIFICATION OF REMEDIES.

The following summary of the principal classes of remedies, written by Dr. Guy, is so clearly expressed, that the general reader may readily comprehend an outline of the science of therapeutics.

Class I. Stimulants.—(*a*) *general*, (*b*) *local*. *General stimulants* excite all the organs and functions of the body—the circulation, the functions of the brain and nervous system, the secretions, &c. In healthy persons they cause a frequent, full, and quick pulse; in extreme debility, they render the pulse less frequent, but more full. The exhaustion which follows the excessive use of them resembles the effects of the depressants or narcotics.

Local stimulants act on one or more organs of the body, either directly or through the circulation. They excite those organs to the active performance of their appropriate functions; and this excitement is generally accompanied by increased determination of blood. The reaction which follows their abuse shows itself in sluggish function and circulation. In local debility they act as local tonics.

The *general* stimulants most common in use as medicines, are the various forms and preparations of alcohol, ether, and ammonia, and cold employed as a shock. Amongst the stimulant remedies of less power, are some of those which are commonly designated antispasmodics, as valerian, assafœtida, musk, &c. To these may be added, serpentary and contrayerva, which appear to combine the virtues of a stimulant and tonic, and are employed with advantage in typhus fever.

There are certain remedies also which may be referred to the class of general stimulants, as they are administered by the mouth, enter the circulation, and affect particular systems and tissues. To this class belong nux vomica, and the active principles strychnia and brucia, which affect the muscular system by producing tetanic spasms; the metallic preparations, especially mercury, arsenic, and antimony, which appear to act upon the entire capillary system, including the capillaries of the secretory organs; and the balsams, which affect the mucous membranes.

The *local* stimulants comprise those which are applied directly to the body as heat, the escharotics, and rubefacients, applied to the skin; the stomachics, carminatives, and emetics, taken into the stomach; the several classes of purgatives, applied to the mucous membrane of the bowels; and those which, after entering the circulatibn, act only on certain organs, as the sudorifics, the diuretics, the emmenagogues, &c.; and the stimulating remedies so advantageously employed in diseases of the urinary passages—viz. copaiba and cubebs. Some of these remedies have a specific action upon one part of the frame, as the ergot of rye, which stimulates the muscular fibres of the uterus; whilst others have a more extensive range of action, but affect some one organ in a marked degree, as cantharides, which acts most strongly on the muscular coat of the bladder.

Class II. Tonics.—(*a*) *general*, (*b*) *local*. These are remedies which produce little or no direct sensible effect on the circulation, nor on the more obvious functions of the brain and nervous system. Their action is gradual and consists, as the term implies, in giving tone and firmness to all the textures of the frame, by improving the state of the blood, or by increasing the contractility of the capillaries of every part of the body.

General tonics are either strong stimulants given in small doses, or weak stimulants in larger ones. As they are administered in states of debility, the characteristic effect of the stimulant on the circulation is not perceptible.

Local tonics are those remedies which restore the relaxed capillaries of parts to which they are applied to their healthy condition. These, too, are stimulants applied with caution, and of strength proportioned to the condition of the parts affected.

The principal *general* tonics are the stronger metallic preparations in small doses, or the less active, as zinc and steel, in larger quantities; the mineral acids, and a variety of vegetable substances, as myrrh, cascarilla, gentian, quassia, serpentary, cinchona, quina, &c. To these must be added cold, applied repeatedly in the form of shock, and followed by reaction. The *local* tonics are, nitrate of silver, sulphate of copper, cold in the form of *douche*, &c.

Class III. Depressants.—The action of depressants is the reverse of that of stimulants. They prostrate the powers and functions of the entire frame. They increase the frequency, but diminish the fulness and force of the heart's contractions, except where they remove an existing disease accompanied by a frequent, full, and hard pulse: in this case they render the pulse less frequent, smaller, and softer.

The best depressant which we possess, next to blood-letting, is tartar-emetic. The lobelia inflata belongs to the same class. Tobacco is still more powerful, but it is a narcotic as well as a depressant. Digitalis, ipecacuanha, squills, and colchicum possess this quality in a high degree, but with certain peculiarities of action.

Class IV. Sedatives.—(*a*) *general*, (*b*) *local*. This class comprises those remedies which soothe excitement of the nervous system, without producing a state approaching to syncope, on the one hand, or that of narcotism, on the other. They bear to depressants nearly the same relation that tonics do to stimulants. Local sedatives are remedies which blunt nervous sensibility, soothe pain, and allay spasmodic action of the muscular fibres.

Among *general* sedatives, cold is the most important. Belladonna, conium, and stramonium, are of the same class. The same substances locally applied are *local* sedatives. Nitrate of potash, trisnitrate of bismuth, the preparations of lead, and creosote, belong also to this class of *local* sedatives. Depressants in small doses become sedatives, as stimulants in small doses are tonics.

Class V. Narcotics.—The property of this class is to produce sleep, and when given in poisonous doses, coma and apoplexy. Morphia is the type of this class, to which belong carbonic acid, carbonic oxide, and sulphuretted hydrogen gases, hyoscyamus, lactucarium, camphor, (and hydrocyanic acid?) Opium and nutmeg combine a narcotic and stimulant property, whilst the hop is a narcotic and tonic.

In addition to the foregoing classes of remedies, there are other groups of less importance, which require only a cursory mention; such are the emollients, the antacids, the antilithics, the anthelmintics, &c.

TO THE EDITOR OF "THE PEOPLE'S MEDICAL JOURNAL."

Sir,—Of all our fellow-creatures in this country, I think poor little children suffer most; I mean the little children of poor people. The poverty of the kindest parent is shared and felt by the child; but the fate of that child whose parents are unkind, is horrid; neglected, half-starved, perhaps diseased, turned nearly naked into the street; uncared for, unpitied, even in his tenderest years, how many a scene of woe and suffering does he pass through! Where bodily comfort is so little cared for, can it be wondered at that there is no provision made for the mind, and that spiritual things are never heard of? Is it surprising that children so reared, themselves follow their parents' steps? Can she rear her own offspring kindly, who never herself received maternal kindness? What thousands of children abound in our streets, not the offspring of the destitute alone, but of the careless, the idle, the drunken, the improvident—removed some grades from abject poverty—whose case is fully as wretched as that of the really destitute!

Have not those excellent institutions, the Ragged Schools, brought to light numberless urchins, without protector or guide, solely dependent on themselves for food, clothing, and shelter, who procure these necessaries invariably by crime—crime, committed almost in ignorance that it is such. Oh! surely it is the bounden duty of the citizens of this great empire to find a remedy for this—to feed and teach these poor abandoned ones. How to accomplish this great end is difficult, perhaps, to plan; but that it is a duty, none, I think, can deny. The poor laws are supposed to provide for the destitute; and yet how many, many thousands of poor children are without food, clothing, or moral or religious training!

Suppose that no place be permitted to be used for the purposes of Divine worship, unless also appropriated as, or provided with a suitable school-room, free to all who chose to attend, and where attendance should entitle each child to a meal (even if only of oatmeal porridge), at the expense of the community? Surely the machinery need not be very intricate, nor the expense great, to obtain such an end; and the amended characters, even such a modicum of education and food would produce, would, I think, amply repay the cost.

To you, sir, who, as a physician, no doubt must have an enlarged experience of the haunts of misery and destitution—for there disease, we know, assumes its most appalling forms, and there the unseen and unknown charity of the medical philanthropist mostly exerts itself,—to you, sir, I would appeal; for this question is not simply a moral or a religious one, but a medical one as well. Your powerful pen, wielded in such a cause, would surely procure attention; and should it be the means of alleviating the misery I have endeavoured to put before you, would it not add a halo to the fame you are so deservedly gathering, by your efforts to simplify and make intelligible to plain people, like myself, the mysteries of your profession. I am, sir, &c.

Southampton. M.

[We publish this letter cheerfully, although, to some extent, it must be considered *extra-limites*. We fear the amiable writer overrates our ability to do good; but he cannot over-estimate our zeal, in the benevolent purpose to which he has called attention.]

HARD AND SOFT WATER.

It is well known that some waters are called "hard," and are unfitted for the purposes of washing and brewing. This is owing to such waters holding dissolved in them, either chalk or gypsum (carbonate of lime, and sulphate of lime), either of which, by decomposing, renders more expensive the use of the soap, and materially retards the extraction of the sugary matter from malt. Rain-water, from the total absence of these two substances, is the "softest" and best of all water for washing, brewing, and gardening; and if proper care is taken in its collection and storing in tanks, no family need be without an abundant supply of it; for it has been determined, that sufficient rain falls on every house in England for the use of its inhabitants. Although the fall varies in amount in different districts, yet the average annual depth which falls in England is about 24 inches, or more than 12 gallons on every square foot of the roof (a gallon contains 277,274 inches); so that, supposing the roof to be 15 feet square only, more than 2800 gallons of water, or about 8 gallons per day, fall upon it in rain every year. It would tend also to the general use of rain-water, if an easy plan, which I have found very useful in Surrey, was adopted, of making rain-water pass through some white sand in its way to the tank. By this means, all the leaves, soot, and other mechanically suspended matters are removed, and the rain-water, in consequence, keeps sweet for any length of time.—*C. W. Johnson.*

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

A MILD TONIC in convalescence from fever, when the tongue has become clean, and the skin cool. Take, twenty drops of dilute nitric acid; a drachm of syrup of orange-peel; and twelve drachms of infusion of cascarilla. Mix. For a draught.

A DIURETIC for elderly persons.—Take, six drachms of the compound spirits of juniper; eight ounces of the compound infusion of horseradish. Mix. Two table-spoonsful to be taken three times a day.

LIME WATER is frequently used internally as an ant-acid; it is also useful, in small quantities, mixed with milk, in some scrofulous affections—as rickets, in children; it is sometimes employed as an injection in leucorrhœa, and as an enema for the removal of the small thread-worm. As a lotion it is most valuable. It is thus prepared: Take half a pound of unslacked lime, and three-quarters of a pint of water; put the lime into an earthen pot, and pour a little of the water upon it, and as the lime slakes pour the water on by little and little, and stir up with a stick. The water must be added very slowly, otherwise the lime will fly about in all directions, and the great heat suddenly produced will crack or break the vessel which contains it. After three or four hours, when the slacked lime has sunk to the bottom, the clear fluid may be poured off, and put in a stopped bottle away from the light. Lime water should be perfectly colourless, and brilliantly transparent.

GREGORY'S POWDER.—Take powdered ginger, one drachm; powdered chamomile, two drachms; powdered rhubarb, four drachms; carbonate of magnesia, one ounce. Mix.

AROMATIC WINE OF QUININE.—Take, of the di-sulphate of quinine, eighteen grains; citric acid, fifteen grains; sound dry orange wine, one bottle, or twenty-four ounces.

WHEN children are allowed to cry until their strength is exhausted, they sink into long and unwholesome sleep. It should be remembered that these violent efforts to gain relief, equally spoil their temper, and disorder their constitution, and that when a child's turbulent passions are so early awakened and exercised, there is reason to fear they will materially influence its future disposition.

LEMONADE.—Cut two lemons in slices, pour on them a pint and a half of boiling water, infuse for an hour in a covered vessel, then add two ounces of sugar, and strain. Or, take, one drachm of citric acid; two ounces of sugar; water, a pint and a half; spirit of lemon, one drachm. Mix, and strain.

DIETARY, WHOLESOME & ECONOMIC.

M. SOYER'S FRITADELLA, (*twenty receipts in one*).—Put half a pound of crumbs of bread to soak in a pint of cold water, take the same quantity of any kind of roast or boiled meat, with a little fat, chop it up like sausage meat, then put your bread in a clean cloth, press it to extract all the water; put into a stew-pan two ounces of butter, a table-spoonful of chopped onions, fry for two minutes, then add the bread, stir with a wooden spoon until rather dry, then add the meat; season with a tea-spoonful of salt, half the same of pepper, a little grated nutmeg, the same of lemon-peel, stir continually until very hot; then add two eggs, one at a time, well mix together, and pour on a dish to get cold. Then take a piece as big as a small egg, and roll it to the same shape, flatten it a little, egg and bread crumb over, keeping the shapes, do all of it the same way, then put into a santé-pan a quarter of a pound of lard, or clear fat, or oil; when hot, but not too much so, put in the pieces, and sauté a very nice yellow colour, and serve very hot, plain, on a napkin, or on a boarder of mashed potatoes, with any sauce or garniture you may fancy. Fritadella can be made with the remains of any kind of meat, poultry, game, fish, and even vegetables; hard eggs or cold mashed potatoes may be introduced in small quantities, and may be fried instead of sauté, in which case put about two pounds of fat in the frying-pan, and if care is used, it will do several times. This is an entirely new and very economical and palatable dish, and fit for all seasons, and if once tried would be often repeated. The only expense attending it is the purchase of a small wire sieve for the bread-crumbs. "The reason (says M. Soyer) I call it twenty receipts in one is, that all kinds of food may be used for it, even shrimps, oysters, and lobsters."

MARROW PUDDING.—Pour on the crumbs of a penny loaf a pint of cream boiling hot, cut a pound of beef-marrow very thin, beat four eggs very well with sugar and nutmeg to your taste, and mix them all well up together; you may either boil or bake it; three quarters of an hour will do it; cut two ounces of citron very thin, and stick them all over it when you dish it up.

RED SAGO PUDDING.—Boil two ounces of sago till it is quite thick, in milk, beat six eggs, leaving out three of the whites, put to it half a pint of cream, two spoonsful of sherry, nutmeg and sugar to your taste; put a paste round your dish.

TO GRILL A BREAST OF MUTTON.—Score a breast of mutton in diamonds, and rub it over with the yolk of egg, then strew on a few bread crumbs and shred parsley, put it in a dutch oven to broil, baste it with fresh butter, pour in the dish good caper sauce, and serve it up.

ADVERTISEMENTS.

In the Press, price 4d., by post, free, 6d.

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The Causes, Symptoms, and Rational Treatment.
By T. H. YEOMAN, M.D.

London: Published by the AUTHOR, 25, Lloyd Square, Pentonville; and sold by GEORGE VICKERS, Strand, and all Booksellers and Newsvendors.

Also by the same author, price 2s.; by post 2s. 6d.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

☞ WE particularly request Correspondents who do not attach their proper names to their communications, to avoid all such signatures as "a Subscriber," — "Constant Reader," — Well-Wisher," &c. Where the correct name is not given, it will insure the identity of the "answer" to the query proposed to us, if our correspondents add the name of the town or street from which they write: thus—O. P. Q. (Bath)—DELTA, (Manchester Square).

"ADVICE GRATIS."—Prescribing Druggist *loquitur*—"Now, ma'am, take these three pills,—they will do you good—price 3d.; and this mixture, ma'am,—price 2s. 9d." *(Aside, to Mr. Cardamoms)*—"That will do me good."

A STRANGER IN LONDON.—One route from Temple-Bar to Kensal Green Cemetery is by the way of Holloway's pills

JUVENIS (Maidstone).—Your letter displays sufficient good sense to convince us that you only require to know what is proper, to do what is proper. Say where a private note will reach you.

J. B. L. (Aldgate).—Separate the toes by means of cotton wool; after using a poultice, bathe the toe with strong vinegar and water.

A YOUNG WOMAN.—Apply frequently to the wound a small quantity of the tincture of benzoin; avoid eating salted or acid viands, and all that can irritate. You will see a hint that may be of service to your friends, should you again have a fit, in the second number of our Journal.

T. B. (Stratford).—Employ a stimulating embrocation, as the one published in No. 2.—Hold the foot occasionally under a pump. Use plenty of friction.

HENRY WILSON (Halifax).—We will take an early opportunity of making use of your communication.

J. M. (George's Row).—Apply to Mr. Smartt.

R. G. O. (Ryde, Isle of Wight).—Not so nutritive as the yolk.

EMMA (Manchester).—Read the articles on Indigestion. You will find an excellent tooth powder, prescribed by Mr. Smartt, in No. 6.

J. W.—The London Orthopœdic Institution is in Bloomsbury Square. Mr. Lonsdale, the surgeon, is most successful in his management of deformities, especially of "club feet."

T. B. (Mark Lane).—See answer to Robert Hawson, in No. 7.

F. M. C, (Manchester).—Move the bowels gently with castor oil, or confection of senna; apply warm fomentations, and use the ointment prescribed in No. 2.

MURDER FROM QUACKERY.—At Preston, a man was killed by a dose of cayenne pepper and herb tea, administered by a quack. In Burnley, Martha Lord, aged eighteen, was also killed by a quack, who prescribed a decoction of heterogeneous herbs.—*Sunday Times*, February 24th. Can any of our readers favour us with authentic information in reference to these murders?

COD LIVER OIL.—An order was lately presented at one of our leading drug houses for "four gallons, oil of sweet almonds," when the following conversation passed between the clerk and the bearer of the order: *Clerk*—Who is this for? *Lad*—Mr. ——. *Clerk*—Is he a druggist? *Lad*—No, sir. *Clerk*—What is he, then? *Lad*—*Cod-liver oil maker*, sir. [The present price of almond oil is one shilling per pound; the price of cod liver oil is —— truly, we don't know—perhaps 300 per cent dearer than almond oil.]

W. C. (London).—Apply cold cream, or elder-flower ointment to the sore nose; use a cambric kerchief. Move the bowels sharply with six grains of the compound extract of colocynth, and three grains of calomel, in the form of three pills, and let this be followed by a wine-glassful of the compound decoction of aloes every morning.

A. O. W.—Tell us the cause, we will then suggest a remedy.

A WAREHOUSEMAN.—We are "at home" every day until 1 o'clock, Sunday included.

P. M. (Maryhill).—Your note is deficient in detail.

JOHN BAKER (Wharton Street).—Diet, plain animal food—not any fish or salted meats; eat plentifully of water cress; do not use irritating soap; a powder-puff will give you ease. Take Epsom salts, one ounce; cream of tartar, four drachms; bruised ginger, half a drachm; boiling water, one and a half pint; Strain—Dose, a wine glassful early every morning, and a five-grain compound rhubarb pill, twice a week.

T. G.—We cannot prescribe for a skin disease merely diagnosed by yourself.

D. D.—(Anglesey).—We are sorry that you did not look before you leapt. The poetical quack—or rather the quack who quotes poetry—is only superior to the Manhood and Self-Preservation gentry in the possession of a diploma, which he defies.

OMERON.—See answer to JOHN BAKER; in addition to the treatment there advised, take a warm bath at 96°, twice a week, and use a flesh brush daily.

DEAFNESS (Louth).—Glycerine may now be obtained of any respectable druggist. We have much faith in its utility in many cases of deafness. It is thus employed: the ear or ears should be carefully cleaned by means of cotton held between the blades of a pair of forceps, and dipped frequently in warm water; the canals are afterwards to be rubbed with dry cotton held the same way. The glycerine is then applied by the same means, the cotton being well soaked in it, care being taken to apply it direct to the tympanum. The glycerine should be used three or four times a week.

T. WILLS.—We grieve for you—we rejoice for ourselves. No 2 of our Journal is out of print, and will shortly be reprinted. The reprint of the articles on Indigestion, in a small volume will, we hope, diminish your disappointment.

A. Y. Z. (Hammersmith).—Caution, not despair. We must see you.

P. OWEN (Eccles).—The person about whom you inquire, is an irregular practitioner. If a man is a tanner, he can't be a physician. You will see a remark about deafness in another part of this column.

WE have hitherto refrained from soiling our pages by any allusion to those despicable wretches who allure victims to their dens by means of handbills delivered in the streets. The correspondence in reference to this class of quack villians so accumulates, that we cannot avoid noticing them. We have now before us a detail of robbery, injury, and conspiracy, committed by a gang who have their resting-place in Bartlett's Buildings, Holborn: also a cruel case of extortion perpetrated by a quack of similar grade, residing in Great Queen Street. In our next we shall, *we must*,—even at the risk of offending the delicacy of some of our readers, expose these vampires, who feed on the credulity, fears, and ignorance of their dupes.

SPORSON (Hanley).—Laudanum, as a constant remedy, is injurious in all chest diseases; it will arrest the cough for a time, and check the expectoration, but it does not remove the cause of the cough, nor the secretion of the expectoration, which accumulates in the bronchial tubes and "clogs" the lungs. Any expectoration tinged with blood cannot be considered otherwise than a dangerous symptom. Looking at the case altogether, we must add that it is one that merits the greatest caution.

THE PROVINCIAL PRESS.—We beg respectfully to tender our best thanks to the Editors who have generously criticised our JOURNAL. It shall be our endeavour to merit their continued approbation.

The Journal is published in Monthly Parts, and is ready for delivery with the Magazines.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Wednesday, and can be obtained in every town in England on the day on which it is dated. The JOURNAL is printed on Tuesday, consequently letters received after 12 o'clock on Mondays, cannot be noticed in the Current Number.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person or by letter:—GEORGE DAWSON. T. R. (Salford). A JUNIOR CLERK (New Inn). ANN MORGAN (Old Broad Street). A. B. (City). MARTHA JAMES. A POOR TAILOR (Romford). MR. ABBOT. CATHERINE (West End). A MILLINER (Great Portland Street). O. P. Q. W. INGLIS. FIESCO. RUPERT (Hounslow). ST. NICHOLAS (Newcastle). MRS. BURT. A CUSTOM HOUSE OFFICER. ROBT. HEARTLEY. R. WATTS (Chatham). P.P. (Bradford). MRS. ROBINSON (Peckham).

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AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

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ILLUSTRATIONS
OF THE
DEFECTIVE STATE OF THE LAW OF LUNACY,
WITH
SUGGESTIONS FOR ITS AMENDMENT.

"During the troubles of the 15th century, a rack was introduced into the Tower, and was occasionally used, under the plea of political necessity; but it would be a great error to infer, from such irregularities, that the English monarchs were, either in theory or in practice, absolute. We live in a civilised society, in which intelligence is so rapidly diffused by means of the press and the post-office, that any gross act of oppression, committed in any part of our island, is in a few hours discussed by millions. If an English Sovereign were now to immure a subject in defiance of the Writ of Habeas Corpus, or to put an English subject to the torture, the whole nation would be instantly electrified by the news. In the Middle Ages the state of society was widely different. Rarely, and with great difficulty, did the wrongs of individuals come to the knowledge of the public. A man might be illegally confined during many months in the Castle of Carlisle or Norwich, and no whisper of the transaction might reach London. It is highly probable that the rack had been many years in use before the great majority of the nation had the least suspicion that it was ever employed."—*Macaulay's England*, Vol. I., p. 33.

The account which the learned historian here gives of the wrongs and cruelties which might be inflicted upon individuals some centuries ago, and the causes which must prevent their recurrence in this more enlightened age, contrast strangely enough with those cases of injustice and oppression, which, in connection with the administration of the law of lunacy, have recently been brought to light in our public courts. The historical eye recognises at once the outward and visible landmarks of social progression on the great highway of legislation; but statutes frequently and almost surreptitiously spring into existence in the secret by-ways of legislation—so to speak—which are arbitrary and cruel in their operation, and with the provisions of which the public is little acquainted. They are concocted by men who are mere theorists, and who do not understand practically the subjects upon which they legislate. This is eminently the case with the Act 8 and 9 Vic. c. 100, "An Act for the Regulation of the Care and Treatment of Lunatics;" and we doubt much if our accomplished historian, amidst all his immense and diversified stores of research, could find any enactment so incongruous and intolerant, even among the obnoxious statutes which were passed during the flagitious reign of James I.

This Act of Parliament passed with little or no discussion, and without any opposition, through the House of Commons and the House of Lords, in the session of 1845. The subject probably excited little attention and less interest; for, so slowly are the sympathies of the world excited in behalf of this class of sufferers, that while the trial and conviction of a political demagogue might raise a ferment throughout the island, the poor lunatic might remain within the gloomy precincts of Bethlehem or St. Luke's, chained by his waist to the wall, or with his arms fixed and pinioned on his chair of suffering, a more abject prisoner than ever pined away in the cells of the Inquisition. We are told, it is true, that a brighter day has dawned; but, when we come to investigate this matter, it would appear, that so tardy has been the progress of legislation for the amelioration of the condition of the unbefriended lunatic, that while our French neighbours could long ago boast of an admirable system of management, and of hospitals which have served as models for imitation throughout Europe, our institutions, public and private, have lagged behind the progress of science, and the theory of legislation seems to have consisted only in devising forms of statistical returns, which are so meagre and unmeaning, and which require so little sagacity to keep, that, instead of demanding the supervision of a Board of Commissioners in Lunacy, they might just as well be kept in order by a board of custom-house clerks. But the lunatic is, in France, a State-care; in England and Wales he is a cast-off encumbrance, left to the mercy and caprice of irresponsible individuals, who too often prey like wreckers upon the little remnant of whatever fortune he may possess. There is no mendicant in so pitiable a condition. His malady not only deprives him of his social rights, but removes him beyond the pale of humanity; for, immured within the walls of an asylum as impenetrable as were those of Carlisle or Norwich, or any fortress of the middle ages, no one cares to heed what may be his treatment or his sufferings; nor is a whisper as to his real condition suffered to escape. It therefore becomes a matter of serious importance—nay, of public duty—to ascertain upon what principles persons are pronounced to be insane, and whether the forms prescribed by the Act are sufficiently well devised and guarded to protect the liberty of the subject.

Before a private patient can be legally detained in any house, there must, according to the 45th and 46th sections of the Act, exist an order for the reception signed by a relative or friend,—and two medical certificates, signed by two medical practitioners, each of whom has examined the patient separately; after which the Medical Superintendent of the Asylum, when the patient has been confined seven days, forwards a third certificate, describing his mental state and bodily health and condition. In theory these different certificates may appear very valid and conclusive evidence in proof of any person's insanity; but when we examine their real and intrinsic value, it is only marvellous to think that such documents should be recognized as legal instruments at all! Here we have to begin with an order requesting the proprietor of a lunatic asylum to receive a person as a lunatic into his house, signed by a relative or friend, who may have the most cogent motives for wishing such a person to be shut up. It seems never to have entered into the head of the Solon who devised this extraordinary piece of legislation, that the relation signing this order of reception might be governed by impure or criminal motives. He is required, therefore, to take no oath—make no deposition—attest no affidavit; but can sign away the liberty of his "fair kinsman" with as much felicity and as little form as he may use in drawing out the most simple household memorandum. In what other court in the kingdom would a document so irresponsible in its consequences be received? Again, we do not charge the medical men signing such certificates, even wrongfully, in any case, with fraud, collusion, or conspiracy; but it is notorious, that among the vast number of medical practitioners—some highly, some imperfectly educated; some very talented and discriminating, others slow and impervious to impressions—the diagnosis between sanity and insanity may be very hastily and imperfectly made; yet are these certificates tantamount to a warrant for the absolute deprivation of social rights and personal liberty. There are few men who, even in their sound senses, would like to abide by the judgment of so irresponsible a tribunal—nay, we may go further, *quoad* the knowledge of our profession in this matter, by stating a fact well known to the Commissioners in Lunacy, that these very certificates are frequently so imperfectly drawn up that they are constantly sent back for revision and amendation. We do not accuse, however, the profession generally, either of ignorance or collusion; but we maintain that the forms prescribed by the Act 8 and 9 Vic., cap. c., do not afford sufficient protection for personal liberty; in ex-

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emplification of which we will cite an illustration, the details of which may, to a certain extent, be supposititious; but the outline will convey a veritable likeness, which will not fail to be recognized by all those who have had any experience in the management of private lunatic asylums.

A gentleman about forty years of age, having neither profession nor fortune, married a few years ago, a lady somewhat older than himself, who enjoys in her own right about £400 per year, which is paid to them by her trustees for their conjoint maintenance. The husband is fond of society; his wife being a little *passée* prefers sitting at home, where their life is chequered by those domestic storms which spring up as suddenly as they subside, and prevail, it is said, more or less, in all quarters of the globe. Unhappily, the lady was by birth more highly connected than her husband; hence a constant disparity in tastes and opinions; she had been, also, on account of her personal attractions, a spoilt child, and had acquired almost every accomplishment, excepting the art of governing her temper. She was therefore the Xantippe of her own domestic hearth, where she might have exhausted the philosophical patience of Socrates himself. The husband would gladly have left her, but then her income was the pecuniary chain which bound him, like Ixion, to his wheel of torment. There was—so it appeared to him—no escape, until, one evening, a wily lawyer suggested to him, that he might easily enough shake off his matrimonial burthen, yet still preserve its only advantage—his wife's income. "But how? In what way?" "By getting her shut up," was the reply, "in a madhouse; nothing can be easier, if you only know how to set about it:" whereupon followed a conversation, the tenor of which may be easily inferred from the circumstance that a few evenings afterwards the worthy husband presented himself at the gates of a lunatic asylum in the neighbourhood of London, and asked to see the proprietor. He is forthwith introduced to him, and gives a very exaggerated and *ex-parte* account of his wife's state of mind, professing, all the time, the most ardent affection for her. Hereupon the proprietor of the asylum sympathises with him, and tells him, that the best authorities in lunacy are now convinced, that the disease is most readily curable in its incipient and early stage, and that she should be placed immediately under medical treatment. "And how is this to be done?" The Proprietor rises, goes to his writing-desk, and produces a bundle of printed folio papers. "There (he observes) are the forms for the admission, which may be bought by the quire at any law stationer's. You have to fill up the first page, entering, at the places marked, the particulars required—her Christian name, age, social condition, place of abode, religious persuasion, &c., and direct the order for her reception to me." "This can easily be done," cries the husband, cheerfully. "You must then get two medical men to visit her separately, when she is in one of her paroxysms, who will fill up these certificates on the opposite page; so that there is no difficulty in the matter. When was she last in one of these states?" "Oh!" replies the husband, "she was in a high state of exaltation when I left her, and I shall find her certainly in all her glory upon my return." "Then," said the Proprietor, thoughtfully, "you had better call in a couple of medical men on your way home. We can receive her here at any time—even at midnight—in fact, noisy patients are better brought at night, it saves exposure in the public streets."

Here, again, we wish that the sections of the Act 8 and 9 Vic. c. c., should be brought closely to bear upon every step of this narrative. Nothing has been done, or shall be done in the slightest degree illegal, and yet, under the very provisions of this Act the lady will be made unjustly a prisoner. "The Sovereign," says Macaulay, "cannot now-a-days immure a subject in defiance of the writ of *habeas corpus*." No; but any relation or friend, who will sign such an order as the above, backed by a couple of medical certificates, can do so, and without the interposition of any judge or jury. But to proceed. Upon arriving near his own house, the husband steps round the corner into the shop of an apothecary, and affecting the greatest distress, tells him that his wife is in a state of mental derangement—nay, he proves it by relating a thousand acts of indefensible violence and irrationality, and winds up his case by stating, that, under the best medical advice, he has been to a lunatic asylum, where he has arranged the terms for her admission, and, producing the printed paper, he requests the apothecary will kindly step across, and certify the state in which he finds her. He consents, and they proceed. The parlour door opens, and she stands before them both, flushed and indignant. "What! intrude upon me a strange man in my *deshabille!*" and never wind whistled louder in the shrouds of a man-of-war than did her voice round the corner of that small room. The husband—to satisfy the 45th section of the Act—precipitately retired, leaving the apothecary to deal with her alone, who had not the sagacity to discover that some portion of this *hysterica passio* was perhaps due to a certain quantity of wine, which her husband, anticipating the consequences, had considerately left within her reach. In a soft and silken tone of voice, the apothecary, approaching her gently, says, "My dear Mrs. B., don't you know me?" at the same time endeavouring to pat her playfully on the shoulder. She starts from him with all the gestures of a tragedy queen, flings open the door, and orders him, upon peril of his life, to leave the house! The apothecary, too happy to effect his escape, hastens out of the room, and turning round the corner of the passage, is beckoned by the husband into the adjoining study. "She is in a dreadful state," exclaims the husband. "Very sad," adds the apothecary, and thereupon he fills up the printed medical certificate, which runs as follows:—

"I, William Dioscorides Cullen, being an apothecary duly authorised to practise as such, hereby certify, that I have this night, separately from any other medical practitioner, visited and personally examined A B, the person named in this statement and order, and that the said A B is a lunatic, and a proper person to be confined, and I have formed this opinion from the following facts, viz., that she is labouring under great cerebral excitement, very noisy and incoherent, and appears to be dangerous to herself and to others.

"Name,—William Dioscorides Cullen,

"Place of abode ——————— street.

"Dated, this Twenty-eighth Day of October, One Thousand Eight Hundred and Forty-eight."

All this (*vide* schedule c. sec. 45) is in strict form. To obtain the second medical certificate the husband crosses the road, and calls upon a very worthy Member of the College of Surgeons, to whom he relates the grievous calamity that has befallen him. He dwells upon the perfection of his wife, if she only had retained her senses; he enlarges upon the deep affection he entertains towards her, and the distress which her removal to an asylum will give him; he explains that her fatal malady has been progressing gradually ever since the very day of her marriage, and now that the poor creature is so completely estranged from herself that he would hardly know her to be the same person; he thinks her attending a Methodist Chapel imbued her mind with some religious delusions which forbade her leaving her fireside; and he has observed, that at about the change of the moon she has always one of these maniacal paroxysms under which she is now labouring; finally, he implores him to step over the way, and certify according to his conviction, lest she do herself, or him, or some of the servants, some bodily harm during the night. The friendly surgeon consented to see her; but, when the parlour door was thrown open, and another man unceremoniously walking in, she was literally frantic. She stood before him in the attitude of a fury, her hair hung dishevelled round her neck and shoulders, for she was undressing to go to bed; her face was flushed; her eyes, which were injected, seemed to flash fire from their inmost sockets; and her quivering lips only half-articulated the torrent of invective which she tried to utter. In vain did the surgeon attempt to appease or soothe her; she would hear nothing he had to say, and certainly answered him very incoherently; she said that her husband was not her husband; that she was under the anathema of her family; that she was married and not married; that she should be goaded to kill him first and herself afterwards. In truth, she had the physiognomy and demeanour of a mad woman in the eyes of any person who might not look a little deeper into the secret cause of her excitement, or who had not an opportunity of visiting her more frequently; for, be it observed, that a single and short visit from a physician, surgeon, or apothecary, is sufficient to justify his signing the certificate prescribed by the Act. The surgeon, we need scarcely say, was conscientiously satisfied, and wrote the following certificate:—

"I, Robert Hunter Parry, being a Member of the Royal College of Surgeons, duly authorised to practise as such, hereby certify, that I have this night, separately from any other practitioner, visited and personally examined A B, the person named in the accompanying statement and order; and that the said A B is a lunatic, and a proper person to be confined; and I have formed this opinion from the following facts, viz, that she is obstreperous and violent, abusive and incoherent, and is said to labour under religious delusions, and threatens both her own and her husband's life.

"Name,—Robert Hunter Parry.

"Place of abode ———, Great ——— Road.

"Dated this Twenty-eight Day of October, One Thousand Eight Hundred and Forty-eight."

We have now all the forms completed which are prescribed for the transference of any one of Her Majesty's subjects into a lunatic asylum.

The husband now hastens, with this warrant (if we may so designate it) in his hand, to the proprietor of the asylum; who looks over it very much as the governor of the Bastile may be depicted examining one of the *lettres de cachet*, signed by Louis XIV. And is not the document itself, to all intents and purposes, a *lettre de cachet?* The person accused of being insane is kept in utter ignorance that such a process is pending,—nor is it necessary to reveal who signed the order of reception, or either of the medical certificates. On the contrary, it is the general rule in all asylums to refuse any information on these points; and patients are constantly heard hazarding all manner of conjectures as to who can possibly be the authors of their detension! The proprietor, glancing over the signatures, observes that it is all *en règle*; and forthwith gives orders that a stout Amazonian attendant, and an ex-police-man recently engaged as keeper, shall go with all possible expedition for the refractory lady, taking along with them a strait waistcoat, straps, pair of wrist-locks, &c. With all due diligence—as fast as the asylum horses can keep pace—the attendants proceed, but do not arrive at the house of the unfortunate lady until she is in bed and asleep. Her attentive servant, being on the watch, opens the street door quietly, and shows them directly up to her mistress's bed-room. They soon rouse her from her slumbers, telling her she must get up and go with them. "What!" cries she, "are you going to murder me? Help! help!"—but she can only oppose a feeble resistance to her powerful assailants. They soon pull her out of bed,—hurry on her day-clothes clumsily over her night-dress,—and, in accordance with a humane suggestion of the male attendant, that they had better put on the strait waistcoat to prevent her breaking the windows of the carriage and cutting herself, as well as to keep her warm, the course brown holland sack is pulled over

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her, and her hands drawn into its long sleeves, which are secured by tape-strings tied three or four times under her arm-pits. In this helpless state, kicking and plunging as well as she could,—calling for help and screaming,—she is carried down and thrust into the vehicle at the street-door. A policeman upon duty comes up to know what is the matter, when the male attendant draws himself up with the air of a man of authority, and, producing his *lettre de cachet*, says, "By order, of the Commissioners in Lunacy—a mad lady—carrying her away to an asylum." The policeman looks over the printed paper, which he does not understand, supposes that it is all right, and desires them to shut the door and drive away as quietly as possible. Arrived at the asylum—which the husband has only just left—they alight, and the patient is ushered into a small parlour, where the matron, proprietor, and superintendent receive her. "Where am I," she cries in distraction, "Who are you?" "What are you?" In reply to which, the matron, assuming a winning manner, says, "Poor child! let us take this nasty thing off" (meaning the strait-waistcoat,) which the attendants begin to untie, and as the sleeves are loosened, and she emancipates her arms from the restraint, "Oh!" she exclaims, "give me pen, ink, and paper—let me write to my sister or brother." "A cup of tea, my dear," says the matron, "will do you more good!" "Oh no!" she ejaculates, "let me see a magistrate, a clergyman—are there no police?" "A shower-bath," whispers the proprietor, "will be of service." "Not yet," interposes the superintendent, "she'll be quiet presently!" And, at length, after a great deal of argumentation, persuasion, and circumlocution, intermixed with remonstrance and some threatening, the poor creature is half led and half carried up stairs, when she might have been put to sleep in a dormitory surrounded by *other* lunatics, had not her husband *generously* been induced by the proprietor (who made an extra charge for it) to allow her a private room, which was about the size of a cell in a common gaol, with a narrow iron bedstead running along the side of the wall, covered with the usual quantity of bedding. Here she was quickly undressed, and, lying down on a harder mattress than she had been just torn from, thoroughly exhausted, she fell into a disturbed and unrefreshing sleep. She awoke in a few hours, and raising her head wistfully from off her pillow—in the grey dawn of the morning—she looked around the narrow room with a shudder; there was no furniture excepting a chair in it, and the window, which was high up in the wall, she perceived was secured with iron bars;—she remembered all that had transpired the previous night, for the fumes of the wine had vanished and the excitement of her over-sanguine temperament had subsided, and she sat up in her bed alone, contending with her grief and asking within herself—"Who hath done this?" "Can it be he!" "By whose authority am I here?" Alas! poor lady! These are but vain questions, which it will behove none to answer. A sudden apprehension of some heavier calamity fell upon her, and, in a state of utter bewilderment and dread, she burst into tears and laid her head down upon her pillow with a bursting brain and a breaking heart! Talk of "the rack having been in use in England before the great majority of the nation had the least suspicion of it,"—what excruciating mental tortures have not been inflicted by the cruel operation of this Act of Parliament! (8 and 9 Vic. cap. c.) "The wretch," says Junius, "who suffers on the rack is passive;" but when the mind is so tortured, humanity sinks under the greatest possible amount of suffering.—*Medical Times.*

GOUT.

BY THE EDITOR.

THE origin of the term "gout" is little known, or rather is almost forgotten; in French it is termed *goutte;* in Latin, *gutta;* and here, probably, we may trace its derivation to the ancient theory that the disease arose from a disposition of some morbid "drops" in the joints. Gout has obtained distinctive names according to its seat; thus, it is called *podagra*, when in the feet; *chiragra*, when in the hands; and *gonagra*, when in the knees; and these several forms are now included in the term *arthritis.*

Gout is characterised by pain, inflammation, and swelling of the smaller joints, which inflammation never suppurates; it returns after intervals, and is often preceded by, or alternates with, disorder of the stomach, kidneys, or other internal parts. The resemblance between gout and rheumatism is so close that the one is often mistaken for the other; both attack the same structures; the terminations of the two diseases are similar, and they have a mutual tendency to affect some internal organ by *metastasis;* that is, by suddenly changing their situations. The leading points of difference between the two diseases are to be found in the joints principally affected:—in gout, the small joints are attacked; in rheumatism, the large; the latter mostly begins in the shoulders or elbows, gout always begins in the foot or ankle; gout is hereditary, rheumatism is rarely or never so; gout, in nine cases out of ten, is connected with a dyspeptic state of the stomach,—in rheumatism, indigestion is only occasionally met with.

Gout is a disease of the system, dependent on a peculiar diathesis, or state of the constitution, transmitted from generation to generation. In some instances, however, it is original, as there are many persons in whom this complaint makes its appearance, who can trace no such affections in their ancestors; and as such persons are specially distinguished by a habit of indolence, luxury, and indulgence, particularly in the pleasures of the table, it is from this habit that the gouty diathesis is supposed to originate. Gout or a gouty diathesis may remain dormant, and not discover itself for years, till it meets with some occasional cause of excitement; indeed a man born of gouty parents may pass through a long life without ever being attacked, whilst his child may become a martyr to the disease. Gout is a complaint of the middle and advanced periods of life, and is rarely met with until the age of thirty-five; when it occurs at an earlier age, it is in those individuals who possess a strong hereditary predisposion, and to whom the exciting causes have been strongly applied. Dr. Heberden, whose experience in gout was probably more extensive than that of any physician who ever lived, never saw an instance of the disease before puberty. Women are seldom afflicted with gout; when it does appear, a decided hereditary predisposition will invariably be met with, acquired from the mother's as well as the father's side: those who are attacked are generally robust and healthy-looking, and possess a masculine frame. A gross and corpulent habit of body, with fulness of the veins, and a relaxed or loose state of the muscles, a circular chest, short neck, and broad head, are the outward physical signs that denote a tendency to gout; it is seldom found in those who have a large or high forehead. Occasionally persons who are the very reverse of this formation of body are prone to the disease, and we may meet with it in extremely thin, spare, and emaciated subjects. According to Hippocrates, eunuchs are not liable to gout.

The exciting and occasional *causes* of gout are numerous; for when the diathesis exists strongly, almost anything that is capable of producing a general disturbance in the system, or of throwing it off the balance of ordinary health, is sufficient to become a cause. Whatever induces a state of irritability and weakness in a plethoric habit of body must ever be considered a chief cause of the paroxysms; therefore, excess in eating—excess in the quantity, and richness in the quality of food—intemperance, particularly in the use of *ascescent* wines, are probably recognised as the progenitors of the disease. The wines which most favour a tendency to gout are champagne and claret; spirits are said, by some, to prevent the disease; and a great authority, Dr. Elliotson, writes, "I hardly know an instance of a person, who has committed a great excess in spirits, labour under this disease, although wine drinkers have it every day." We, however, can call to mind some cases of gout occurring in confirmed topers, who indulged only in "Old Jamaica," "Old Tom," and "Cognac." Excess in all sensual pleasures invariably entails upon the votary some severe bodily punishment. There is a Greek epigram, which may be thus translated: "Of limb-relaxing Bacchus, and limb-relaxing Venus, is born a daughter, the limb-relaxing Gout." The truth of this, and a similar doctrine, contained in the adage, "Bacchus pater, Venus mater, et Ira obstetrix Arthritidis," is confirmed by the testimony of succeeding ages. Violent emotions of the mind, particularly the depressing passions, as grief and terror, frequently bring on an attack; on the contrary, some instances are recorded in which gout has been immediately expelled by the influence of an unexpected fright.

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An old author relates of one of his patients suffering under a paroxysm of this disease, that having his feet and legs wrapped in poultices of turnips, a hog entered his room, and beginning to feed on the turnips, so alarmed him, that he begun to race and jump, and all his gouty pains straightway vanished. Among the other causes may be enumerated intense study, and severe application of the mind, protracted so as to break in upon a due allowance of sleep; sudden exposure to cold when the skin is in a state of perspiration; cold or wet applied to the feet; great labour of the body, producing excessive fatigue; accidents, as sprains or contusions of the joints; excessive evacuations of any kind, or their sudden suppression; the imprudent use of cold flatulent fruits and acidulous drinks; and, lastly, very sudden changes in the manner of living, not only from a low to a full diet, but, what is of great importance in practice, from a full to a very spare diet.

Gout attacks the rich more than the poor: it is a fashionable complaint; it is by some considered a creditable disease—they long for it; and declare they have it when they have it not! Strange fatuity! Gout seldom attacks those who are employed in bodily labour, who live much upon vegetable ailiment, or take no wine or fermented liquors. Fulfilling the axiom, "live upon sixpence a day and earn it," is an excellent preventive. Van Swieten states, that the gout was unknown in Holland till wine was substituted for beer; and in Turkey, where wine and fermented liquors are not used by the common people, the disease is altogether unknown. According to the same authority, some people, who after being in comfortable circumstances, have been reduced to labour for their sustenance, and to exchange a luxurious table and indolence, for a spare diet and activity, have never suffered from gout again. He mentions particularly the instance of a certain priest, who enjoyed a rich living, and had been an old and constant sufferer from gout; but happening to be taken by the pirates of Barbary, he was kept constantly at work for two years; "which had this good effect, that afterwards, when he was ransomed from captivity, having lost all his troublesome and monstrous fatness, he never once had a fit, though he lived several years after the event." This and similar examples, related by Schenckins and more recent observers, confirm the remark of our late talented townsman, Dr. Bateman, that "much exercise will often counteract the influence of intemperance, and when combined with temperance will counteract even the hereditary disposition to the disease."

Whether particular climates or countries are more disposed to favour the existence of gout than others, independent of the occasional causes to which we have adverted, may be doubted; such an opinion, however, has prevaled in most ages: thus, among the Greeks, it was a popular belief, that Attica was the hot-bed of gout, as Achaia was of opthalmia—

> "Gout clogs the feet in Attica, the sight
> Fails in Achaia."—LUCRETIUS.

In more recent times we learn that China is exempt from the gout; certain it is that the disease is by no means common in hot climates, and that the summer in this country materially diminishes the number of cases. It may be laid down as an universal rule, that the *first* attack of gout occurs in the months of January and February.

Gout, in its regular form, is a genuine inflammatory affection of the fibrous membranes, running a defined course, and attended by the common symptoms of inflammatory fever. In this, the regular, or acute species of the disease, there is considerable pain, swelling, and inflammation of the affected joint, which continues for several days, then gradually resolves, and leaves the constitution in its usual, or even in improved health. As in other inflammatory affections, there is also a chronic form of the complaint, called in common language, the *irregular* gout, or *atonic* gout, or *lurking* gout, by reason of its regular symptoms being disguised, and lurking in the constitution, and thereby producing derangement in the digestive or other functions, with only a slight and temporary affection of the joints. To these two forms of the complaint may be added a third, namely, the *retrograde*, *recedent*, or *misplaced* gout, in which a metastasis takes place to some internal organ, thereby fixing the disease in the stomach, heart, &c., instead of in the joints, and giving rise to symptoms either of visceral congestion, or of inflammation.

(To be continued in our next.)

PHARMACOLOGY.

THE knowledge of the properties of remedies, their action, and doses, and the application of this knowledge, constitutes the basis of *the art* of healing; and as such an amount of information should be in the possession of every educated person,—less, however, for the purpose of drugging himself than for the purpose of assisting him to go hand-in-hand with the physician in the hour of sickness,—we propose inserting a few articles on the *materia medica*, and the science of therapeutics.

Remedies may be divided into, first: ALIMENTARY MEDICINAL AGENTS,—(a) *Diluents*; (b) *Demulcents* and *Emollients*. Second: EVACUANTS,—(a) *Diaphoretics*; (b) *Errhines*; (c) *Sialogogues*; (d) *Expectorants*; (e) *Emetics*; (f) *Cathartics*; (g) *Diuretics*; (h) *Emmenagogues*. Third: LOCAL AND GENERAL STIMULANTS,—(a) *Epispastics*; (b) *Deobstruents* (stimulating the lymphatics); (c) *Astringents*; (d) *Tonics*; (e) *Carminatives*; (f) *Antispasmodics*; (g) *Narcotics*. Fourth: CHEMICAL AGENTS,—(a) *Acids*; (b) *Alkalines*; (c) *Refrigerants*.

I.—ALIMENTARY MEDICINAL AGENTS.

DILUENTS are watery liquids, which, being absorbed into the circulating mass, increases the fluidity of the blood. They are employed in febrile and inflammatory diseases; the following list comprises the chief of this class of remedies. Water, tea, barley-water, oatmeal gruel, milk whey, diluted lemon-juice, infusion of tamarinds, supertartrate of potash and sugar, (imperial,) small, very small, beer, soda-water.

DEMULCENTS and EMOLLIENTS are those medicines which obviate the effects of acrid substances; either by enveloping them in their mucilaginous particles, or by previously sheathing the surface to which they are applied. Emollients are analogous, in their action to demulcents; but they also act by insinuating themselves amongst the particles of the solids, and in this manner diminish their cohesion. Of this class are the decoction of the leaves of the common mallow, mucilage of gum arabic, extract of liquorice-root, sago, tapioca, cassava, arrow-root, decoction of Iceland moss, barley-water, infusion of linseed, olive oil, hartshorn, isinglass, honey, wax, spermaceti, mutton suet, lard.

II.—EVACUANTS.

DIAPHORETICS.—Under this title is comprehended all medicines calculated to promote a discharge by the skin, either by insensible perspiration, or by sweat. The term "diaphoretic," is often applied by authors to the first, and "sudorific" to the second. Some of these agents produce their effects by exciting the general circulation; others by causing an excitement of the perspiratory vessels, through sympathy with the stomach, or by some peculiar action on the cutaneous nerves. Those causing "insensible perspiration" are:

Guaiacum (lignum vitæ).—A zygophyllacious plant imported from St. Domingo. Parts used—the wood, resin, and bark: the wood in the form of shavings, wherewith to form decoction; the resin, or as it is improperly called, the gum, to make the tincture, and compound tincture of guaiacum. Dose, of the former, one to three drachms; of the latter, half a drachm to a drachm. The bark is not recognised in England.

Sassafras.—A tree of the order Lauraceæ. Part used—the wood: the beverage called "saloop" consists of sassafras tea mixed with milk and sugar; it is the chief ingredient in the compound decoction of sarsaparilla.

Sarsaparilla.—A tree or shrub, like a bramble or vine, imported from Jamaica, the Brazils, and Honduras. Part used—the root. It is prepared in the form of decoction, compound decoction, and extract. Dose of the decoction, three or four ounces, twice or three times a day—of the extract, ten grains to a drachm.

Senega.—The root of the polygala senega; native of the mountainous parts of the United States; it is called "snake-root," from its having been employed by the Seuegaroo Indians, as a remedy for the bite of the rattlesnake. Part used—the root. Ordered to be made in the form of decoction. Dose, a wine-glassful two or three times a day. It is also an expectorant and diuretic.

Liquor of the Acetate of Ammonia, prepared by adding the sesqui-carbonate of ammonia to acetic acid to saturation. Dose, two drachms to half

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an ounce, in water or camphor mixture. It is also useful in some disorders of the eye, in the form of lotion or collyrium.

Liquor of the Citrate of Ammonia, is prepared by adding lemon-juice to the sesqui-carbonate of ammonia, as above.

Sulphur Sublimatum, commonly called "flowers of sulphur," from its occuring in the form of a bright yellow powder. Dose, half a drachm to a drachm.

Those sudorifics causing "sensible perspiration," or "sweat," are—

Ipecacuanha.—The root of the *cephaelis ipecacuanha;* native of the Brazils and Peru. Employed in the form of powder, compound powder, wine, and compound pill. Dose, of the powder, half a grain to four grains; in larger doses it is emetic; of the compound powder, five grains to a scruple; of the wine, twenty to forty drops—in larger doses, it is emetic; of the compound pill, five to ten grains.

Opium, is the juice which exudes from incisions made into the half-ripe capsule of the papaver somniferum. It is imported from Turkey, and India. It is employed officinally in the *confection* of opium, which contains one grain of opium in thirty-six grains of confection. *Soap pill with opium*, which contains one grain of opium in every five grains. *Powdered chalk with opium*, two scruples contain one grain of opium. *Compound Ipecacuanha powder*, (Dover's powder.) ten grains contain one grain of opium. *Compound kino powder*, twenty grains contain one grain. *Tincture of opium*, (laudanum,) nineteen minims contain one grain. *Compound tincture of camphor*, (paregoric,) one ounce contains two grains. *Wine of opium*, nineteen minims contain one grain. As a diaphoretic, opium is more frequently prescribed in the form of Dover's powder, the dose of which is from five grains to a scruple.

(To be continued in our next.)

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. X.

THE TREATMENT OF CHRONIC BRONCHITIS.

(Continued from page 69.)

When the disease is of recent date, and is the termination of an acute attack, a complete cure may speedily be effected; in cases of longer duration, especially those in which the texture of the bronchial membranes has undergone a morbid change, the return to health is more tardy, and more difficult to attain. Our first object should be to allay the more urgent symptoms as they arise, and, as in all cases that require *time* to complete the recovery, we must maintain the stamina of the frame by regulating the habits, diet, clothing, exercise, etc., and in every way possible economise the strength of the patient, to enable him to sustain the continued irritation and exhaustion which chronic bronchitis invariably produces.

General blood-letting, or local depletion, is rarely required, for in the majority of cases the disease is one of debility, and when bleeding is injudiciously employed, we always find the weakness of the patient, which is commonly the worst symptom, greatly increased, without one particle of benefit being obtained in the chest affection.

Blisters, which in acute bronchitis increase the general irritability of the system, and therefore effect only a qualified good, are of considerable service in the chronic form, when there is not so great a degree of excitability; but as the benefit accruing from their use is for the most part limited to the continuance of the discharge, and as many patients have a valid objection to the pain caused by their frequent repetition, we can seldom rely on them alone for the removal of the deep-seated inflammation in the bronchial tubes; the best counter irritant we possess is the tartar-emetic ointment, which may be controlled by attention, to any degree of irritation we desire; the effect of this preparation is to excite a crop of pustules, in appearance closely resembling the eruption in small-pox, which speedily discharges a healthy pus that may be easily regulated by the cessation or renewal of the application. In innumerable cases of severe chronic bronchitis, I have seen the worst symptoms quickly subside so soon as a part of the surface of the chest discharged a healthy matter; I have seen the expectoration, which before was decidedly purulent, become mucus, and the cough which hitherto had been suffocating and exhausting, become less frequent and loose. It was on the counter-irritation caused by this ointment that the arch-empiric, St. John Long, relied as his panacea for *all* disease of the lungs;—another example of *abuse* of a remedy being mistaken for its use.

The use of expectorants in cases attended with profuse expectoration has been condemned by many writers and practitioners,—they say, Why increase a discharge which is already exhausting the patient? This argument, I admit, would hold good did they only keep up or increase the expectoration; but they do more,—they also modify its quality. As a proof of this we have only to refer to their effect on the expectoration in acute bronchitis; that which was watery, saline and irritating, becomes, by the employment of expectorant medicines, thicker, bland, and ultimately less in quantity; and from constant practice I am convinced of their like beneficial action in the chronic disease. Their use, however, deserves the greatest circumspection whenever the expectoration is purulent, or whenever there is any approach to hectic. When the expectoration is viscid and coughed up with difficulty, we may with considerable advantage increase the dose of an expectorant, such as ipecacuan, until it produces an emetic effect, which may be safely repeated so frequently as the breathing is obstructed by an overloaded state of the bronchial tubes. In mild cases where there is no attendant disorder of the stomach, ipecacuan is a most valuable remedy and may be given in the form of powder or of wine—a grain, or two grains of the former, thirty drops of the latter—three or four times a day, with decided benefit; it is also a proper adjuvant to other remedies, its use being forbidden only when there are profuse night-sweats. Squill ranks next in importance, and when combined with an alkali, as the liquor potassæ or the subcarbonate of potash, has the property of solving and faciliating the discharge of the ropy, tenacious mucus; as it also acts upon the kidneys it may be prudent to add a minute quantity of morphia, to prevent it passing off too quickly in the urine. Squills are improper when there is any purulent expectoration.

The lobelia inflata is a remedy which I think is not appreciated in this country as it deserves; from long, and I may be excused when I add extensive experience in its use, I am justified in classing it amongst the most valuable remedies we possess in all cases of bronchitis in which the cough is violent and suffocating, and expectoration difficult; it relieves the dyspnœa, soothes the irritated mucous surface, and in some cases will immediately check what otherwise would be a severe paroxysm. The acids, particularly the nitric, acetic, and benzoic acid, are of essential service, they assist in "cutting the phlegm" as patients sometimes describe it, they are sedative and tranquillise the system, and are tonic and add to the strength by improving the appetite.

Balsamic medicines, as the balsam of Peru, myrrh, turpentine, and that nauseous drug copaiba, are often useful when there is not any tendency to active inflammation or disorder of the stomach; they appear to diminish the bronchial secretion by their astringent properties, and at the same time they render the secreted matter easy to expectorate and gently stimulate the lungs to throw it off.

Ammonia, musk, and assafœtida may be occasionally employed with benefit to patients greatly debilitated: when the cough is spasmodic or convulsive, the following forms a valuable pill:—

Take—Assafœtida, 1 scruple;
Ipecacuan powder, half a drachm;
Powdered squills, 10 grains;
Castile soap;
Syrup of tolu sufficient to form a mass: to be divided into sixteen pills—One to be taken every four hours.

Whenever there is great irritability of the system with sleep-

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less nights, we must have recourse to narcotics, but as they are liable to check the expectoration and hazard local congestion, they require the greatest care in their administration, and should only be given occasionally for the purpose of affording a night's rest. Opium is the chief ingredient, perhaps the only medicinal one, contained in advertised cough nostrums, and the deadening of the sensibility and probable absence of the cough whilst the patient is under its influence, is in too many instances looked upon as a permanent benefit; the sufferer is, however, soon undeceived by the return of all the symptoms in greater force, and the disease becoming confirmed and lasting. Conium and hyoscia-mus are far preferable to opium, as they yield all the soothing effect of the latter without so great a risk of doing mischief.

I do not stop to notice medicated inhalations for the reason that I have no faith in this mode of treatment.

(To be continued in our next).

HÆMORRHOIDS OR PILES.

PILES consist in the enlargement of the veins at the extremity of the lower bowel; and very commonly arise from the straining necessary to relieve the bowels in habitual costiveness. By degrees one or more of the veins become gorged with blood, part of which not being returned, but lodging there, a little tumour is formed, which gradully enlarges. Sometimes it remains within the bowel, and is only forced down at the time the bowels are relieved, after which it either soon returns, or can be pushed up with the finger. But after a time it is continually down, about the size of a small bean, and becoming irritated by the perspiration, it often chafes, and renders walking very distressing. If the bowels be more costive than usual, and their relief need more than ordinary effort, the pile becomes much gorged with blood, which is unable to return. The little swelling then becomes very full and black with the blood it contains; is very painful, often inflames, and either bursts and empties itself, which affords immediate ease, or it runs on to the formation of an abcess, which after a time discharges, and not unfrequently lays the foundation of a fistula. Occasionally the veins inside the bowel become very large and their walls thin, so that the mere effort of relieving the bowels, without much straining, causes them to bleed, and sometimes very freely.

TREATMENT.

The most likely mode of preventing the formation of piles is attention to the bowels, which ought to be relieved daily once or twice, and without forcing. Their proper action is equally beneficial to the health and temper, of which the celebrated Lord Chesterfield was well aware, in the advice he gave to a suitor of making certain inquires of a great man's valet before venturing to ask a favour. It is best that nature should be invited at regular periods. There is no need of continually taking medicine, if the person be of a naturally costive habit; for if the relief be made to depend on this, the quantity taken will sometimes need to be very considerable, as in proportion to the frequency of taking purgative medicine does its dose require to be increased. Regular exercise is generally sufficient to excite the bowels to proper action; but some persons find it convenient to take a tumbler of cold water immediately on leaving their bed, which serves as a gentle and sufficient laxative. If, however, this be insufficient, it is a most excellent practice to throw up into the bowel, every morning, half-a-pint or a pint of lukewarm water, either with an Indian-rubber bottle, or one of the many syringes for this purpose, which are now so common.

When there is a disposition to piles, the person should always, after relieving the bowels, press up very carefully any little knot or swelling which can be felt, and generally by attention to this, and keeping the bowels gently lax, the ailment is got rid of. It is advisable also to bathe with cold water and to pass up the bowel a small portion of lead or gall ointment; and a teaspoonful of lenitive electuary may be taken ocasionally.

When a pile becomes very much swollen, full, and cannot be emptied by gentle pressure continued whilst the patient is lying down, and by the application of linen dipped in cold water, it will be necessary to put on two or three leeches, which may be repeated once or twice; and this will be more especially needful if the pile have become inflamed. Great relief under the latter circumstance is often obtained by freely opening the pile with a lancet, and letting out the clot of blood which often then has formed; this, however, had better be done by the doctor. The person troubled with swollen or inflamed piles should keep at rest for a few days in the horizontal posture, and when the irritation cesses may get up.

FEMALE TEMPER.

No trait of character is more valuable in a female than the possession of a sweet temper. Oh! he can never be made happy without it. It is like the flowers that spring up in our pathway, reviving and cheering us. Let a man go home at night, wearied and worn by the toils of the day, and how soothing is a word dictated by a good disposition! It is sunshine falling on his heart. He is happy, and the cares of life are forgotten. A sweet temper has a soothing influence over the minds of a whole family. Where it is found in the wife and mother, you observe kindness and love predominating over the natural feeling of a bad heart. Smiles, kind words and looks characterise the children, and peace and love have their dwelling there. Study, then, to acquire and retain a sweet temper. It is more valuable than gold; it captivates more than beauty; and to the close of life retains all its freshness and power.

SINGULAR DISEASE OF THE EYE.

A SINGULAR case occurred last week at the Glasgow Eye Infirmary. A girl, of sixteen years of age, having applied on account of loss of sight of her left eye, the cause was ascertained to be the presence of a living worm or hydatid (the *cysticercus* of scientific naturalists) in the eye, close before the pupil, which it completely obstructed. This species of animal consists of a round bag about the size of a small pea, from which on one side springs its body, which is a filament, consisting of numerous rings, and capable of being elongated and retracted at the creature's will. The body ends in a neck and head, and the latter is supplied with four lateral suckers. All this was plain to the naked eye in this instance, but appeared still more so when the animal was viewed through a microscope. As the existence of such a creature in the interior of the eye not only prevents vision, but ultimately destroys the whole texture of the organ, it was resolved to remove it by operation. This was successfully effected on Saturday last. The patient behaved with perfect steadiness, and found her vision immediately restored. The hydatid continued to live for more than half an hour after being extracted. As only four similar cases are on record, the worm excited much curiosity, and was examined by numerous visitors, both lay and medical.—*Glasgow Chronicle.*

MANAGEMENT OF BLISTERS.

DR. ROBERTSON gives the following directions for the management of blisters, as the result of nearly seventeen years' experience. The blistering plaster should be spread thinly on paper or linen, not sprinkled over with powdered cantharides on the surface, but instead thereof, a few drops of olive oil rubbed on it and allowed to remain. Used in this way, he says, the blister acts speedily, and without causing irritation, and with him it has never caused strangury. He objects to a blister spread upon leather, because the leather, by the heat of many parts of the body, becomes dry, partially crisp, and with difficulty adheres to the skin, and thereby prevents it from acting well, and generally over the whole part intended to be blistered. The blister should be spread thinly, because the outer surface only is efficient, and when it is used in a thick layer, it becomes irregular, and consequently partial in its operation. The powdered cantharides should not be sprinkled on it, because they will not add to its efficiency, as they act but slightly on the skin; but the active principle of the Spanish fly being soluble in olive oil, affords a reason for the use of the oil on the surface of the blister. Dr. Robertson concludes by remarking, that every one can make this blister for himself, of the commonest materials at a very trifling expense; and, if this be any recommendation, it will act three, four, or six times, if uninjured, and the oil gently renewed on its surface.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

SALINE EFFERVESCING DRAUGHT.—Take sub-carbonate of potash, one scruple; one drachm of syrup of orange-peel; two drachms of cinnamon water; one ounce of soft water. Add, a table-spoonful of fresh lemon-juice, and drink it immediately.

SODAIC POWDERS.—These consist of two powders; that in the blue paper consists of half a drachm of the bi-carbonate of soda; that in the white of twenty-five grains of tartaric acid; these powders require half a pint of water. The solution is not similar to "soda water," in which the soda is in combination only with carbonic acid; for the solution of the "sodaic powders" is that of a neutral salt, with a portion of fixed air diffused through it.

SEIDLITZ POWDERS.—These consist of two different powders; that in the blue paper consists of tartarised soda, two drachms, and bi-carbonate of soda, two scruples; that in the white paper of thirty-five grains of tartaric acid. Dissolve the former in half a pint of spring water, and add the latter.

DALBY'S CARMINATIVE.—This quack nostrum is thus prepared. Take, carbonate of soda, two scruples; oil of pepperment, one drop, of nutmeg two drops, of aniseed three drops, of the tincture of castor thirty drops, of assafœtida fifteen drops, tincture of opium five drops, spirit of penny-royal fifteen drops, compound tincture of cardamoms thirty drops, peppermint water two ounces. Mix.

YELLOW WASH, is sometimes applied to phagedenic ulcers, and other sluggish and unhealthy wounds; it is made by the decomposition of corrosive sublimate in lime water, which occasions a precipitate of deep yellow colour, being a peroxide of mercury, containing a little muriatic acid.

BLACK WASH, is formed by the decomposition of calomel by lime water, which turns it black in consequence of its precipitating the black oxide of the metal. It is composed of a drachm of calomel in half a pint of lime water. It should always be well shaken before using, as much of the calomel drops to the bottom of the bottle. This wash is often rendered more serviceable by adding a tea-spoonful of laudanum to the above quantity; and sometimes in very irritable sores one ounce, or two table-spoonsful, of thick gum water may also be added with advantage.

WHITE WASH, or LEAD WASH, may be made by dissolving one drachm of sugar of lead in a pint of water, to which add a drachm of proof spirit. When used as a wash for the eyes, two grains of sugar of lead are to be dissolved in two table-spoonsful of water.

DIETARY, WHOLESOME & ECONOMIC.

POTTED SALMON.—When you have any cold salmon left, take the skin off, and bone it, then put it in a marble mortar, with a good deal of clarified butter; season it pretty high with pepper, mace, and salt, shred a little fennel very small, beat them all together exceedingly fine, then put it close down into a pot, and cover it with clarified butter.

SALT LEG OF MUTTON.—Pound one ounce of bay salt, and half an ounce of saltpetre, and rub it all over your leg of mutton and let it lie all night; the next day salt it well with common salt, and let it lie a week or ten days, then hang it up to dry.

HARICOT OF MUTTON OR LAMB.—Cut a neck or loin of mutton or lamb in nice steaks, and fry them a light brown, have ready some good gravy made of the scrag of the mutton and some veal, with a piece of lean bacon and a few capers, season to your taste with pepper, salt, thyme, and onions, which must be strained off and added to the steaks, just one hour before you send them to the table; take care to do it on a slow fire, dish them up handsomely with turnips and carrots cut in slices, with a good deal of gravy, thickened with a piece of butter rolled in a very little flour; if they are not tender they will not be good. Send them up very hot.

STEWED SPINAGE.—Wash your spinage well in several waters, put it in a cullender, have ready a large pan of boiling water, with a handful of salt, put it in, let it boil two minutes, it will take off the strong earthy taste; then put it into a sieve, squeeze it well, put a quarter of a pound of butter into a tossing-pan, put in your spinage, keep turning and chopping it with a knife until it be quite dry and green; lay it upon a plate, press it with another, and cut it in the shape of sippets or diamonds.

TO FRY SMELTS.—Dry them in a cloth, and dip them in flour; then have an ounce of butter or clear fat melted in a basin, into which break the yolk of two eggs, with which rub the smelts over with a brush, dip them in bread-crumbs, fry in very hot lard, dress them on napkin, garnish with parsley, and serve with shrimp-sauce in a boat.

WHITE BAIT.—Put them in a cloth, which shake gently so as to dry them; then place them in some very fine bread-crumbs and flour mixed; toss them lightly with the hands, take them out immediately and put them in a wire basket, and fry them in hot lard; one minute will cook them; turn them out on a cloth, sprinkle a little salt over, and serve very hot. Should you not have a wire basket, sprinkle them into the pan, and as soon as they rise take them out. White bait spawn in winter—they make their appearance early in March.

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THE EDITOR is at home every day until one o'clock; and on the Evenings of Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays from Two until Three o'clock.

AN UFORTUNATE.—Mr. Smith, No. 1, High Holborn, has for many years supplied our patients with trusses: apply to him.

PHILO-VERITAS.—We feel honoured by your communication, and thankfully receive your admirable remarks on the treatment of deafness. We give our entire adherence to your doctrine that in nine cases out of ten local applications, as the so-called "acoustic drops" and glycerine, are only to be considered as secondary agents, "and that the general state of the patient's health must be inquired into, and, if weak, strengthened—if dyspeptic, restored to a proper regularity." We know there is much quackery abroad touching deafness. Saville Row appears now to be the favoured *locale*.

MRS. EDWARDS (Great Yarmouth).—See answer to CHARLOTTE, in No. 6.

ALFRED WILLIAMS.—You are not equal to the task you propose to yourself: before you quote Latin, spell your own language correctly; before you criticise the College of Physicians, pay greater attention to your own P's and Q's. *Ne sutor ultra crepidum.*

P. M. (East London).—We are too sensible of the great responsibility that belongs to our office to venture to prescribe for you, guided only by your meagre history. If you value our opinion, you must take greater trouble to obtain it. We never *hazard* an opinion:—we do not guess.

O. B. (Holborn).—The complaint will readily succumb to proper medical treatment. What that treatment should be in your case we can't tell you, without we see you.

W. A.—The "professed herbalist" is an acknowledged quack; he has not the smallest claim to the title "medical man," even by the education acquired as a druggist's errand boy. Some of his agents or partisans, having caused death by the administration of his poison, have been committed for manslaughter,—and were cabined, cribbed, confined, and *coffin*ed in York Castle.

WILLIAM HAYDON (Southampton).—If you have been accustomed "to wash the body all over with cold water" and it agrees with you, do not discontinue so wholesome a practice. "Cleanliness is next to godliness."

D. W. (Strand).—The prescription for the dentifrice that you sent us is a good one. Mr. Craigie, Finsbury Square, is the City Cartwright. Mr. Smart is liberal in his charges.

H. J. (Hull).—How is it possible we can tell you how many legacies Dr. Turnbull has received?

A. T. S. (Strand).—Remove all pressure from the toe by wearing a very easy boot; if the neighbouring toes add to the pain, separate them by means of the elastic cushions, sold at all chemists. If the bone is diseased, the above treatment can only be considered palliative.

FRANCIS EDEN (Macclesfield).—The noise in the ears, frightful dreams, and fear of death may be, and in all probability are, the effects of indigestion. If you give a more detailed account of your case, the necessity for a journey to London may be obviated.

RED GAUNTLET.—Avoid all that may stimulate or excite you; eat sparingly of animal food, and do not touch wine, spirits, or beer. Use a warm hip-bath twice a week—and take, powdered cubebs one ounce, sugar two drachms, mucilage of gum arabic two ounces, cinnamon water six ounces. Mix. Dose, two table-spoonsful three times a day.

RACHEL (Shrewsbury).—Local applications will only be of temporary service; the disease is constitutional.

AN ASTHMATIC.—You will find the information you seek for in an early number.

HANNAH (Hornsey).—Tumours and swellings of the breast are in general too serious affairs to be lightly treated. We cannot advise any treatment without seeing the case.

JOHN WILSON (Belper).—If the surgeon in attendance will communicate with us, we shall be most happy to communicate to him our opinion on the case.

PROPOSED NEW PARK AND ESPLANADE FOR THE BOROUGH OF FINSBURY.—We are delighted in being able to announce to our readers the probability of this much wanted sanitary improvement being carried into effect. The proposed site is Highbury, in the immediate vicinity of Park Terrace, which presents the great advantage of a running stream of water,—the New River, passing through it. What a boon this will prove to the inhabitants of the crowded localities of St. Luke's and Clerkenwell! We heartily wish God speed to the good work.

A. B. M.—Three for twenty-one.

A. B.—(Carlton).—Use the embrocation prescribed in No. 2, with the addition of the water of ammonia in the proportion of one drachm to two ounces of the soap liniment. Exercise the limb in every possible way, by swinging it round, lifting weights, stricking the arm out fairly from the shoulder.

Z. T. (Knight Street).—Your letter is not sufficiently accurate in description. To your second question,—half a guinea.

WM. BARNSBEE (Camden Town).—We must examine you with the stethoscope before venturing an opinion.

W. HALL (City).—We decline complying with your request. You will find in after life that "honesty is the best policy."

W. HENTON (Theobald's Road).—We wrote to you on the 26th ult., directed as you requested. The letter has been returned marked "Not known."

L. W. L.—However useful the papers you suggest might be, we fear we cannot publish articles on Syphilis; you will bear in recollection that our Journal is a Family Journal. The subject, however, shall remain under consideration; in the meantime we shall be happy to take into consideration your individual case.

GEORGE (Scarborough).—Do not part with "the usual consultation fee of £1." The "Company" of Consulting Surgeons are a company of ignorant, swindling quacks. Jews by birth, rogues by nature, impostors by inclination. You will lose health and money, if you are seduced by their boasting inviolable secrecy, and obscene "coloured engravings." The "*Yorkshireman*" newspaper, from which you quote, has excluded *itself* from the tables of all respectable families by the insertion of their disgusting advertisements.

W. S. (St. Martin's le Grand).—Diet, nourishing but not stimulating; mutton once a day; light puddings occasionally: not any ale, beer, spirits, or wine: moderate out-of-door exercise in fine weather; a bath at about 94° once a week, and take the following:—compound iron mixture, four ounces; compound decoction of aloes, four ounces. Mix. Dose, three table-spoonsful twice a day.

MRS. SMITHSON.—Your daughter is suffering from hysteria, and a complication of symptoms which have their origin in the disturbance of the system natural to the critical period of her life. The palpitation at the heart is, in all probability, the result of sympathy, not of disease in that organ. Lose no time in obtaining competent medical advice.

GEORGE LLOYD (Barton).—Take ten grains of the extract of catechu every night.

ANXIOUS (High Holborn).—Use this lotion,—Take, vinum opii two drachms, acetic acid one ounce, spirits of wine one ounce, rose water six ounces. Mix. The parts to be kept constantly wet.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person or by letter:—OXONIENSIS. BRADCAR (Leicester). CIVIS (Dublin). W. P. (Hackney Road)—it is not our custom to take notice of letters written in pencil; as your note refers to an urgent case, we make it an exception. ONE WHO DEPLORES (Marylebone). G. (Leith). F, GALILEE (Hartlepool). MRS. ROBINSON (Stroud). T. B. K. FITZ-SMITH (Belfast). J. DAVIDSON (Berwick). ELIZA (Portsea). CAPT. DODD (Poole). AN ODD FELLOW. MISERY. A SMALL SHOPKEEPER (Paddington). WILLIAM R. (Droitwich). AMICUS (Malton). MARY (Sudbury)- A CORDWAINER. MRS, DUDLEY (Aylesbury). A GUN SMITH (Birmingham). THOMAS HARRISON (Hull). FLORENCE.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents:—R. B. (Bethnal Green). G. T. (Stratford). MRS. HEALD (Commercial Road). WILLIAM D. (Kennington Lane). A GROCER'S APPRENTICE. D. D. D. (Osborne Street). FAITHFUL. B. E. S. S. A. C. (Wynyatt Street). A. B. (Farringdon Street). TITUS. A SALESMAN (Newgate Market). RESOLUTION. MRS. HEWSON'S CHILD. ONE OF THE PEOPLE. A PRINTER (Whitefriars). MRS. B—S'S CHILD. REMO. ROBERT TINLEY (Skinner Street). A NOVICE. R. S. (Tooley Street). DESPAIR. MRS. BLAKE. W. C. (London).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M.D.

No. 11—Vol. I.] SATURDAY, MARCH 16, 1850. [ONE PENNY.

MEDICINE NOT A MYSTERY.

It has been justly remarked that however well acquainted persons of a certain degree of education may be with the moral and political sciences, with the fine arts, and various other objects of study, which are more ornamental than useful, they exhibit evidence of deplorable ignorance of all matters connected with the science of medicine, though it is one with which their temporal happiness and welfare are so intimately connected.

This may partly depend on the supposition that medicine is a science *sui generis*,—one apart from all others, not to be approached by the unlearned; not comprehensible, even in its slightest details, save by those who have devoted their lives to its cultivation. The popular notion to which we have just alluded is, however, we fear, sanctioned, if not promoted, by the conduct of too many members of the profession. Some, even amongst the self-styled heads of that profession, affect to envelope all their proceedings in a mystery and secretness which, in the estimation of all rational men, savours strongly of charlatanism, but which the afore-mentioned "distinguished" persons consider as being absolutely necessary for a successful practice of the healing art.

Individuals of this class will order a drachm of bread-crumbs or flour to be made into pills, and, with the utmost gravity imginable, will assure you that their dough balls are little inferior in excellence to those of a Morison, Holloway, or Lamert; while, to keep up a semblance of decency, they attribute their "universal" effects to the mysterious workings of the human imagination.

Others, again, influenced by better intentions, but equally mistaken in their views, contribute to support the popular errors which prevail with regard to medicine, by catching up the most absurd and extravagant theories respecting the action of unknown agents, which they designate by new-fangled terms of foreign origin, and by exhibiting to the astonished and admiring vulgar a series of phenomena, which, if not the result of trickery, could only be produced by something more than human power. Need we say that we allude to mesmerism, clairvoyance, second-sight—Okey et pokey!

True knowledge never shuns the light; the beauties of science are, like those of nature, most captivating to all classes of men when unclothed; the minds even of the uneducated classes readily comprehend such principles of political and moral economy as are laid before them in plain, unadorned language; and it may be safely assumed that the science of medicine would attain a much more sound and healthy condition than it now exhibits, were every veil and cloud of mystery removed from it, and the mass of the community accustomed to regard it simply as one of the inductive sciences.

It is not necessary that anatomy should form part and parcel of the education of our youth, though the best instructed amongst them could not fail to derive improvement from a study of the noblest work of his Creator; neither do we contend that the different branches of knowledge which, united together, constitute the science of medicine, should form items in the sum of what is called "general education;" what we are desirous of seeing is, an avoidance, on the part of all medical men, of that mysticism and secrecy in which medicine has hitherto been involved; we should wish to witness the triumph of common sense in the rejection of all words and terms of foreign and barbarous origin; we would admit the public, in part at least, behind the scenes, and not, by an affected employment of uncouth symbols and unknown words, endeavour to give to the art of medicine a factitious degree of importance, and, as it were, sanctity, which every honest and true votary disclaims.

The progress of quackery, and the infatuated ignorance which prompts men to prefer the charlatan to the educated practitioner, have been the subject of long and loud complaint. There is no doubt but that the infatuation of the public is great, and that the quack nuisance is becoming insupportable: the evil is at present irremediable, but we trust that legislative measures will soon sweep away the abuses in which all the medical institutions of this conntry, without exception, abound. In the meantime it may be worth while to inquire how far the present progress of quackery may not have been promoted by the conduct of medical practitioners themselves.

What is the essence of quackery? Secrecy. Without it the quack could not exist; mysticism and ignorance form the body and blood of quackery: ignorance on the part of the recipient; mysticism on the part of the distributor. If this view of the subject be true,—if, to use a professional phrase, we have discovered the morbid elements which constitute the disease, the discovery of a remedy and its application will not present obsticles of unsurmountable difficulty. "Remove the cause, and the effect ceases," is a well-known medical adage. Remove ignorance from the people, and mysticism from the practice of medicine, and the quack's avocation will soon be gone.

The daily improvement which is to be observed in the means of education offered to the poorer classes, leads us to hope that the source of one evil just alluded to will ere long be dried up; as knowledge progresses, as the people become more familiar with the operations of physical agents, more accustomed to observe and trace the connexion between cause and effect, the power of the quack must diminish; but, on the other hand, we must not forget the beam which sticks in our own eye; we, of the medical profession, must consent to abandon all show of mysticism and secrecy; we must adopt the vernacular tongue instead of the barbarous dialect which we are pleased to denominate the "language of the Romans;" we must exchange our symbols and our hieroglyphics for intelligible terms; and we must seize every

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opportunity of rendering the facts and principles connected with the science of medicine approachable by, and comprehensible to, the public. If the PEOPLE'S MEDICAL JOURNAL can assist in this great, good, and national improvement—we shall not have lived in vain.

GOUT.

BY THE EDITOR.

No. II.

(Continued from page 76.)

ACUTE, OR REGULAR GOUT.

AN attack of acute gout sometimes comes on suddenly, and usually makes its first onset, just like asthma and some other diseases, at about two or three o'clock in the morning. The patient slumbers quietly till the time we have stated, when he is aroused by an excruciating pain, most frequently in the ball of the great toe, or sometimes in the heel, or in the calf of the leg, or at the ankle. The pain of gout is most distressing, and has been variously described. By some it is said not to be unlike that caused by a dislocated bone; others declare it produces a sensation of boiling water poured over the part. Sydenham, in writing of his own sufferings, compares it to the gnawing of a dog; and patients who have suffered from it severely, say they can distinguish between the pain of gout and that of rheumatism; we have heard the distinction thus drawn—if you put your toe into a vice, and screw it until you can bear the pain no longer, you give the pain of rheumatism; after you have attained this pitch of endurance, give the vice another turn, and you give the pain of gout! Symptoms of fever, preceded by more or less shivering, soon set in; the skin is hot and dry, the sleep is disturbed, the urine is scanty and high-coloured, the bowels are costive, and there is frequently some cough, with expectoration of mucus. In a few hours the joint becomes swelled and red, and intensely painful to the touch; the local pain and swelling soon increase in violence, the joint assumes a fiery redness, and the whole body is in a state of great restlessness. For about four-and-twenty hours the patient continues in this state of torture; the symptoms begin to remit towards the next morning, a gentle, soothing sleep comes to his relief, and he awakes in a free perspiration. The pain, however, returns during the succeeding night, though in a more tolerable degree, and the modified attack is repeated for several days and nights, or even a week. The disease then frequently declines, the inflammation subsides, the part affected loses its cuticle, and there is violent itching for some days. After some time the same thing occurs again; perhaps attacking both toes, or first one and then the other; or it may change its seat, and seize upon the hands, knees, or wrists, and in some cases, during the same attack, it will run about amongst these joints, being first seated in one, then in the other. The more frequently it comes, the greater the chance of it attacking the larger joints, perhaps even the elbow or shoulder; but it invariably begins in the smaller joints, and continues in them till the last, affecting the others only occasionally. As the disease advances the intervals of the attacks are shorter, and the duration of the paraoxysms becomes longer. At the commencement of the disease, the return of it may be annual, or not oftener than once in three or four years; but it is perpetually encroaching on the constitution, and its visitations may be so frequent that the patient is hardly ever free from it, except perhaps for two or three months in the summer.

Although gout more frequently commences as suddenly as we have just described, yet in some cases the fit is often preceded by certain hints, which those who have suffered from it before very sufficiently understand, and uniformly take as a warning; amongst them may be named a coldness or numbness of the lower limbs, alternating with a sensation of pricking or creeping along their entire length; frequently cramps of the muscles of the legs; thick or clouded urine, which deposits a reddish or white sediment; slight shiverings over the surface of the body; languor and flatulency of the stomach; and sometimes a pain over the eyelids, or in some other organ.

There is one favourable peculiarity in regular gout, which is, that it frequently leaves the patient in renewed health; the foot almost instantly recovers its vigour, as though nothing had been the matter with it; and if the patient have been previously indisposed, he enjoys, as on recovering from the ague, an alacrity of body and mind that he has not experienced for a long time before.

In the inveterate and protracted form of regular gout, in which the constitution falls more and more under the influence of the disease, it makes corresponding encroachments on the internal organs as well as the joints. Persons who have thus become the victims of gout frequently become asthmatic, or have chronic bronchitis; others labour under disease of the kidneys, or organic disease of the stomach, liver, and intestines; very frequently disease of the heart supervenes, and disease of the brain, or congestion, may occur, so that the patient dies apoplectic. In such violent and continued cases, the joints remain not only weak and stiff after the termination of the fit, but they become at length so contracted and disabled, that, although the patient can stand, and perhaps walk a little, yet it is very slowly, and with great lameness and difficulty. In many persons, though not in all, this immobility of the joints is further increased by the formation of concretions of a chalky appearance on the outside of them, and for the most part immediately under the skin; they accumulate during the intervals of health, and when fresh inflammation comes on, they aggravate very considerably the sufferings of the patient. The secretion, or deposition, of this matter is characteristic of the disease, being the consequence of gouty inflammation alone. It seems to be deposited at first in a fluid form, but afterwards becomes dry and firm; in which state the concretions have the appearance of a friable earthy substance, and have been erroneously called *chalky stones*. They do not, however, contain any calcareous or earthy matter, but consist of lithic or uric acid combined with soda, forming what chemists term the lithate or urate of soda. These concretions occur principally about the joints of the toes and fingers in little lobules, or lumps, which Sydenham compares to crabs' eyes; but sometimes they appear about the larger joints, where they occasion a whitish swelling almost as large as an egg. A curious case is related by Mr. Watson; the patient, who was a martyr to gout, had so extensive a deposition of urate of soda, that the concretions not only enveloped the joints of his great toes, formed tumours on his legs, and rendered the synovia of the large joints as thick as cream, but "the joints of the fingers were swelled and knotty, every knot being a lump of (*quasi*) chalk; and I was told (says Mr. Watson) that, when he played at cards, he used frequently to score up the game with his knuckles." We have seen a man write his name by the same means. A case is related by a recent writer, of a lady "not more than thirty years of age, the mother of several children, who was in such a state from deposits of urate of soda around almost all her joints, that her limbs were of little or no use to her. When her knees were bent and extended, a rattling noise was produced, like what would be produced by shaking a bag of marbles.

IRREGULAR GOUT.

This form of the disease is sometimes termed *lurking* gout, *disguised* gout, or *atonic* gout.

In irregular gout, the local symptoms are slight in comparison with those observed in acute gout; the appearances of ex-

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ternal inflammation are trifling, and, in place of the fiery redness we observe a puffiness of the part of an œdematous character, which *pits* (that is, leaves a white indentation,) when pressed upon by the point of the finger; there is always much weakness in the neighbouring muscles, so that the motion of the joint is greatly impaired. The constitutional symptoms assume the guise of various diseases, and are always attended with more or less danger: dyspepsia, hysteria, hypochondriasis, palpitations of the heart, vertigo, hemicrania, with several modifications of palsy, or apoplexy, are the most frequent.

The stomach and bowels, as may be supposed, form the chief seat of this type of gout; the appetite is fastidious or destroyed, and when food is taken, it causes immediate and considerable annoyance; there is felt acute and burning pain, with an uneasy sensation of weight and distension, as though the stomach was bursting with wind; occasionally there is also a spasmodic pain, which can only be compared to the violent nipping, or grinding together of the sides of the stomach. Nausea and sickness constantly prevail; the stomach is irritable, and the most simple solids or fluids are speedily ejected; eructations of sour, acrid wind, and all the torments of heartburn, are seldom absent for any length of time. The bowels are costive, and when moved, the evacuations are attended with severe griping pains, resembling the cholic. There is invariably present severe headache; violent palpitation of heart, with pain at the left side; difficulty of breathing; a teazing chronic cough; deficient secretion of urine, which deposits a gravelly sediment of some compound of lithic acid: a quick, irritable pulse, and a hot, dry state of the skin.

With these symptoms we also find great languor and dejection of mind and body; the strength is prostrated, and rarely renewed by any refreshing sleep; the nights are passed in restlessness, or in broken slumbers, disturbed by distressing cramps in different parts of the body. The spirits are depressed as much by gloomy forebodings as by present pain; sometimes terrific fancies take possession of the mind with the same intensity and tenacity as in *delirium tremens*, and in the mildest cases the patient is unfitted alike for mental amusement or occupation. In the worst cases, the body wastes, and that general depravation of the whole habit is induced, which is commonly called a shattered, or broken-up, constitution.

This irregular form of gout is that which more frequently exists in systems of infirm and delicate health, in which there is a want of energy to work up, if we may so speak, a fit of regular or acute gout, and thus throw off the disease as its appropriate outlets. We may, in such cases, detect slight and fugitive pains in one or more of the joints, making an ineffectual effort to kindle up a paroxysm of proper inflammation, but which there is not sufficient energy in the system to accomplish, so that the gouty pains in the joints cease almost as soon as they appear, and the constitutional derangement is renewed. Sometimes the internal disturbance continues for several weeks, and at length slowly subsides; sometimes it exhausts and wears out the entire frame, and in others it terminates in abdominal or general dropsy.

Misplaced Gout and the treatment of Gout in our next.

DEATH BY SPONTANEOUS COMBUSTION.

The Times of Feb. 26, says, the following extraordinary occurrence is related in the *Gazette des Tribunaux*. "A few days ago, in a tavern near the Barrière de l'Etoile, a journeyman painter, named Xavier C——, well known for his intemperate habits, while drinking with some comrades, laid a wager that he would eat a lighted candle. His bet was taken, and scarcely had he introduced the flaming candle into his mouth, when he uttered a slight cry, and fell powerless to the ground. A bluish flame was seen to flicker about his lips, and on an attempt being made to offer him assistance, the bystanders were horror-struck to find he was burning internally. At the end of half an hour, his head and upper part of his chest were reduced to charcoal. Two medical men were called in, and recognised that Xavier had fallen a victim to spontaneous combustion. This conflagration of the human frame is frightfully rapid in its progress; bones, skin, and muscles, all are devoured, consumed, and reduced to ashes. A handful of dust on the spot where the victim fell is al that remains."

DISEASES OF THE CHEST.

BY T. H. YEOMAN, M.D.

No. XI.

COMPLICATIONS OF CHRONIC BRONCHITIS.

(*Continued from page* 78.)

When aged persons suffer from a severe attack of chronic bronchitis, the result of repeated and neglected invasions of the disease, we find in a large majority of cases that the patient at the same time labours under some derangement of the general health, the effects of which are aggravated by the exhaustion and debility produced by the cough and expectoration.

If the bronchitis be complicated with indigestion, the patient complains of distension of the stomach with wind and a choking sensation when it is expelled; the cough is increased so soon as food is taken, and the lungs feel as though pressed upon by an unnatural weight; there is pain in the right side, and at the right shoulder in particular; the region of the stomach is tender, and the least pressure affords intense pain, the tongue is foul, the appetite lost, the evacuations scanty and of an unhealthy colour, the urine is high coloured and turbid, the skin at one time hot and dry, at another bedewed with a clammy perspiration. In such cases the abdominal disorder merits equal attention with the more prominent symptoms of the chest, and until we restore a healthy action in the digestive organs we can hope for but little permanent relief. Small doses of blue-pill should be given so as to produce an alterative effect and gently stimulate the liver to pour out healthy bile; the flatulence and acidity should be corrected by the occasional exhibition of alkalies, especially the trisnitrate of bismuth; the tone of the stomach should be regained by cascarilla, columbo, and quinine, and, paramount to all, the cause of the disordered stomach should be removed by strict attention to a proper diet.

We have two objects to attain by means of diet; first, to prevent the stomach being irritated and impeded in its function; second, to support the strength without stimulating or exciting the system. In disease, I would advise every one to pay the same attention to his diet as he would do to the drugs prescribed for his cure; I shall therefore condense my remarks on the regimen for chronic bronchitis complicated with indigestion to a *prescription*.

Take, for *breakfast*, coffee, strong, not boiled, but infused; in quantity not exceeding half-a-pint; little sugar, little milk; dry toast or biscuit, as much as satisfies the appetite. *Dinner*, a lean mutton chop, broiled, stale bread, and half-a-pint of bitter ale; the meat to be well masticated, the ale to be sipped, so as to mix with the solids, and not drank at a "gulp." *Tea*, the same as breakfast. In the evening, at least one hour before going to bed, a biscuit with a wine-glassful of sherry in half a tumbler of cold water; a little cold boiled rice with black currant jelly, raspberry jam, or marmalade. During the day sip occasionally a small quantity of linseed tea or barley water, slightly acidulated with lemon juice, so as to moisten the mouth, diminish thirst, and lubricate the throat. The smaller the quantity of fluids taken the better for the stomach, for if that organ be distended by liquids its natural juices are diluted, they become insufficient to dissolve the solid matters, digestion is arrested, and the nutrition of the body, as a consequence, is deficient.

Occasionally the patient labours under some considerable degree of fever—more than usually attends chronic disease; the tongue is then florid, the thirst frequent, the bowels constipated, the skin dry, and the pulse accelerated; there is continual restlessness and anxiety, the nights are passed without sleep, and there is great dislike for food; so that by the irritability and debility of the system the disease is involved in considerable danger. We must then endeavour to relieve the bowels by a

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purgative, such as a scruple of rhubarb powder with a drachm of the tartrate of potash in simple water; the fever must be combatted by saline medicines combined with such as will ease the cough, and the diet must be confined to gruel, sago, arrow-root, and other farinaceous and milky food. When there is much tenderness over the abdomen, as frequently happens, it may be advisable to apply a few leeches, or to keep the body fomented with hot flannels. In cases attended by fever all the symptoms are greatly aggravated towards night.

Retention of urine, or difficulty and pain in passing it, is a constant cause of uneasiness in the chronic bronchitis of the aged: the fluid is of a thick or ropy consistence, unpleasant and pungent in its odour, and small in quantity; much pain is felt around the lower part of the body, and darting pains are experienced at each attempt to obtain relief. Full doses of squill with the infusion of buchu leaves, combined with mucilaginous drinks so as to afford a diuretic as well as an expectorant effect, give great relief. When the urine is pungent and of an ammonical smell, small doses of nitric acid and tincture of hyoscyamus in the infusion of pareira brava, is an excellent remedy. The patient will derive great comfort from the frequent use of a warm hip-bath.

General or local effusion of fluid—dropsy—is frequently associated with the disease: within a very recent period, I have attended three cases in which, as well as bronchitis, the patients suffered from water on the chest; the disease thus complicated is one of the greatest danger. The legs and ankles are frequently infiltrated with fluid, which renders them painful, tense and throbbing. The least swelling or puffiness around the lower eye-lid, especially on getting out of bed in the morning, is a symptom that demands the immediate attention of the practitioner.

Chronic bronchitis is a constant cause of debility that may reduce the strength of the patient to the lowest ebb. In the absence of fever we must endeavour to give tone and power by a generous diet and tonic medicines, particularly columbo and quinine, and occasionally stimulants, as wine and brandy in guarded quantities, are required. When profuse perspirations add to the exhaustion, small doses of dilute sulphuric acid will have a good effect, and the chest may be sponged with tepid vinegar and water, and afterwards carefully dried.

It is of the greatest importance that those who are subject to this disease should avoid exposure to cold; the rooms they inhabit should be kept warm and of a uniform temperature, they should be careful in guarding against any sudden transition from this temperature to the cold air of passages or other rooms not equally warmed, and when obliged to encounter the change, the mouth should be protected by a respirator or silk handerchief. The feet must be kept warm, and the same description of attire constantly worn; it is most imprudent to wear a double-breasted waistcoat one day and a single-breasted one the following; equally hazardous is it in women abruptly to change a woollen or silken dress for one of muslin or other light and insufficient material.

Change of air and strict attention to regimen, will frequently do more for chronic bronchitis than medicine; in cases of long continuance, the removal to a locality which the experience of the patient has proved to agree with him, will, in some instances, effect more good in twenty-four hours than the most persevering "drugging" for as many weeks.

The means that should be employed to prevent a recurrence of chronic bronchitis are such as will give greater tone and power to the whole frame and render it less susceptible of the causes which produce the disease.

Every day is a little life, and our whole life is but a day repeated.

PHARMACOLOGY.

No. II.

EVACUANTS. SUDORIFICS.—(*Continued from page 77.*)

Woody Nightshade.—The Solanum Dulcamara:—a deadly poison; seldom used as a sudorific. Ordered to be exhibited in the form of decoction.

Lobelia Inflata.—The bladder-podded Lobelia, Indian tobacco, or emetic weed. Seldom used as a sudorific. We shall speak of this drug when we come to expectorants.

Camphor.—The camphor-tree, a lauraceous plant, the wood and leaves of which yield the officinal camphor by means of dry distillation. It is a native of Japan, Formosa, and Batavia, whence it is chiefly imported. Dose, from three grains to a scruple; of camphor mixture, one ounce to two ounces; as water dissolves very little camphor this preparation is only used as a vehicle for more important remedies. The following forms an excellent diaphoretic draught, producing a genial perspiration. Take, camphor mixture, one ounce and a half; liquor of the acetate of ammonia, two drachms; antimonial wine, ten drops. Mix.

Antimony, (Stibium).—Is a brittle whitish metal, usually found associated with sulphur. In type foundries it is much used, to give hardness to lead, in the alloy called *type metal*. The etymology of the term has been fancifully derived from its fatal effects upon some monks (*antimoine*), upon whom its properties were tried by Valentine. The pure metal is termed the regulus of antimony. The pharmaceutical preparations are *antimonial powder*, known also as James's powder, an excellent sudorific; dose five grains to ten. *Antimonii potassio-tartras*—tartar emetic: dose as a sudorific, the sixth part to the half of a grain; in larger doses it is emetic. *Antimonial wine:* dose, fifteen to thirty drops.

Heat and exercise, when assisted by warm diluents, are very powerful sudorifics. Warm and vapour baths are also very effectual in promoting copious sweating.

ERRHINES, or *sternutatories*, are those medicines, which when applied topically to the lining membrane of the nostrils, induce sneezing, and increase the natural secretions of the nose. First in the list stands—

Tobacco, the dried leaves of the *Nicotiana tabacum*, a plant, native of America. As an errhine, it is used in the form of snuff. Tobacco given internally is a most poisonous drug, that readily produces fearful prostration, collapse, and death. The distressing sickness, giddiness, clammy cold sweat, which every novice in the use of "the weed" has undergone, are the mild symptoms of the poisonous effects of tobacco.

Euphorbium.—The gum resin of the *Euphorbia officinarum;* when powdered it is a most powerful sternutatory. Diluted with starch, or any mild powder, it is snuffed up the nostrils in amaurosis (drop-serene—blindness caused by disease in the retina, the optic nerve, or the brain), lethargy, chronic opthalmia, and all cases where a copious discharge is required from the membranes lining the nostrils.

White Hellebore, (Veratrum album).—A most dangerous drug that requires the greatest caution in its exhibition; it is sometimes used to promote a discharge from the nose in apoplexy, and in lethargy; it is then ordered to be snuffed up at bed-time, in quantity not exceeding two or three grains.

All irritating substances are more or less sternutatory, when applied to the mucous membrane of the nostrils.

SILIAGOGUES are either topical or general; the first act on the salivary glands by direct application during process of mastication; the latter induce salivation or ptyalism, by internal use, through the medium of the circulation, as is effected by the mercurial preparations.

The topical siliagogues are—

The Common Sweet Flag, (Acorus calamus).—Its taste is aromatic, warm and bitter. It is seldom used.

Horse Radish, (Cochlearia armoracia).

Ginger, (Amomum zingiber).—The root-like stem of the narrow-leaved ginger, constitutes the ginger-root of commerce.

Pellitory of Spain.—The root of the Anacyclus pyrethrum, imported from the Levant. It is sometimes chewed to relieve tooth-ache.

Tobacco is a powerful siliagogue; the practice of chewing tobacco is as destructive of health as it is disgusting in practice. The man who chews tobacco cannot be other than a selfish man: he gratifies his own depraved taste and offends all with whom he may come in contact.

Mastiche is a resinous substance, in little globular, irregular, yellowish, semi-transparent masses, called tears, produced by the *Pistacia lentiscus*. It has been recommended to be chewed in cases of paralysis of the tongue.

Mezereon.—The bark of the Daphne mezereon, which is native of the north of Europe. It is sometimes employed in palsy of the tongue, slices of the recent root being ordered to be chewed: its taste is acrid and burning. The fresh bark soaked in vinegar is useful in keeping open issues. It was vaunted as a remedy in the venereal disease, but its efficacy is doubtful: it is one of the ingredients in the compound decoction of sarsaparilla. There is a decoction of mezereon ordered in the Edinburgh and Dublin Pharmacopœias, the dose of which is a wine glassful three times a-day.

(To be continued in our next.)

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ON THE USE AND ABUSE OF MERCURY.

In the following remarks we shall consider the action of mercury on the human system, in reference alone to the treatment of syphilitic disease. From among various theories of its *modus operandi*, it may be assumed that it acts "by exciting in the system a general fever, which overcomes and subdues the syphilitic action." A remedy having such power requires the utmost caution in its administration. In few things has medical science made greater progress than in the correct use of mercury and its preparations; we now but seldom hear of an unfortunate wight doomed, by ignorance, to swallow blue pill by the drachm, until he spits pints of fœtid saliva daily, for weeks, or even months; the error and danger of such practice is acknowledged, and mercury, in the hands of a competent practitioner, takes its rank as the most valuable and safe remedial agent we possess. In the treatment of the primary symptoms of the venereal disease, mercury is generally prescribed in the form of blue pill, which, when uncombined, too frequently produces considerable irritation, with increased pulse and the general symptoms of a feverish state, if not of fever; it is also apt to purge the bowels, and thus frustrate the intent of its exhibition, by passing off by stool without affecting the system. To counteract its irritative and purgative properties, and to insure its absorption into the system, it should be given in small doses, often repeated, in conjunction with opium; a four grain pill, with a quarter part of a grain of opium, taken three times a day, will, in general, affect the system in four or five days. The test of its having done so are, tenderness of the gums, a metallic taste in the mouth, a clamminess of the saliva, accompanied by a peculiar fœtor of the breath. When this state is excited, it is in general, unnecessary to increase the salivation, and the quantity of mercury taken should be so regulated as to continue this moderate action for five or six days. It is an erroneous and dangerous notion, to suppose it necessary to induce such a degree of *pytalism* as to cause the patient to spit continually, to make the gums spongy and the teeth loose; this is not required and should never be permitted. During a mild mercurial course, the bowels should not be relaxed; one evacuation a-day is amply sufficient, and if unsolicited by aperients, the better; the usual diet may be continued, forbidding salted meats and acid condiments. A small quantity of malt liquor may be taken, but spirits of all kinds are improper. Exposure to rain, a damp atmosphere, and those vicissitudes of the weather which are liable to produce cold, should be guarded against. As well as the mercurial, the patient should take such remedies as will allay any irritation which may exist, or as sometimes happens, to diminish any depression or excessive languor. When the full mercurial effect is obtained, he should take one or two brisk vegetable and saline purgatives, to remove any of the mineral lurking in the system, and continue for a short period a gentle alterative or tonic treatment, either sarsaparilla, quinine, or iron. In treating the secondary symptoms of syphilis, we can but seldom go on so smoothly. The constitution is vitiated and debiliated by the destructive power of the venereal virus, which has been for weeks circulating in the system, at the very time that we must administer a remedy which, of itself, induces a "general fever." Here is the difficulty; to omit mercury is to allow the ravages of syphilis to gallop onward; to give mercury is to hazard injury to the general health. We must, however, for the most part, consider the syphilitic disease as the cause of all the disturbance, and direct our efforts to subdue its force. In some cases the use of mercury is inadmissible until the general health is improved, and in persons tainted with scrofula, or where the sloughing process has commenced, it can scarcely ever be prescribed. To mitigate the various evils attendant upon mercurialism in diseased conditions of the body, many extremely valuable preparations have been recently introduced into practice, which contain the mineral in so modified a form as to preclude the possibility of injury, at the same time that they arrest the syphiltic action; some of these, as the proto-ioduret of mercury, are advantageously employed externally by friction, at the time that the constitutional disturbance is relieved by internal treatment. Various drugs produce *one* effect, some are known to attain this easier and more speedily than others. Happily this is the case; and although mercury does the most readily restrain syphilis, several preparations of iodine and of gold have been proved to possess a similar property, and for those cases in which *the* mineral cannot be employed, we may resort to those important substitutes with confidence. The diseases which may originate in the excessive or imprudent use of mercury, are as frightful as any which syphilis is capable of inflicting; among them may be named salivation to such an extent as to destroy the gums and cause the teeth to drop out; hydrargyria, or mercurial fever, attended with an eruption of the skin, an alarming state, inasmuch as death may ensue, either from exhaustion of the nervous energies, or congestion of the lungs; mercurial ulcers of the mouth and nose, and of the mucous membranes generally; mercurial Neuralgia, or nervous pains in the extremities, which may terminate in paralysis, and other fearful maladies.

BATHS.

A Warm Bath is 97° Fahrenheit; a Hot Bath, 109° Fahrenheit. On entering a hot bath, a certain spasm takes place somewhat resembling that experienced on entering the cold, only there is no shiver. The body for a moment contracts, but immediately after enlarges; a ring, lately loose, feels tight on the finger; the skin reddens; the pulse rises; the respiration is slightly affected; the eyes grow prominent; the arteries of the head throb; perspiration breaks out. One begins to feel uncomfortable; palpitation and oppression come on; and if one does not now hurry from the bath, giddiness, fainting and apoplexy are apt to ensue. A tendency to perspire, even though the individual is unclothed and in the cool air, remains for some time; and for a period after the bath there is considerable feebleness. On the day on which such a bath is taken the stomach is less energetic; walking causes great fatigue; and the intellectual faculties are languid and dull.

The medical effects of a hot bath are an acceleration of the pulse; a softening of the muscular structure; a sudden expansion of the liquids of the body; a loss of fluid by transpiration. This last effect it is which makes the hot bath obtain and merit the character of being debilitating. This result, however, may be obviated by quitting the bath before perspiration is fully established, and by adopting means to moderate its subsequent effects. The advantages of a hot bath shortly and judiciously employed, are to disembarass the skin and natural organs, by letting off by means of perspiration, redundant fluid. In so doing, it lightens and invigorates the body; and is therefore, when so duly regulated, a *tonic* remedy as well as the cold bath, though in an opposite mode.

The Temperate or Tepid Bath. This bath is neither cold or hot. Its effects are a soft and agreeable heat, a softening of the skin, yet a bracing of the frame. If it be of a temperature equal to that of our body, the pulse and respiration remain unchanged. If lower the former is checked and the latter is accelerated. If above our natural temperature, both are quickened. Such a bath calms excitable youth, and the nervous female patient, and is therefore suitable equally to young boys and girls, whose hysteria is the result of strong passions. After quitting a tepid bath, a slight sensation of cold is experienced, which

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vanishes as soon as the dress is resumed, and is then succeeded by an agreeable warmth or glow. The feeling of freshness, agility, vigour, continues during the day, and all the functions of life are exercised with pleasure and comfort. This bath is soothing and tonic.

A COLD BATH is between 32° and 65° Farenheit. The first effect of such a bath is a shiver, caused by the nervous shock passing from the circumference to the centre of the body. The skin corrugates; a convulsive disagreeable sensation is felt, the breathing is irregular and hurried. After a short time these feelings go off, the vital force rallies, and the pulse rises. If the bather remain for too long a time in the bath, the pulse again sinks; another chill and shiver ensues; the skin, red at first, becomes pale, and the body contracts, so that a ring will drop from the finger which it lately accurately embraced. It is by this time proper to quit the bath. The cold bath used in moderation, not too frequently, and not remaining in the water for too long a time, is most invigorating and bracing; a delightful sensation of warmth ensues, we feel refreshed and vigorous. To a feeble constitution, the consequences are frequently injurious; chilliness, lassitude and depression often result. A cold bath taken for a short time, the temperature of which is not too reduced, exerts on the person employing it, provided he be not too feeble, a tonic effect; but if too prolonged, too cold, or if the individual who receives it be not endowed with sufficient powers of reaction, the bath proves more or less sedative. Thus, it invigorates and hardens a constitution which it suits; but only the more enfeebles a constitution which is not sufficiently robust to receive it with benefit. Those who find the cold bath too permanently chilling when employed before breakfast, should make trial of it after that meal has given a stimulus to the circulation, before utterly abandoning its use.

DEATH CAUSED BY A QUACK.

AN inquest was held on Monday before John Hargreaves, Esq., coroner, at King's Arms Inn, Burnley, on the body of Maria Lord. The first witness examined was, Ann Lord, of Mill-lane, Burnley. She said deceased was my daughter; she was 18 years of age, and was a weaver. She had been poorly for some weeks; had a severe cold, and was also troubled with a disease peculiar to females. On Monday, the 21st. Jan., she became worse. I then sent for John Todd, an herb dispenser, to come to see her. He came on Tuesday, and brought some herbs with him, of which he made a decoction in my presence, and gave it to the deceased. It purged her very much. He called again on Wednesday, and brought some more herbs with him, which he used as before, and gave the deceased to drink. The deceased got still worse.

Mr. Smerthwaite examined, said—I visited the deceased on Thursday morning at ten o'clock. I found her laid in a comotose state; the face, neck, and arms, were highly congested, and there was a mottled appearance on the breast, face, and arms; the pupils of the eyes were dilated; there was no pulse in the wrists, and the breathing was laborious. The general surface of the body was warm. A paper was shown me containing some dried herbs; also two utensils were shown containing some herbs and water. I sent for John Todd, who came, and I then inquired of him what the herbs were which he had given to the deceased. He said they were simple herbs. The deceased died about half an hour after my first visit. Death was caused by congestion of the brain and lungs. That congestion might be produced by narcotic poison.

A person styled in the "*Preston Guardian*,"—"Dr. Grindrod"—evidently a friend of the quack Mister Todd, was examined: We do not discover Dr. Grindrod's name as a qualified practioner in the "Medical Directory"—he deposed that he considered the herbs prescribed by Mister Todd, "had a tendency to the improvement of the deceased,"—that "he attributed Mr. Smerthwaite's evidence to an error in judgment"—that "he did not snspect death to have arisen from poison of any kind." And thereupon Dr. Grindrod, ground out an eloquent speech in behalf of his friend Mister Todd. The coroner summed up, the jury retired, the jury returned, and on their return, brought with them a verdict that the deceased "Died from natural causes." They at the same time requested the coroner to caution John Todd against prescribing medicine to any person in future. And so John Todd, thanks to his croney Dr. Grindrod, chuckled and went his way rejoicing. What became of the mother of the poisoned Maria Lord—the chronicler of this misadventure does not report.

HINTS ON SOME SCROFULOUS AFFECTIONS.

SCROFULOUS INFLAMMATION OF THE GLANDS IN THE NECK.

WHEN the glands in the neck are swollen and painful, though not inflamed, we should apply leeches and a lotion composed of spirit of wine and water. The bowels should be opened with calomel and rhubarb. If suppuration takes place, as soon as the skin is bluish or reddish we should make an opening with a lancet transvesely in the natural creases of the skin of the neck, and by this plan the deformity of a scar will be avoided. We should not wait for intense redness, for when this occurs, it is better to apply poultices than make an incision, as less deformity will be induced. It is a matter of some moment to recollect this advice in cases, of females as deformity from scars on the neck are great blemishes. The whole fluid should be pressed out, and the sac injected with a lotion composed of fifteen grains of the sulphate of zinc, and a pint of distilled water. The best dressing is a drachm of the ointment of the hydriodate of potass, and an ounce of cetaceous cerate. In cases of adults we should exhibit the solution of the hydriodate of potass of the Dublin Pharmacopœia, and apply the ointment of the same remedy. The diet should be generous, and a residence near the sea side will materially assist the utility of all medical treatment.

SCOFULOUS AFFECTIONS OF THE JOINTS.

WHEN children are taken out for the benefit of air by nurses, they are often compelled to walk and keep pace with the woman, the child takes two steps for her one, and does not feel fatigued, as its attention is so keenly fixed on surrounding objects. Next day, however, it is ill and feverish, and cries when it is moved. On examination of its lower extremities, it will be discovered that the knee or hip-joint is pained on motion. If the attendant overlook this point, he may suppose there is some derangement of the digestive organs, and content himself by ordering febrifuge remedies; inflammation and suppuration of the joint will speedily occur; the suffering will be great, and the recovery extremely tedious.

Treatment. Cold lotions, should be applied, such as, spirits of wine, one ounce; acetic acid, one ounce; water, a quart The bowels should be regulated; the system soothed, yet nourished. and the joint kept in a state of perfect rest. Blisters and leeches are, in some cases, required.

When the *knee* is affected, and the disease proceeds, a splint should be applied from the hip to the heel, to prevent curvature of the joint during the process of anchylosis (a stiff joint caused by bony union). No surgeon of science could allow the leg to be permanently fixed at a right angle with the thigh, Ulceration of the knee-joint in adults is a tedious, painful, and fearful disease; it may be removed by time, even after the most severe constitutional irritation.

When the *hip-joint* is inflamed from too much exercise, the same plan of treatment is to be adopted; and should an abcess form, it ought not to be opened with a lancet, but allowed to open by ulceration, which it will do at a considerable distance from the joint; whereas if opened early, the joint would be exposed, and great constitutional and local irritation produced. When suppuration is established, the strength should be supported by nutriment, wine, quinine, &c., and the child might be allowed to walk very gently with the aid of a crutch. Repeated or perpetual blistering over the joint is advantageous, but a very small blister should be applied, as otherwise too much irritation would be produced. The antimonial ointment is a very valuable counter-irritant.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

An Emetic for unloading the stomach in ordinary cases.—Take powdered ipecacuanha, one scruple; ipecacuanha wine, two drachms; simple water, six drachms. Mix.

An Emetic to be employed in cases of poisons having been taken into the stomach, and in the commencement of the paroxysm of intermittent fever. Take sulphate of zinc, half a drachm; distilled water, one ounce and a half. Mix.

An Emetic to be administered immediately in cases of poisoning.—Take sulphate of copper, fifteen grains; dilute sulphuric acid, two drops; distilled water, one ounce. Mix.

In Prescribing, the practitioner should always so regulate the intervals between the doses, that the next dose may be taken before the effect produced by the first is altogether effaced; for, by not attending to this circumstance, the cure is always commencing, but never proceeding.

Temperature of Baths.—The hot bath, from 96 to 106 degrees. The warm bath, from 96 to 98 degrees. The tepid bath, from 62 to 96 degrees. The vapour bath, from 100 to 130 degrees.

Honey was formerly considered as a medicine of some efficacy, particularly in chest affections; but more correct views of these diseases have deservedly thrown it into neglect. It acts on the bowels, but in other respects possesses no advantages over syrup.

Climate.—Medicines act differently on the same individual in summer and in winter, and in different climates. Narcotics act more powerfully in hot than in cold climates; hence smaller doses are required in the former, but the reverse is the case with respect to calomel.

A Comfort for Females troubled with Habitual Costiveness.—Take compound decoction of aloes, and camphor mixture, of each three ounces; Epsom salts, one ounce; tincture of jalap, four drachms. Mix. Dose, a wine glassful early every morning.

DIETARY, WHOLESOME & ECONOMIC.

Lentils.—Put into a stewpan one quart, add two quarts of cold water, one ounce of butter, a little salt, one onion sliced, a bouquet of parsley, set on the fire, simmer till tender, which may be in two hours. Put the lentils in a stewpan, with two ounces of butter, a little salt, sugar, pepper, and a table-spoonful of chopped eschalots, set it on the fire, put in butter and flour, mix well, boil ten minutes gently, and dish in a border of potatoes or in a deep dish. They may also be cooked thus:—By frying till brown one sliced onion, which, with the boiled lentils, put in a stewpan, with two ounces of butter, a little flour, a gill of gravy, and season as above; stir well, boil, and serve hot.—*M. Soyer.*

Lyonnaise.—The remains of cold potatoes may be used thus:—Put three ounces of butter in a frying-pan, in which you fry rather white three sliced onions; put in the potatoes, cut in thin slices about the size of half a crown, and sauté them until they have a nice yellow colour; add a spoonful of chopped parsley, salt, pepper, and the juice of a lemon, sauté well, and mix well together, dish and serve very hot; they are excellent to serve with chop, steak, or any joint.—*M. Soyer.*

Turbot.—To cook it; cut an incision in the back, rub it well with a good handful of salt, and then with the juice of a lemon; set it in a turbot kettle, well covered with cold water, in which you have put a good handful of salt; place it over the fire, and as soon as boiling, put it at the side (where it must not be allowed to more than simmer very slowly, or the fish would have a very unsightly appearance.) A turbot of ten pounds weight will take about an hour to cook after it has boiled (but, to be certain, ascertain whether the fish will leave the bone easily); take it out of the water, let it remain a minute upon the drainer, and serve upon a napkin, with a few sprigs of parsley round, and lobster sauce or shrimp sauce, in a boat.

Lobster Sauce à la Crême.—Cut a small lobster into slices the size of half crown pieces, which put into a stewpan; pound the soft and white parts, with an ounce of butter, and rub it through a sieve; pour ten spoonsful of melted, and two of cream, over the slices in the stewpan, add half a blade of mace, a saltspoonsful of salt, a quarter ditto of pepper, and a little cayenne; warm gently, and when upon the point of boiling, add the butter and two tablespoonsful of thick cream, shake round over the fire until quite hot, when it is ready to serve.—*M. Soyer.* [Not very wholesome, not very economic, but most delicious.]

To Stew Flounders, Plaice, or Soles.—Half fry your fish in three ounces of butter a fine brown, then take your fish, and put to your butter a quart of water, and boil it slowly a quarter of an hour with two anchovies and an onion sliced, then put on your fish again, and stew them gently twenty minutes, then take out your fish and thicken the sauce with butter and flour, and give it a boil, then strain it through a hair-sieve over the fish, and send them up hot.

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NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at MR. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78 Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

The first five numbers of the "PEOPLE'S MEDICAL JOURNAL" are about being reprinted, No. 1 for the third time. Subscribers who have only the last five or six numbers are assured they will be enabled to procure the early numbers in the course of a few weeks.

It will spare many correspondents and ourselves much trouble if they will bear in mind that we do not direct the moral, medical, and dietetical management of any case originating in vice, folly, or indiscretion, without a fee: at the same time, we may add, that we regulate that fee, to the circumstances and position of the patient.

E. C. (Fakenham).—To answer your note with the hope of benefit to you and credit to ourselves would occupy a page: this we cannot spare.

A LABOURING MAN (Birmingham).—You are suffering from the deplorable effects of mercury imprudently taken: you must communicate privately.

MARY K. (Bothwell).—Your daughter appears to be suffering from hysteria, and the accumulation of evils attendant on a scrofulous constitution. There are so many particulars necessary for the physician to know, which you cannot describe, that the best advice we can give you, is, to consult some respectable physician in your own neighbourhood.

BOBERT BRUCE (Norwich).—Let your mother take the following pills. Be most careful in having them prepared at a respectable chemist's, and impress upon him the necessity of the greatest care in compounding them:—Take strichnia, one grain; muriate of morphia, two grains; sulphate of quinine, thirty grains; confection of roses, one drachm. Mix well and accurately. Divide into 30 pills, one to be taken twice a-day.

I. O. U. (Derby).—Your initials, we expect, are redeemable. We have no faith in galvanism in cases of "indigestion and its long train of alarming maladies." Our doctrine is—Moral medicine, diet, regimen, few drugs, much caution. Make your food your medicine, not medicine your food.

R. P. H. (Retford).—Touch the fleshy excrescences with the pure nitrate of silver. The prescription in No. 8 was for a child, and we take it you are an infant of larger growth.

CIVIS (Dublin).—Say where a private note will reach you. We have good reason for asserting that the admirable letter signed "A VICTIM," published in the second number of our Journal, has been the means of rescuing unfortunate creatures, to the number, not of dozens but hundreds, from falling into the clutches of the advertising self-styled "Consulting Surgeons." A part of your note is so true that we insert it. "This precious medical work" (the bestial publication which better deserves the name of 'Public Enemy' than the one its proprietors give to it)—"is written in a style calculated to terrify the young and inexperienced, and is moreover filled with disgusting plates. The perusal of this book struck me with horror, while its specious pages concealed the quackery that lurked within. I believed its representations, and sought aid for a malady which afflicted me, and now I can say with 'VICTIM,' 'I am a wreck in frame, in peace, in purse.'" We receive twenty or thirty letters weekly similar in purport to the one from which we have quoted. We are in possession of such FACTS relating to these quack swindlers, that our surprise is excited that, from the mass of dupes, one man has not been found possessed of sufficient moral courage to bring the extortioners to the bar of criminal law, and thus expose their craft.

D. (Oxford).—The books you mention are the property of two desperate, ignorant quacks The fire is certainly the best place for such obscene, *unnatural*, productions—see *Victim's* letter in No. 2. The "cases" are imaginary. To your second question;—much will depend on the extent of injury inflicted on the constitution "eight years ago." We doubt if perfect recovery would ensue, merely by removing the cause.

JOSEF.—Your's is not a case for gratuitous direction.

L. U. or L. N.—See answer to C. M.

WATER.—Pure water is scarcely less essential to health than pure air. To such of our readers who love prevention better than cure we would strongly recommend LIPSCOMBE'S filters. We have had one in constant use four years. It filters three gallons of water a day. It cost twelve shillings!

JAMES HILTON (York).—We received your letter, but it did not contain the envelope or address.

A SUFFERER (Norwood).—We take great interest in such cases. Our first attempt in medical literature was a paper on Diabetis, read before the London Hospital Medical Society, in 1831. The treatment in your case we fear can only be palliative. Abstain from all substances that have a diuretic property: use all liquids in moderation; broiled mutton and beef, with stale bread, should form the basis of your nourishment. Avoid sugar, and vegetables that may be converted into sugar. Take eight grains of Dover's powder at bed-time, and ten grains of the carbonate of iron three times a-day. Any constitutional symptoms must be treated as they arise.

J. F. (Charlton).—Discontinue it gradually, by wearing one of thinner texture.

JOHN THURRELL (Connaught Mews).—The blistered tongue proceeds from disordered stomach; improve the digestion, and the local complaint will subside.

INVESTIGATOR SALUTIS (CUPIDUS ?).—We have carefully read your letter of twelve folios! Did you expect an answer in the few lines we can devote to each correspondent in this column? If so, we must disappoint you.

R. N. S.—See a notice respecting such cases in another part of this column.

QUERIST.—"Ozœna" is an ulcer, situated in the nose, discharging a fœtid purulent matter, and sometimes accompanied with caries of the bones. In its early state it closely resembles common cold in the head, as it advances it may be mistaken for cancer.

C M. (Lambeth).—We cannot direct the required treatment unless we see you.

R. N. S.—See a notice respecting such cases in another part of this column.

W. B. (Langport).—A light diet; avoid all that can stimulate or excite; coax the bowels to relieve themselves daily at the same hour. Take, compound extract of colocynth, compound rhubarb pill, of each half a drachm. Mix, and divide into twelve pills. Dose, two or three occasionally.

RICHARD (Gateshead).—"How oft the fear of ill to ill betrays." Remorse now is fruitless. Resolution will do you more good. Send your address.

DESPONDENCY (Ramsgate).—Tut, man! courage! See "Much ado about Nothing"—act ii. scene 3. Read the last four or five lines of Benedick's speech—the one immediately before the entrance of Beatrice.

P. M. (Hammersmith).—Your daughter's care is too important, your history of her present and past condition is too vague for us to venture any opinion without seeing her. The leading symptoms that you have detailed may be only the signs of disordered action, not of diseased structure; whichever they may be, our best advice is;—Obtain advice

D. W. (Strand).—You will see the address of the Dentist about whom you inquire in his advertisement in one of the first Numbers of the Journal.

W. IRELAND (Birmingham).—The expectoration you discribe is more characteristic of consumption than of bronchitis.

JOHN PERKINS (Liverpool).—Your symptoms are such as forbode much distress and disease, if not speedily removed. The only advice we can give you through this medium is, Do not be bled again; you appear to require better blood manufacturing in your system; not the loss of what you have. You must apply privately, if you wish a detailed opinion.

E. M. (Lambeth).—We cannot direct the required treatment unless we see you.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person or by letter;—G. B. (Borough). E. N., or E. U. R. W. LEIGH. MATILDA (Highbury). A. O. W. Mrs. BROWN (Westminster). FAITH. AN ENGINEER (Deptford). RUPERT. A MUSICIAN. P. S. T. ABEL. Mrs. JUKES. B. P. (Poplar). T. T. (South Shields). PADDY (Waterford). A FARMER (Peterborough). ROBERT JAMESON (Sheffield). A TAILOR (Liverpool). W. S. (Liverpool). P. (Harrogate). WILLIAM GREEN (Oxford). A REFORMED RAKE. ROBERT W. (Windsor). JOHN THE SECOND (Exeter). A. B. C. (St. George's East). HORACE (York).

PRESCRIPTIONS and private instructions as to diet and regiwen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents;—A PAINTER. B. E. M. WILLIAM (Stepney). DELTA. JOHN GREEN. MEDICUS. VICTIM (Chelsea Walk). TEDDY (High Holborn). FRED. (Somerset House). A POOR PLAYER. JUVENIS (Bow). F. I. D. (West India Road). ORANGES (Lower Thames Street). A MOTHER (Hornsey Road). A CLERK (Mark Lane). JAMES (Milbank). A CABINET MAKER. DESPERATION. OLIVER TWIST. B. (Watling Street). Mrs. DAUBNEY. Mrs. HARVEY'S DAUGHTER. MARY (Horseferry Road). M. E. D. E. R. (Aldgate).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

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EDITED BY T. H. YEOMAN, M. D.

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HEADACHE.

BY THE EDITOR.

Although the term Headache appears to be so significant as not to require any explanation, it is nevertheless complex, and even vague, in reference to the actual state and amount of disease which it serves to denote. Headache, properly speaking, is a *generic* term, and does not apply to a single affection of the head, but to many; for we may have headaches, so called, produced by different causes, exhibiting different symptoms, and demanding different treatment. With the hope of rendering the direction of the latter effectual, we propose to arrange these distressing affections—to some of which we are all more or less liable—under certain heads or classes.

For the most part, headache is a symptom of another disease, or arises in consequence of the sympathy which exists between the head and some other organ, rather than as an original disorder. A "sick-headache" is an example of the former; a "rheumatic headache" of the latter.

There are but few complaints to which humanity is liable that may not claim kindred with headache. It is the offspring of fever, of a deranged stomach, of an irritated or torpid liver, and of an ordinary cold. It is the faithful and sympathising attendant upon almost every deviation from that just balance which maintains health. When symptomatic, or sympathetic, the most frequent form in which it presents itself is the *Dyspeptic*, or *Sick Headache*, which invariably accompanies every offence committed against the laboratory of the body—the stomach. Fortunate is the man who has not experienced the annoying symptoms which appertain to this disorder; so that he may prolong this happy ignorance, we will shortly notice, and thus enable him to avoid those causes and conditions that are most favourable to the introduction of such an unpleasant acquaintance.

Whatever tends to injure or damage, either temporarily or permanently, the tone of the stomach, necessarily causes headache; and this immediate sympathy between the brain and the stomach may be easily conceived when the close alliance which exists between the two organs, by means of the nervous system, is taken into account. Were we to enumerate all the causes which induce this loss of tone, we should have to repeat the minutiæ of indigestion. We shall now confine ourselves to such generalities that cannot be withheld without rendering this paper somewhat obscure. Imprudence in diet, especially excess in quantity, and grossness in quality, is a fruitful source of sick headache, and we find those individuals who indulge in the pleasures of the table, and eat a variety of dishes that are rich and difficult of assimilation and digestion, are seldom free from an attack. Particular articles of food which are harmless to some persons, cannot be used by others without exciting irritation and impeding digestion. Thus veal or pork may be eaten by one individual without any unpleasant effect, whilst in another they will produce headache and other annoying symptoms, which continue so long as the stomach retains the offending mass. Food which is apt to create acidity, flatulency, and all the disturbance which is comprised in a "foul stomach," must always be considered as an exciting cause. Prolonged abstinence will produce a similar effect to excess. A sick headache, however, when thus excited, is attended with a feeling of sinking and exhaustion, which differs materially from the giddiness and nausea occasioned by a surfeited and oppressed stomach. The intemperate use of spirituous and fermented liquors, and such sensual indulgences as induce a sudden and increased rush of blood to the liver, and stimulate that organ to an excessive secretion of the bile, is another cause. A constipated state of the bowels, and the presence of those acid crudities which it generally creates, is usually attended with sick headache. When the constipation is habitual, the constitution in some instances becomes so accustomed to the irregularity that little inconvenience is sustained; in others, the least error in diet will bring on a violent attack. Persons whose occupations are sedentary or confining, are the most subject to this class of headaches; intense mental application, anxiety, the hurry and cares of business, afford a twofold predisposition, inasmuch as there is then present mental disturbance as well as a powerless or impaired state of the stomach. During early and middle life, dyspeptic headache is frequent and violent; as age increases, and the irritability of the system gradually diminishes, it becomes less and less severe.

The symptoms of headache are, we apprehend, tolerably well known, and are so characteristic as to prevent much doubt existing as to the real nature of the complaint. Although the head is the chief seat of the pain, still the disturbance which pervades the system is general; it usually commences with a sensation of chilliness creeping over the whole surface of the body, the feet are cold, while the face is flushed, and the forehead burning; a feeling of fatigue and lassitude is experienced, which is increased by every movement, and the patient is restless, although all his symptoms are aggravated by each change of position. The pain, which varies in its character, is at first diffused over the whole head, and afterwards is usually seated in the forehead or one of the temples; it is sometimes dull and heavy, at others intense and shooting, and is attended with a sense of weight, or tightness, or fulness, as though the blood-vessels were over-gorged. This tightness, or pressure, is more particularly experienced over the eyes, which feel as if they were protruding from their sockets; the sight is impaired, as by a film or mist floating before them, and sometimes small spots, like particles of soot, or "blacks," are continually seen dropping around; the temporal arteries pulsate with violence, and this adds to the pain by rendering it "throbbing;" the veins, espe-

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cially those of the forehead, are distended with blood, and the temperature of the head is considerably increased. In some instances, the sensations experienced in the head scarcely amount to pain, but are rather those of the most distressing confusion, with dimness of sight, and a singing or buzzing in the ears, which completely distracts and confounds the patient. When the pain is fixed, either in one temple, or in the corner of the eye-brows, or, as sometimes happens, in the ball of the eye, it is most excruciating, and its continuance, for any length of time, is sufficient to lay prostrate the faculties of the mind as well as the vigour of the body. During the paroxysm, the eyes are unable to bear the least glare of light; the most trifling mental exertion is painful and irksome; the sufferer is incapable of applying his attention either to business or recreation; his thoughts are distracted and confused, his memory is impaired, and he desires only to be kept free from all noise and intrusion. Attending this pain and disturbance in the head, there is considerable nausea and squeamishness at the stomach, which may induce sickness and vomiting; when this occurs, we notice that the matters first thrown up are the remains of an undigested meal, or merely a tasteless fluid mixed with frothy mucus. When, however, the vomiting continues for any length of time, there is generally some tinge of bile, which is donoted by its acid, acrid taste, as well as colour; if, by violent straining, a copious quantity of this yellow or green fluid be ejected, the patient will frequently find considerable, and perhaps immediate, relief, although the act of vomiting itself aggravates the pain, by forcing an increased quantity of blood to the head. There is generally a free escape of flatulence, which, by its irritating and unpleasant savour, pretty clearly indicates the state of the stomach; the mouth is clammy, and the saliva thick and ropy; the tongue is coated with a white or brown fur, the taste is disagreeable, and the breath offensive. A greater or less degree of fever is usually present, the pulse is quickened, the skin is dry and parched, and the palms of the hands in particular are burning hot; the thirst is urgent, but the fear of ejecting whatever is swallowed restrains the patient from satisfying it.

The paroxysm, in the majority of cases, commences when the individual awakes in the morning, probably after a disturbed and unrefreshing sleep. It may at first be slight, but, as the day advances, it increases in severity, until he is compelled to obtain quiet and the recumbent position; in other instances, the symptoms begin suddenly in all their intensity.

The frequency of the return of this species of headache is very irregular; some persons suffer from it every two or three days, some enjoy an interval of two or three weeks, and others are favoured with a longer respite. The duration of the attack differs in different individuals: in some, it subsides in two or three hours; and in others, it continues for twenty-four hours, or even longer. During youth, the paroxysm soon goes off; but, after the malady has been a companion for years, its continuance is more lasting; the system then becomes debilitated by the frequency and severity of the symptoms; and, in some instances, the intellect is seriously impaired.

In directing a plan of treatment for the removal of this painful affection, we must not be supposed to lay down one constant and unswerving rule to be followed in every case. Such a proceeding would be ridiculous, and not altogether unattended with inconvenience; "each individual case of disease, be the disorder what it may, must be considered to a certain extent original, differing in some, and perhaps some important, particular, from others which have preceded it." We have also to take into account that the action of every remedy is influenced by the condition of the patient at the time it is administered, the same remedy having a different action upon the same individual at different periods; it is also influenced by peculiar constitutions, by peculiar temperaments, and by peculiar ages and habits. The treatment of sick headache must be, in the first instance, palliative, and afterwards curative, so as to prevent a recurrence of the attack. Nature gives us an indication how we may accomplish the first in her attempt to dislodge the offending matters from the stomach by vomiting; we should, therefore, encourage their discharge by directing the patient to drink copiously of warm water, or camomile tea; and if this be insufficient to procure the complete emptying of the stomach, an emetic, either of mustard or sulphate of zinc, may be taken; after the complete action of this, an interval of perfect repose should be enjoyed. At the lapse of a few hours, a full dose of rhubarb and magnesia, conjoined with some warm aromatic, as ginger, should be given, so as to act moderately upon the bowels; and when this object is attained, the patient may be allowed some bland farinaceous diet, as gruel or arrow-root. When the headache proceeds decidedly from acidity on the stomach, and there is not much nausea, a few grains of the subcarbonate of ammonia, or the common carbonate of soda, in a wine-glassful of water, may procure a cessation of the pain; we have found great advantage in the addition of a tea-spoonful of eau-de-Cologne to the last named remedy. Some persons are relieved merely by swallowing a cup of strong tea or coffee. The use of stimulants to the nostrils is frequently resorted to, and sometimes with temporary benefit. Ammonia, or "smelling salts," aromatic vinegar, ether, &c., may be employed, but certainly without the least hope of permanently removing the disturbance. Local applications to the forehead are used with the same intention, a napkin wrung out in cold water, clothes saturated in vinegar and water, or spirituous lotion; sponging the brows with iced water, or wetting the forehead with eau-de-Cologne, are the usual means adopted. When the dyspeptic headache depends upon a graver cause than is presumed in the foregoing remarks, we should not be content with such almost passive treatment, but must insure the removal from the stomach of its ill-digested and noxious contents, either by an emetic or mild cathartic, or, if need be, by both. In our practice, if we see the patient early in the day, we immediately give a brisk purgative —speedy in its action—such as a few grains of calomel, followed in an hour or two, and repeated, if necessary, by a wine-glassful of decoction of aloes, with thirty or forty drops of the aromatic spirits of ammonia, or the common black draught; this will readily cleanse the whole intestinal canal, and in general remove the cause of the pain; if, during the interval preceding its action, the nausea continue, a glass of soda water, or other effervescing draught, may diminish the irritation of the stomach.

When the headache depends upon an excess of bile, we must, *after* the treatment just advised, continue for a time to give the patient small doses of blue pill combined with the compound extract of colocynth, so as to counteract and remove the disordered action of the liver. Some natural saline waters are also of the greatest efficacy during a course of such treatment, and Cheltenham has obtained deserved fame for the curative properties of its springs, which are the hope and succour of valetudinarians returning to England—"nabobs with diseased livers" —from a tropical climate. The Spa, at Norwood, we believe to be little inferior in its chemical constituents to the more fashionable pump-rooms of Cheltenham; and Seltzer water, when recently imported, equal to either.

If the complaint be dependent on constipation, the bowels should be freely evacuated; much care is required in the management of habitual constipation, as each succeeding purgative increases, to a great extent, the necessity for its repetition, by inducing, after its immediate action has ceased, a more torpid state; by attention, much of this inconvenience may be obviated, and we know of no better method than by continuing a purgative action by a gentle fillip, as a wine-glassful of decoc-

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tion of aloes taken regularly every morning for a short time, gradually decreasing the quantity,—and soliciting nature at regular periods. During an attack of sick headache, we need scarcely enjoin our patient to perfect repose and quiet,—his own feelings peremptorily dictate this; the mind should be relaxed, and everything likely to create anxiety or trouble carefully banished.

Now, dyspeptic headache being a complaint entirely symptomatic of disturbance in the digestive organs, it will be apparent that we cannot look for perfect relief so long as the liver, stomach, or bowels, remain in an unhealthy state, and so long as fuel is added to the fire by injudicious diet and intemperate habits. There are some persons who possess so little self-command, and delight so much in the gratification of their tastes, as to forbid all hope of entirely freeing them from such a just penalty for their indulgence; they would, however, escape many pains were they to pay as much attention to the hints of nature as they do to the seasoning of a dish. If they will not forego their feasts, at least let them assist to digest what they swallow, by rendering their stomachs more able to bear the extra labour they impose on it; this may be done by courting regularity in the action of the bowels, taking proper exercise, and invigorating the body by such bitter stomachics and tonics as are known to act beneficially on the digestive organs. Others who are more heedful of their health, may, without much difficulty, prevent the frequent recurrence of an attack; it is not easy, for the reasons before alluded to, to point out the articles of diet, or the quantity of food which should be taken or avoided; individual experience, if carefully attended to, is the best monitor. When, despite all precaution, the headache returns and returns again, as it frequently will do, the treatment must then be especially directed to that organ most at fault, which, in a large majority of cases, is either the liver or the stomach.

(Rheumatic headache in our next.)

CONTUSIONS, OR BRUISES.

Slight bruises seldom meet with much attention; but, when they are severe, very bad consequences may ensue, and these are the more likely to occur when such cases are not taken proper care of.

In all severe bruises, besides the inflammation which the violence necessarily occasions, there is an instantaneous extravasation in consequence of the rupture of many of the small vessels of the part. In no other way can we account for those very considerable tumours which often rise immediately after injuries of this nature. The black and blue appearance, instantly following many bruises, can only be explained by there being an actual effusion of blood from the small vessels which have been ruptured. Even largish vessels are frequently burst in this manner, and very considerable collections of blood are the consequence. Blows on the head very often cause a large effusion of blood under the scalp.

Besides the rupture of an infinite number of small vessels and extravasation, which attend all bruises in a greater or less degree, the tone of the fibres and vessels which have suffered contusion is considerably disordered. Nay, the violence may have been so great that the parts are from the first deprived of vitality, and must slough.

Parts at some distance from such as are actually struck may suffer greatly from the violence of the contusion. This effect is what the French have named a *contré-coup*.

The bad consequences of bruises are not invariably proportioned to the force which has operated: much depends on the nature and situation of the part. When a contusion takes place on a bone which is thinly covered with soft parts, the latter always suffers very severely, in consequence of being pressed at the time of the accident between two hard bodies. Hence, bruises of the shin so frequently cause sloughing, ulcers, and troublesome sores. Contusions affecting the large joints are always serious cases; the inflammation occasioned is generally obstinate, and abscesses and other diseases, which may follow, are consequences truly enough to excite alarm.

In the treatment of bruises, the practitioner has three indications, which ought successively to claim his attention, in the progress of such cases.

The first is to prevent and diminish the inflammation, which, from the violence done, must be expected to arise. The bruised parts should be kept perfectly at rest, and be covered with linen constantly wet with a cooling lotion, composed of two parts vinegar, one part spirit, and four parts water. When there are muscles bruised, they are to be kept in a relaxed position, and never used.

If the bruise should have been very violent, it will be proper to apply leeches, and this repeatedly, and even in some cases, particularly when joints are contused, to take blood from the arm. In every instance the bowels should be kept well open with saline purgatives.

A second object in the cure of contusions is to promote the absorption of the extravasated fluid by discutient applications. These may at once be employed in all ordinary contusions not attended with too much violence; for then nothing is so beneficial as maintaining a continual evaporation from the bruised part, by means of the cold spirit lotion, and, at the same time, repeatedly applying leeches. In common bruises, the following lotion is of great utility: Take muriate of ammonia four drachms; spirits of wine and distilled vinegar, of each four ounces, water eight ounces, mix. Many surgeons are in the habit of ordering liniments for all ordinary contusions, and certainly they do so much good, in accelerating the absorption of the extravasated blood, that the practice is highly praiseworthy. The common soap liniment, or camphor liniment, are as good as any that can be employed.

In many cases unattended with any threatening appearances of inflammation, but in which there is a good deal of blood and fluid extravasated, bandages act very beneficially, by the remarkable power which they have of exciting the action of the lympatics, by means of the pressure which they produce.

A third object in the treatment of contusions is to restore the parts to their proper tone. Rubbing the parts with embrocations has a good effect; but notwithstanding such applications, it is often observed that bruised parts continue for a long while weak, and even swell and become infiltrated with fluid when the patient takes exercise, or allows them to hang down, as their functions in life may require. Pumping cold water two or three times a-day on a part that is affected is the very best measure that can be adopted. A bandage should also be worn, if the situation of the part will permit. These steps, together with perseverance in the use of liniments, and in exercise gradually increased, will soon bring every thing into its natural state again.

SURGICAL OPERATIONS.

"Operations," said the greatest surgeon which this country ever produced, John Hunter, "are a reflection on the healing art; they are a tacit acknowledgment of its insufficiency. It is like an armed savage, who attempts to get that by force which a civilized man would get by stratagem. No surgeon should approach the victim of his operation without a sacred dread and reluctance, and should be superior to that popular *eclât* generally attending painful operations, often only because they are so, and because they are expensive to the patient."

It is good and elevating to believe that there are men who preserve in manhood the boyish bloom of their open-hearted teens; but as it is a rare fortune to meet them, let us honour, cherish, and love them, in proportion to their scarcity.

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GOUT.

BY THE EDITOR.

No. III.

(*Continued from page* 83.)

MISPLACED GOUT, also known as *complicated* gout, *retrograde* gout, or *retrocedent* gout.

In misplaced gout, the disease fixes on some internal organ instead of on the joints; or is suddenly transferred from the joints after having fixed there; and produces in the internal organs affected, debility or inflammation, according to the state of the constitution.

It sometimes occurs, that whilst the general constitution of a patient liable to gout is tolerably sound and healthy, there may be one or more of the internal organs that form an exception to the general rule, and are less healthy than the rest; so that, upon the accession of gouty inflammation in the gouty habit, the inflammation seizes upon the weakest part of the body, and makes its assault upon such organ rather than upon the hands and feet; or, if by chance, it commenced in the small joints, it is readily transferred to the seat of internal debility or disease.

The parts more liable to misplaced gout, are the head; the heart, especially its membrane or bag—the pericardium; the stomach; the kidneys and the bladder. A recent writer (Dr. Barlow), whose opinion deserves to be received with much respect, says—"A paroxysm of gout can be regarded only as a constitutional disturbance of an inflammatory character, attended with local inflammation of a peculiar kind, in one or more joints running a determinate course, and, in the earlier accessions, terminating in health for the most part within a few days. Such being the character of simple gout, there is no reason why the *complications* so much dwelt on should be considered as specially belonging to it, or regarded otherwise than as accidents arising from peculiarities of constitution, contingent derangements of health, or the lesions, or morbid tendencies entailed by preceding accessions." We cannot accede to this conclusion. Our opinion is, that there is something *specific* in the diseases induced by misplaced gout; for instance, the symptoms, the pains and sensations of gout in the stomach are totally dissimilar to those experienced in any ordinary attack of inflammation—in fact, they are such as can only be the *results* of gout, not its *incidental* companions.

When gout affects the brain, we have all the symptoms of inflammation in that organ, with the exception that there is, perhaps, less delirium; the pain, which is at first of a maddening character, changes to oppressive horror, in which the patient suddenly starts from sleep almost as soon as he has begun to doze; he is aroused by the hideousness of the ideas that rush across his mind, and by distracting dreams. The sensation of gout in the stomach, when of an active character, has been described to us by patients, as though that organ contained a fiery coal; the least pressure is insupportable, and there is constant vomiting. When the general system is below the standard or tone of ordinary health, the organ affected may evince great langour and painful inertness, rather than acute inflammation; in such cases the pain in the stomach is of a heavy grinding character, as if the "fiery coal" were changed to a cold lump of lead. The fit is sometimes transferred to the bladder; in which case there is acute pain at the neck of that organ, inability to pass urine, and a discharge of thin acrid mucus from the urethra. Not unfrequently the kidneys are attacked; there is then violent pain in the region of the loins; a scanty secretion of urine, which is high coloured, sometimes red, and deposits a gritty sediment containing lithic acid. The rectum, it is said, has also been occasionally the seat of misplaced gout, which has evinced itself as a simple vehement pain, or in spasmodic contraction, or by hemorrhoidal tumours.

THE TREATMENT OF GOUT.—In applying the art of medicine to the cure or alleviation of gout, our attention must be directed to the state of the patient during the paroxysms, and during the intervals; and particularly to the state of his constitution or previous habits, which, according to their character, may demand a different and even an opposite mode of treatment.

It was formerly the belief that an attack of gout was an effort of nature to throw off from the constitution, and thereby restore it to a state of perfect health, some offending matters, which formed the proximate cause of the disease; and it was hence also conceived in addition, to adopt the language of Sydenham, that the more vehement the fit, the sooner it will be over, and the longer and more perfect would be the intermission. And in this view of the subject, there can be no question, that the wisest plan must have been that of leaving the paroxysm to run through its regular course without interruption—in fact, to commit the patient to "patience and flannel" alone. This hypothesis, and the practice based upon it, has long fallen into discredit. In our endeavours, however, to subdue the inflammation of a gouty paroxysm by the ordinary means resorted to in inflammations of any other kind, as bleeding, purgatives, sudorifics, local astringents, and even refrigerants, we must be on our guard, and wary of the danger of repelling the disease to some internal organ of more importance, and thus converting a regular paroxysm into a case of atonic or misplaced gout. We have already said that the specific inflammation of gout has a peculiar tendency to fix and expand itself upon the weakest parts of the system, and, where several parts are equally weak, to pass in sudden transitions from one part to another, though transitions are rare when the system is sound. In *healthy* constitutions, the weakest parts are the extremities; consequently, these are the parts in which gout first makes its appearance. It commences in the hands or feet, and runs through its course, seldom changing its seat, or, when it does migrate, only passing from foot to foot, or from one of the feet to one of the hands; and it limits itself to these parts, because they are the *weakest* in the system. In *unhealthy* constitutions the extremities are not the weakest parts of the system: but we find the stomach, or the heart, or the head, or the lungs, or some other organ, more debilitated; or, several of these organs may be equally disordered and weakened, acccording to the idiosyncrasy of the person affected, or to accidental circumstances. True, therefore, to the specific character of the disease, we see the gouty principle, when roused into action in habits of this kind, fix itself from the commencement on one of those important viscera, rather than on the extremities; or it roams from one to another, alternating its course from the stomach or head to the extremities, or from the extremities to one of these organs. This sudden change, or metastasis, which is rare when the system is sound, becomes frequent in proportion as the body becomes diseased or debilitated.

It will now be seen that the treatment of gout must be ruled by the individual peculiarities of the invalid. If gouty patients were to commit this axiom to memory, and afterwards act upon it, what a loss would ensue to the revenue in the diminished sale of stamps for quack nostrums!—what a panic would ensue amongst advertising professors and pill-makers!—How much bodily suffering would be spared, how many lives would be saved!

When a paroxysm of regular and acute gout attacks the hand or foot of a person otherwise in good health, having a *sound* constitution, there is no good reason why the treatment applicable to the same degree of general fever and inflammation, occurring from other causes, should not be employed; the antiplogistic regimen is therefore to be enforced. The efficacy of colchicum, in checking the first approach of a fit of the gout,

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and moderating its violence when it has come on, is now established by very ample observation. For this purpose half a drachm of the *vinum colchici*, mixed with some other purgative, as the sulphate of magnesia,—because it is required to act speedily,—should be given every four or six hours. We may thus produce purging in twenty-four hours, or sooner, and when that takes place, the patient is generally relieved at once: any other active purgative may have an equally good effect, but colchicum appears to afford relief with greater rapidity; it should also be combined with some cooling laxative, so as to quicken the purgative action, and lessen the griping which it so constantly induces. As well as colchicum or other purgatives, occasional saline draughts should be taken, so as to diminish the general fever. Bleeding, in young and very inflammatory subjects, may be required in some cases, but generally it is uncalled for and improper. Leeches, applied to the part, are frequently productive of very great alleviation: tepid evaporating lotions, composed of alcohol or ether, vinegar and water, frequently give comfort. Cold local applications should be forbidden; they are most dangerous, and seldom give a moment's relief. Harvey was accustomed, when attacked, to plunge his feet into a pail of cold water; alluding to which practice, Dr. Elliotson says, "I know persons that do this, but no medical man is justified in recommending it, for it has frequently happened that some disease has begun within; there has been apoplexy produced, or inflammation of the stomach, or an affection of the heart, and the patient has died very shortly." When the pain is very acute, the use of opium must not be omitted, for while it affords temporary ease, it diminishes the duration, as well as the violence of the disease, and it should never be forgotten that it is a law in the history of gout, that the frequency and violence of the succeeding paroxysms are measured by the violence of those which have preceded. A liniment composed of oil of almonds with laudanum, rubbed for some time with a gentle friction, is highly serviceable in mitigating the pain.

Conjoined with this treatment, the patient should live abstemiously; the diet must be below the standard to which he has been accustomed, though to guard against a metastasis to the stomach, we must be cautious that we do not reduce the quantity and quality of the food too much. It is impossible to lay down any universal rule; and to say that a man disposed to gout should not drink wine, should not drink beer, should not eat meat, would be absurd. There are some gouty patients who would be better if they abstained from fermented liquors; others would be better if they went farther, and ate no meat, but confined themselves to vegetable diet and milk; there are other cases again, where this would be wrong, as the patient could not live without meat; and there are other cases where it is necessary to allow a certain quantity of wine. The rule should be to let patients live as low as they can, to be in good health; and the regimen that will secure this must of course vary in different individuals. The patient's chamber should be well ventilated, his dress light and easy, and he should be enjoined to take as much pleasant exercise as possible, being cautious, at the same time, that his health is not impaired by its violence.

Under this treatment, a fit of regular gout occurring in a healthy constitution will subside gradually; when the paroxysm is over, gentle and long continued friction by the hand or flesh-brush, with or without some salt and water, should be freely employed to the parts lately the seat of the disease; the general health must be improved, and the whole tone of the system invigorated. If all this be done, and the patient's life be continued, the disease becomes comparatively trifling—certainly it will not be so constant nor so painful as it would be if the patient trusted alone to "patience and flannel," and committed excesses in diet and in intemperance.

We must defer the conclusion of this article till our next.

PHARMACOLOGY.

No. III.

SILIAGOGUES.—(*Continued from page* 84.)

The principal siliagogues that act on the salivary glands, through the medium of the circulation, are the preparations of

Mercury, or *Quicksilver*.—No substance with which man has been furnished by the bountiful hand of Nature, has undergone more strict scrutiny than mercury. It has been investigated with the greatest ardour, and with the fondest expectation of obtaining from it the most unbounded sources of riches and of health. Mercury in its pure state is always fluid, and from this circumstance, together with its likeness to silver, it has obtained different names expressive of these characteristics—hence the English word quicksilver, or living silver, and the Greek name hydrargyrum, or watery silver. It is the most brilliant and shining of metals; its divisibility is extreme: Leibnecht, by striking a globule of mercury six lines in diameter, distributed it into such extremely minute globules, that by a microscope he could see one hundred million of them. It is of great weight, two hundred being its proportional, and it is also extremely volatile. Some of the characteristics of mercury are peculiarly striking. Thus, it always assumes the form of globules, perfectly round; its dilation by heat is so uniform, that we are enabled to ascertain with the greatest precision the force of heat, and hence are enabled to construct such perfect thermometers: and another marked property of the metal is its phosphorescence. There are four well ascertained ores of mercury: the first, native mercury; the sulphuret of mercury, or cinnabar; alloyed, or amalgamated mercury; and the red muriate of mercury. There are other ores which have not been generally recognised. Quicksilver has been employed to some extent in this country in its crude state, as a remedial agent. It appears, that in the days of Charles the Second it was much used by the beauties of his court, and other ladies ambitious of a clear complexion, or wishing to remove a freckle, as an alterative capable of giving a pearly lustre to the skin; and a chronicler of that age says—may we repeat it without a blush—"It was not unusual to find globules of quicksilver scattered about after a dance." In all the forms in which mercury is exhibited, it requires care and caution; but when it is combined with the powerful acids, as is the case in corrosive sublimate and calomel, it becomes a most dangerous tool in the hands of the ignorant or half-educated man. The following are some of the preparations of mercury ordered in the London pharmacopœia:—

Hydrargyri Bichloridium.—Corrosive sublimate—Dose the eighth to a quarter of a grain: used as a mercurial alterative when it is required to affect the system rapidly. It is a dangerous remedy, and a fatal corrosive poison in larger doses.

Hydrargyri Chloridum.—Mild mercury, calomel. Dose, as an alterative, half a grain to a grain, every six hours; as a purgative, four grains to ten. Calomel is an extremely efficient purgative; it is alterative, antivenereal, and a valuable remedy in obstructions and disorders of the liver. It is particularly useful in the diseases of children, and they frequently bear larger doses of it than adults.

Hydrargyrum cum Cretâ.—Mercury with chalk, is one of the mildest of the mercurial preparations; it is an excellent alterative for scrofulous children having diseased mesenteric glands; the dose ranges from three grains to a scruple.

Pilulæ Hydrargyri.—Blue Pill, is by far the best form for the internal exhibition of mercury; when it is intended to act upon the system as an alterative it should be administered in doses of from four to six grains; should it act as a purgative, or excite irritation, opium may be advantageously given with it. In doses from five to twelve grains, it acts as a mild but efficient purgative.

Pilulæ Hydrargyri Chloridi Compositæ.—Compound Pills of Chloride of Mercury—Plummer's Pill. This pill is much employed in cutaneous eruptions, and in secondary syphilitic symptoms, particularly when affecting the skin. Dose, five grains to ten, night and morning.

Hydrargyrum Iodidum.—Iodide of Mercury; this has been given internally in scrofulous affections, in doses of from one grain to three; but it is chiefly employed in the form of ointment for dressing scrofulous sores.

Hydrargyri Bisulphuretum.—Bisulphuret of Mercury. This is only employed for the purpose of mercurial fumigations, by heating half a drachm of it on a red-hot iron; this mode of affecting the system with mercury is often required in some venereal eruptions, and in such cases wherein a mercurial action must be immediately obtained.

Unguentum Hydrargyri Fortius.—Strong ointment of mercury—Blue ointment. This ointment furnishes a prompt, and probably one of the least exceptionable modes of introducing mercury into the system. It is generally applied by rubbing half a drachm to a drachm, on some part of the body where the skin is thin: generally, in syphilitic cases, on the inside of the thigh; in chronic inflammation of the liver, it is usually applied in the region of that organ.

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Unguentum Hydrargyri Mitius.—Milder Mercurial Ointment. This is used as a dressing, and for those purposes in which the preceding preparation would be too powerful.

Unguentum Hydrargyri Nitratis,—Ointment of Nitrate of Mercury, is a stimulant and a detergent (a substance used to clean a wound). When its strength is diminished by the addition of lard, it is a local remedy of great efficacy in eruptions and various skin diseases.

Linimentum Hydrargyri Compositum.—Compound Liniment of Mercury, is stimulant and discutient (capable of dispersing tumours, &c.) One drachm, which contains nearly ten grains of mercury, may be rubbed on the part affected night and morning. It is said to salivate sooner than mercurial ointment, when freely employed.

We must defer the consideration of the different actions of mercury, and its preparations on the human frame, until our next.

CORPULENCY.

According to Bichat, considerable fatness, or *embonpoint*, far from being a sign of health, almost always denotes weakness of the absorbents intended to take up the fat again, and that, in this respect, it has more analogy with serous infiltration, that is, the effusion of fluid in the cellular membrane, than is commonly supposed. This assertion is proved by various facts. 1st. Every kind of extraordinary corpulence is attended with a weakness of muscular power. 2nd. In the man in whom force and vigour predominate, that fatty plumpness which hides the muscular prominences is not seen; on the contrary, the muscles are strongly marked, and the form and development may be easily seen. 3rd. Frequently the causes, which obviously weaken the powers of life, produce a considerable accumulation of fat: such are sloth, rest, copious hemorrhages, the convalescence of certain acute diseases, in which the forces yet languish while the fat abounds. 4th. The fatty state of the muscles is for them a state of palpable debility. 5th. Bichat was sometimes convinced, from examining certain emaciated limbs, that the little size which they retain is partly owing to the fat which they contain, and which, in proportion, is nearly equal to what the healthy limbs contain; while all the other parts are shrunk—the muscles in particular. 6th. Castration, which abstracts from the vital powers a part of their activity, and from nutrition a part of its energy, is very frequently followed by an excessive degree of obesity. 7th. On the other hand, as a certain degree of development in the vital powers is requisite for generation, individuals who are too fat, and in whom that degree of development is deficient, are generally badly qualified for this function. In women this fact is remarkable; and it is not less so in man. In animals, the same thing is observed: in proportion as hens are fattened for our tables, they become less and less suited for laying. Most domestic animals are subject to the same law.

From the facts above specified, Bichat infers, that if the moderate deposition of fat indicate strength, its redundance is almost always a sign of weakness, and that, in this respect, there is a kind of connection between atty and serous infiltration.

Very frequently grossness, or fatness, accumulates, more especially in the internal organs, and the viscera may be more or less buried in fat, so that the individual may suffer under a dropsy of animal oil, instead of a dropsy of water. Fat, thus deposited, generally overloads the omentum, and gives that projecting rotundity to the abdomen, which is vulgarly distinguished by the name of Pot Belly, and is well described by Prince Henry, in his address to Falstaff, as a "huge hill of flesh—a globe of sinful continents."

In attempting to cure this disease—for disease it really is—the first step is to avoid all the common and more obvious causes as much as possible. Hence as a life of indolence, and indulgence in eating and drinking, are highly contributory to obesity, the remedial treatment should consist in the use of severe, regular, and habitual exercise, a hard bed, little sleep, and dry and scanty food, derived from vegetables alone, except where, from a singularity of constitution, farinaceous food is found to be a chief source of fatness. And when these are insufficient, we may have recourse to such medicines as freely evacuate the fluids, whether by the bowels or skin.

Generally speaking, however, the diet and regimen just recommended; with a spare allowance of water, will be sufficient to bring down the highest degree of fatty corpulency. Of this we have a striking example in the case of Mr. Wood, the noted miller of Bellericay, in Essex. Born of intemperate parents, he was accustomed to indulge himself in eating, drinking, and indolence, till, in the forty-fourth year of his age, he became unwieldly from his bulk, was almost suffocated, laboured under very ill health from indigestion, and was subject to fits of gout and epilepsy. Fortunately a friend pointed out to him the Life of Cornaro, and he instantly determined to take Cornaro for his model, and, if necessary, to surpass his abridgments. With great prudence, however, he made his change from a highly superfluous to a very spare diet gradually: first diminishing his ale to a pint a day, and using a much smaller portion of animal food; till at length, finding the plan work wonders, as well in his renewed vigour of mind as of body, he limited himself to a diet of simple pudding made of sea-biscuit, flour, and skimmed milk, of which he allowed himself a pound and a-half about four or five o'clock in the morning for his breakfast, and the same quantity at noon for his dinner. Besides this, he took nothing either of solids or fluids, for he had at length brought himself to abstain even from water, and found himself much easier without it. He went to bed about eight or nine o'clock, rarely slept for more than five or six hours, and hence rose usually at one or two in the morning, and employed himself in laborious exercise of some kind or other till the time of his breakfast. And by this regimen he reduced himself to the complexion of a middle-sized man of firm flesh, well-coloured complexion and sound health.

When the reduced mode of living thus described has been unnecessarily and injudiciously entered upon, and followed up with great pertinacity, as in cases where young females are desirous of becoming celebrated for an elegant (!) slenderness of form, it has often been productive of a serious, and, occasionally a fatal result. Professor Frank gives a striking example of this in a young lady who had for nearly twelve months greatly diminished her daily food, used severe horse exercise, and drank every day a large quantity of vinegar. She, at the end of this time, was labouring under indigestion, hysteria, and a dry cough, with an acute pain in her side, hectic sweats, and occasionally, purulent expectoration: she was pronounced in the last stage of consumption, and her life was entirely despaired of. Frank, however, succeeded in averting this event, by the gradual renewal of a more nutritious diet, and the use of tonics.

SELF-MADE MEN.

Columbus was a weaver; Franklin a journeyman printer; Sixtus V. was employed in herding swine; Æsop was a slave; Hogarth an engraver on pewter pots; Ben Jonson was a bricklayer; Porson was the son of a parish clerk; Akenside was the son of a butcher—so was Wolsey; Cervantes was a common soldier; Halley was the son of a soap-boiler; Arkwright was a barber; Belzoni was the son of a barber; Blackstone and Southey were sons of linendrapers; Crabbe was a fisherman's son; Keats the son of a livery-stable keeper; Buchanan was a farmer; Canova the son of a mason; Captain Cook began his career as cabin boy; Haydn was the son of a poor wheelwright; Hogg was a shepherd.

NATURE'S ARISTOCRACY.

It is from within now that we must look for change. for when education, based upon correct knowledge of our constitution, shall have raised the man, there will be found no impediment to the advance of the whole race to all that is necessary for the enjoyment of the highest pleasures of which his nature is susceptible. In proportion as the higher feelings of our nature gain strength and predominate, and the law of universal brotherhood is written on the heart, and not merely upon the tongue—in proportion, in fact, as real Christianity prevails,—the petty distinctions of a savage age, which form the present scale of society, will disappear, and we shall no longer seek to be distinguished by mere wealth and external advantages, gained at the expense of the excessive labour of others, but for the supremacy in us of all that distinguishes us from the brutes; for all that saves toil, instead of increasing it, and that affords time to every man for the development of high moral and intellectual power. Distinction will be based upon worth alone, and we shall bow to an aristocracy of nature, of which the present is but the symbol. If God gives us superior abilities, we shall not glorify ourselves, but Him, and hold them in trust for the good of mankind; and wherever superior worth and talent is recognized, there will be acknowledged the future Noble—his badges, not stars and garters, but the unmistakeable expression of nobility which habitual obedience to that which is true and good and beautiful invariably bestows.—*Education of the Feelings, by Charles Bray.*

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

DUPUYTREN'S POMADE FOR THE CURE OF BALDNESS.—Beef marrow, six ounces; nervine balsam, two ounces; this is made by melting together four ounces each of beef marrow, and oil of mace, and adding two drachms of balsam of tolu, and one drachm each of oil of cloves and camphor, dissolved in half an ounce of rectified spirits; extract of cantharides, sixteen grains; (Paris codex,—made by evaporating the tincture of cathurides, which consists of one part Spanish flies, to eight part spirits.) Melt the marrow and the nervine balsam, with the oil, strain, add the balsam of Peru, and lastly the extract, dissolved in a drachm of rectified spirit. This pomade should be applied night and morning, and be well brushed in; the head being previously washed with salt and water, and the hair kept short. If any soreness is produced it should be less frequently applied.

EAU DE COLOGNE.—Take essence of bergamot, forty drops; essence of lemon, forty-five drops; oil of rosemary, six drops; oil of orange peel, twenty-two drops; essence of neroli, twelve drops; highly rectified spirit, six ounces. Mix.

ROSE DENTIFRICE.—Powdered myrrh, two drachms; bicarbonate of soda, two drachms; powdered oris root, two ounces; cuttle-fishbone powdered, two ounces; precipitated chalk, sixounces; otto of roses, sixteen drops. Mix well together. This tooth-powder may be coloured with rose pink to any desired shade.

DR. KITCHENER'S PERISTALTIC PERSUADERS.—Turkey rhubarb in powder, two drachms; oil of carraways, ten drops; simple syrup, one drachm. Mix and divide into forty pills. Dose, two, or three, or more. "From two to four will generally produce one additional motion within twelve hours. The best time to take them is early in the morning."

MODE OF ADMINISTERING THE MALE FERN ROOT in cases of *tape worm* (tænia) Take of the powder of male-fern root from a drachm and a half to three drachms; peppermint water, a wine-glassful. Mix for a draught; to be taken early in the morning, on an empty stomach, and followed in two hours by six grains of calomel, and ten of powdered gamboge, made into pills with syrup. This is the celebrated remedy of Madame Nouffler. The quantities here mentioned must be considered the full doses, proper only for a strong adult.

"SPRING PHYSIC."—Infusion of senna, two ounces and a-half; tartrate of potash, twelve drachms; sulphate of magnesia (Epsom salts) one ounce; manna, four drachms; tincture of senna, one ounce; tincture of ginger, two drachms; aromatic spirits of ammonia, two drachms. Mix. Dose, a wine-glassful early in the morning.

DIETARY, WHOLESOME AND ECONOMIC.

MADE DISH FROM JOINTS THAT HAVE BEEN PREVIOUSLY SERVED.—Cut the meat into slices, about a quarter of an inch in thickness, then put the remainder, vegetables and gravy, if any, in a pan; if not, with water and piece of glaze; season with a little salt, pepper, sugar, a bay-leaf, and the juice of a quarter of a lemon; simmer gently for twenty minutes on a slow fire, dish the fillets in the form of a crown, lay the vegetables in the middle, pour gravy over, and serve:—Or, what remains, cut into very small slices, put in a pan, shake a little flour over, season with a little salt, pepper, sugar, bay-leaf, and the juice of a quarter of a lemon, then moisten it with milk, sufficient to make a sauce, warm it for ten minutes, add half an ounce of butter, stir it well, and serve very hot: or, if you prefer it brown, leave out the milk and throw a few chopped mushrooms and eschelots in, and moisten with a little water, to which add a little browning or catsup; it ought never to be too thick. Poached eggs may be served with these.—*M. Soyer.*

LAMB CHOPS in paper with fine Herbs. Cut a piece of foolscap paper in the shape of a heart (and sufficiently large to fold a lamb chop in,) rub a little oil over the paper, then season the chop with a tea spoonful of chopped eschelots, one of chopped parsley, a little pepper, salt, and grated nutmeg, wrap the chop in the paper, which plait down at the edges, lay it upon a gridiron over a slow fire, turning it frequently; it will take about twenty minutes to broil properly; when done serve in the paper very hot.

GINGER BEER.—Take one ounce of sliced ginger root, half an ounce of dried orange peel, tie them in a bag and boil with two gallons of water, and strain; add three quarters of an ounce of citric acid, twenty-five drops of essence of lemon, and twenty-four ounces of loaf sugar. When sufficiently cool add two table spoonsful of fresh yeast; let it work for twelve hours, and bottle it.

GINGER BEER POWDERS.—Take fine Jamaica ginger, powdered, four drachms; bicarbonate of soda, three ounces and a half; refined sugar in powder, fourteen ounces; essence of lemon, thirty drops. Mix, and divide into five dozen powders; or, for a single powder, take five grains of powdered ginger; twenty-eight grains of bicarbonate of soda; 112 grains of powdered sugar; and half a drop of essence of lemon. Each powder requires about thirty grains of citric acid, or thirty-three grains of tartaric acid, to produce effervescence.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided, without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and in the evenings on Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

NOS. 1 and 2 of the PEOPLE'S MEDICAL JOURNAL are reprinted, and are now ready for delivery (No, 1. for the third time). Nos. 3, 4, and 5, are at press, and will be ready on the 27th instant. Part 1 will be reissued on the 30th instant. We again thank our subscribers; our circulation is greater than any living or defunct Medical periodical ever attained. It will be our constant endeavour to maintain and deserve this pre-eminence.

DR. DE ROSS.—We have placed this person's case in the hands of our solicitors.

S.C. (Mansell Street).—We will endeavour to answer all your questions; but do not for six months, at least, favour us with another such a category. We really regret that the omission of a prescription for scalds in our Journal has caused you to be "laid up" for two weeks instead of two days as you flatteringly say would have been the duration of your confinement had you seen "a prescription for the same." If you had sent us word before, we would have requested Sir Benjamin Brodie, Mr. Luke, and Mr. Curling to have held a consultation on your case. In Pharmacology, careless S.C., the doses are given, and being arranged in classes, the drugs "are good for" those cases in which such classes of drugs are required. We agree with you, a portfolio for the journal is required. Knight, Fleet Street, sells them. We do not know Mr. Smart's tariff. Your friend, aged 56, will see a prescription suitable for him in the first column of page 7 of the Journal. Your other friend who "spits a great deal of phlegm, having a little cough," will see a remedy applicable to his case in page 21, the second prescription. Now what do you say, considerate S.C., to our patience? Don't try it again.

W. GIBSON (Warriston).—See page 17, pamphlet on Indigestion.

A. MARNOCK (Cannon Mills, Edinburgh).—The symptoms you mention need not prevent you emigrating.

A. B. (Southwark).—You say you would "like" to take Gregory's powder made into lozenges. You have a queer taste. Consult some lollypop-maker on this important subject.

SARAH (Pimlico).—Let the child be put in a warm bath twice a-week, and on the night that she does not take a bath, give her eight grains of rhubarb powder; three grains of *Hydrargyrum cum creta*; and four grains of carbonate of soda. Diet, puddings and vegetables.

THOMAS K—g—t (Monkwearmouth).—To your first query—it would be vanity and vexation. To the second—all may be restored. To the third—moderate.

BOX (Hope Street).—See page 12, in the Editor's pamphlet on Indigestion, beginning at "Dear is the &c."

A SALOPIAN (Shrewsbury).—We are glad that you approve of what has been done.

WILLIAM HALL (City).—If you have anything to forward, it can be sent direct to our residence. We are much pleased to hear that you are improving.

ENQUIRER (Hill Street).—All injuries to the head are of importance, however trifling the original accident may be. Communicate your address.

JAMES PEARSON (Ashton-under-Lyne).—The diet you mention is *not* proper Take more animal food; you require nourishing and strengthening. "Chickweed and rice-milk" will not do this, friend Pearson.

JOHN CUMBERLAND.—We could not make the alteration you suggest in the arrangement of the Journal without doubling its cost. Do not take violent exercise on "an empty stomach."

Z. H. Z. (Chester).—The cough and expectoration appear to be sympathetic with a deranged stomach. The "Bronchial Sedative" you mention is a vile quack preparation.

JAMES MOORE (London).—Will you call in Lloyd-square?

L. L. M. (Brook-street, Holborn).—The dandelion is a very valuable remedy. It may be taken as a morning beverage, in the form of dandelion coffee, which is sold by Hooper, Pall Mall East, and Hurford, Bucklersbury. The extract of dandelion may be obtained at any chemist's.

THE INQUEST ON MARIA LORD.—We have received an authenticated letter vindicating the character of John Todd, which entirely exculpates him from any complicity in this girl's death; the verdict being "that the deceased Maria Lord died from natural causes, to wit, congestion of the brain, and not from any hurt or injury received from any person whatsoever." "This being the verdict," says our correspondent, and we entirely concur in the remark, "by Englishmen on their oaths, I think it too bad to have a man, who was honourably acquitted, stamped as a murderer." Dr. Grindrod, it appears, is Consulting Physician to the Toxteth-park Hospital, and as such, must hold a first-rate degree, although it is not mentioned in the Medical Directory.

THOMAS WARD (Nottingham).—Skin diseases will be noticed in the Journal.

J. W. R. (Merthyr).—Sassafras cannot by any possibility do you any injury; it may benefit you. The lobilia is a fearful herb in the hands of the ignorant. The "doctor" you name is not a qualified physician.

LEBA (Ash-Gill).—Salted meats are improper. Take a warm bath at ninety-six degrees; move the bowels with some mild purge, as fifteen grains of rhubarb, and three of calomel. You must communicate privately if you desire a detailed opinion.

MARGERY.—We are obliged to arrange our articles to suit very varying tastes; you must remember you are only one amongst our many thousand subscribers. The diseases of women and children are not forgotten.

GRUMBLES.—Take, aromatic spirits of ammonia, three drachms; spirits of lavender six drachms; tincture of cardamoms, four drachms; compound tincture of cinnamon, four drachms; cinnamon water to make up four ounces. Dose, a large spoonful in water. Once or twice a day.

J. C. (City).—Water cress is a most wholesome vegetable: you will see a short notice of its properties in No. 4.

ARTHUR, (Portman Square).—The sickness is dependent on indigestion. Occupation, temperance, or intemperance, irregularity, age, the mind, the temperament, and how many other circumstances, influence this disorder? We can do nothing for you, unless you describe your condition and position definitely.

JAMES OLIVER (Somerstown).—All the symptoms have one and the same origin—that is, indigestion. As you say this cannot proceed from intemperance in eating or drinking, we must look for some other provocative of disorder; *we suspect one*, but our opinion cannot be confirmed unless we see you.

LIVERPOOL AND THE NEIGHBOURHOOD.—MR. JOSEPH SHEPHERD, (99, Scotland Road,) is the agent who supplies this district with our Journal; send your orders to him.

P. B. (Manchester).—You are in the hands of "Quacks," men "whose secresy is inviolable." Bah! they will extort, not only one pound, but every farthing you are goose enough to part with: and in the end, you will be worse in pocket and in health than if you had been without advice! Place yourself under the care of some respectable practitioner in your city, (Manchester *is* a city) or compound with a physician of known respectability.

PRESCRIPTIONS and private instructions as to diet and regimen are left with the DISPENSER, 78, GRACECHURCH-STREET, for the following correspondents:—A. Y. (Stoke Newington). WILLIAM PERKINS (Hoxton). J. JEFFRY (Blackfriars). W. W. W. (Old Ford). RACHAEL (Baker-street). Mrs. MURPHY'S CHILD. EDITH (Chamomile-street). A POOR MAN (Wapping Wall). J. R. (Kingsland Road). PHŒBE (Paradise-street). JAMES DONALD (Millbank). DAVID C——N (Mile End). CHARLOTTE. A. RONALD. JACK REYNOLDS. A. K. PRISCILLA WOOD. AN OLD PATIENT. ANNE BARCLAY. ZETA. AN ENGINEER (Bermondsey). A CI-DEVANT HOMŒPATHIST. N. P. (Hackney Road).

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—J. M. J. C. T. C. (Piccadilly). A VICTIM (Secundus). A. STONE (Dalston). MARTHA DURANT. EBLIS. A TYRO. P. P. B. (Milk-street). JAMES R——T. RUPERT (Bath-street). W. K. (Whitby). A WATCHMAKER (Wynyatt-street). R. S. A WORKING MAN (York Road). Mrs. DODD. FRANCIS T. (Barnsbury Road). ROBERT ROBERTS. L. M. N. R. S. (Liverpool). BEN (Hartlepool). A. B. C. (St. Helen's). H. A. R. (Pentonville). Mrs. HOWARTH'S CHILD. A CLERK (Mincing-lane).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY T. H. YEOMAN, M. D.

No. 13.—Vol. I.] SATURDAY, MARCH 30, 1850. [ONE PENNY.

ANATOMY.

Anatomy, as the science of organisation, embraces inquiries connected both with vegetable and animal structure.

The organisation of vegetables falls within the scope of the science of botany, and the organisation of animal matter more particularly within the province of anatomy. Even when thus restricted, anatomy, from the numerous and important subjects it embraces, has been branched out into various and somewhat independent subjects of investigation. Hence, we have different kinds of anatomy, as human and comparative, general and special, descriptive and surgical, healthy and diseased, philosophical and transcendental.

Human anatomy is the science that treats of the structure and organisation of the human body. A knowledge of this department of anatomical science is of pre-eminent importance to the medical practitioner, and can only be attained by a long-continued and careful investigation of the human structure itself, and by a profound study of all the other branches of the science of organisation.

The structure of the human body is usually investigated by dissection: a process which, in the first place, enables the manipulator to obtain a view of every organ and texture of the body; and which, secondly, imparts a facility in the use of the dissecting instrument, that cannot fail to prove of incalculable benefit to the student as a surgical operator.

Dissection may be employed either for the purpose of obtaining a knowledge of the existence, physical qualities, and relative situation of the *larger* parts and masses in the body, as the bones, muscles, blood-vessels, nerves, viscera, &c.—a species of knowledge which may be turned to many useful purposes in the practice of medicine and surgery; or it may be used for disclosing the more *minute* and *intimate* structure of any organ: a kind of knowledge which is calculated to lead to important conclusions regarding the functions of organs, both in their natural and diseased condition.

For accomplishing the first of these purposes or performing the coarser kinds of dissection, the common dissecting instruments sold in the shops will be found necessary and sufficient; but in prosecuting the minuter anatomical investigations, the *subject* requires first to be injected with some fluid material, as melted tallow or wax, or, if a very minute injection is required, with turpentine, size, or quicksilver; then macerated in water, or hardened, it may be, with alcohol or other means, and afterwards dissected, sometimes even under water, or traced under the guidance and magnifying influences of the microscope with some delicate instrument, as the point of a cataract needle.

The *elementary constituents* of the human body have been found to consist of oxygen, hydrogen, carbon, nitrogen, sulphur, phosphorus, chlorine, fluorine, potassium, sodium, calcium, magnesium, manganese, silicium, iron. The first four are found in all animal bodies, and constitute uniformly the principal ingredients. The others are found only in isolated textures, and some of them in extremely minute quantities. These elementary constituents of animal bodies combine under the operations of the living system, and form every variety of animal organic texture. By the combination of these elementary constituents in certain definite proportions, as three and three, four and four, &c., the *proximate principles* of animal bodies are formed, and of which the following are the most important:—albumen, gelatin, fibrin, mucus, olein, casein, uric acid, urea, and osmasome.

The various parts of the human body exist either in a *fluid* or *solid* form: the solids being the only parts that are strictly organised, imparting form and character to the living body; and the fluids, besides serving other purposes, affording the requisite pliancy to the solids, and thus adapting them for the better performance of their functions. The fluids of the human system predominate over the solids, in the proportion of nine to one; and, although fluids and solids differ so much in their physical properties, yet they are mutually dependent—analogous in their chemical composition, and convertible into each other.

The *Fluids* of the animal system have been variously arranged by different physiologists. The older physiologists seem to have been guided in their arrangement by the physical qualities of the fluids: in more modern times, physiological properties chiefly attracted attention, and at the present day, the best arrangements are founded upon chemical qualities. Probably the most scientific that has yet been published is the following of Dr. Bostock:—First, the aqueous; second, the albuminous; third, the mucous; fourth, the gelatinous; fifth, the fibrinous; sixth, the oleaginous; seventh, the resinous; and eighth, the saline.

The animal *Solid* exists in one of two forms. It is either concrete like gelatine or glue, or fibrous like muscle or brain. The concrete is an *inorganic* product diffused or secreted from the living textures; while the fibrous is the part truly organised, and constituting an essential ingredient of every texture. These fibres present in different textures a twofold appearance. In some they retain the form of threads or fibres, and in others, so disposed as to form laminæ or plates. Hence every organised texture is either fibrous or laminous.

All the organic parts of the body may be comprehended, still more particularly, under the following designations:—First, globules; second, filaments; third, fibres; fourth, tissues; fifth, organs; sixth, apparatus; seventh, systems. We may view the animal globule as the real *elementary solid*. By the union of a number of globules in a lineal direction, a filament is formed; the apposition of a number of filaments constitutes a fibre; a peculiar arrangement of fibres constitutes a tissue; an organ is a more compound body, consisting of a determinate arrangement of different tissues; an apparatus is an assemblage of organs, all

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of which assist in the production of one grand result, as the apparatus of digestion; and a system is an assemblage of organs, all of which have a similarity of structure, as the osseous system, the muscular, the vascular, the nervous, &c. By the union and conversion of globules into filamants, of filaments into fibres, of fibres into tissues, of tissues into organs, and of organs into apparatus and systems, the complicated animal machine or body is formed.

Guided by an arrangement founded upon physiological principles, the organs of the human body, though forming a grand whole, may be viewed still further as consisting of three classes. First,—Those of relative life, or those which connect us to external nature, and enable us to discover, appreciate, and enjoy, the relationship in which we are placed. Second,—Those of vegetative or nutritive life, or those under whose influence the whole system grows, is repaired, and continuously supported; and third,—Those of reproductive life, or those that conduce to the preservation of the species, or by which the new being is formed, elaborated, and rendered susceptible of an independent existence.

The first class includes the passive and active organs of locomotion, as the bones and muscles; and the sensitive system generally, including the brain and spinal cord—the nerves, and the external organs of sensation.

The second class comprehends the organs of digestion, absorption, circulation of the blood, respiration, and secretion.

And the third class, the organs peculiar to the two sexes, viz. those of copulation, conception, gestation, and parturition.

Such an arrangement, although not perfect, is simple and useful. It shows the connection that subsists between anatomy and the kindred science of physiology; leads the student to investigate the *general* operations of the animal machine; and to observe the functional bearings which the *individual* organs hold to each other.

In describing the structure of the human body, we are called upon to refer frequently to *Comparative* anatomy. In the human being, the organs exist generally in a high, and not unfrequently in the very highest state of development or complexity. Difficulty is consequently experienced in determining the accessory from the essential parts of any organ. In man, besides, there exists a reciprocal influence among those complex organs, which produces overwhelming difficulties in determining the precise uses of each organ: but in the lower animals we obtain a view of all the organs in varied degrees of complexity, and in every variety of combination. In some animals we find an organ or organs in the greatest complexity; in others, the same organ is stripped of all its accessories; and in others, the whole organ is withdrawn, and the effects of these modifications and deprivations exposed to our view. No human physiology can be sound, which is at variance with general physiology; and general physiology cannot be perfected, except by observing and comparing the functions of all animals to which any peculiar modification of structure has been imparted. In this way only can we ever hope to keep the facts of special physiology within proper bounds, and ascend to the general laws that regulate the whole of the animal creation.

CURE FOR ILL-TEMPER.

A sensible woman of the doctor's acquaintance (the mother of a young family) entered so far into his views upon this subject, that she taught her children from the earliest childhood to consider ill-humour as a disorder which was to be cured by physic. Accordingly, she had always small doses ready, and the little patients, whenever it was thought needful, took rhubard *for the crossness*. No punishment was required. Peevishness or ill-temper and rhubarb, were associated in their minds always as cause and effect.—*The Doctor (by Southey).*

RHEUMATIC HEADACHE.

BY THE EDITOR.

IDIOPATHIC headache—that is, headache occurring as an original disease, not as a symptom of another complaint—is generally confined to the skull or its integuments, but does not affect the brain itself; the most frequent form of this class is rheumatic headache, which may either be confined to the muscular covering of the cranium, or may extend to the face.

In rheumatic headache, the attack may be traced to some partial exposure to cold or damp air, to washing the head in cold water when the body is heated, or to sitting at or near an open window, or other situation, where a cold current falls directly upon the uncovered head. Thus, when a person sits immediately underneath an open skylight, a violent pain afterwards attacks the crown of the head; or, if one side of the head be exposed, that side only is affected, and constitutes hemicrania. Sometimes the eye is affected, and then rheumatic opthalmia is induced. The pain in muscular or rheumatic headache is generally confined to the forehead and temples, although it is in some cases diffused over the greater part of the head, and may extend to the face and teeth, and fugitive pains are occasionally felt at the neck, and around the shoulders. It has happened that the pain has been so decidely referred to the teeth, as to cause one after another to be drawn without affording relief, while the real nature of the complaint has remained hidden, until a rheumatic attack in a distant joint has given a key to the real affection. The symptoms are a dull and heavy, though severe and remitting ache, especially across the forehead and sides of the head, with a feeling of tightness and tenderness upon the least pressure; the pain will continue for several days, fixed in the same place, and is always most violent at night. At the commencement of the attack, there is some disturbance of the stomach, accompanied by a slight degree of fever; the quickness of the pulse is increased, the tongue is foul, and the general disquietude of the patient drives off sleep. There is no determination of blood to the head, nor unhealthy beating of the temporal arteries, as in other forms of headache, neither is the head hot; but, on the contrary, a feeling of coldness is sometimes experienced in the part affected. *Hemicrania*, which is also known by the familiar name of *megrim*, affects only one-half of the head; it begins with uneasy feelings, or creepings, over a part of the scalp, which increase to an acute and often throbbing pain, sometimes fixed over one eye, which the patient will often describe as an opening and shutting of the skull. The stomach is deranged, and, occasionally, nausea or sickness is present. Hemicrania frequently assumes an intermittent type, coming on at certain intervals like an ague; hence it has been called an "ague in the head." This form of headache has been noticed in several members of the same family, also to be hereditary for two or more generations. Occasionally, women who are subject to hysterical affections are attacked with a violent shooting pain over the temple, which they compare to the driving in of a nail, so torturing is the agony.

Rheumatic headache is never a dangerous disorder, though frequently most obstinate to remove. The *treatment*, in the first instance, should be directed so as to reproduce the insensible perspiration, which has been checked by the exciting cause of the malady; the head should therefore be kept warm by flannels, &c., and the forehead and temples rubbed with a warm anodyne embrocation, composed of about a drachm of laudanum to an ounce of soap liniment. A proper dose of some diaphoretic—as Dover's powder, or antimony—should be taken at bed-time, in gruel or other warm liquid; and perspiration promoted by additional bed-clothing; or a warm bath or foot-bath may be used, when the patient can immediately afterwards retire to bed. During the following day, a brisk purgative may be taken, and if care be employed to avoid fresh exposure, the painful symp-

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toms will, in a majority of cases, subside within twenty-four hours; leaving, however, an increased susceptibility in the parts for a renewal of the complaint from very slight causes. When the attack is more inveterate, it will be necessary not only to continue the above treatment, but also to apply leeches to the temples, and to administer those remedies which are known to influence rheumatism in particular—as guaiacum, colchicum, &c. The management of the complaint must then necessarily be removed from the guidance of the patient alone, as colchicum is a remedy too fickle and powerful to be left in the hands of a non-professional person, or one not thoroughly acquainted with its sometimes insidious action.

As preventive of a return of the attack, the tone of the system should be invigorated, and the patient "hardened," so as to enable him to bear with greater impunity any sudden exposure to cold or humidity; he should be much in the open air, and the shower-bath, or cold effusion to the head—beginning with tepid water and gradually decreasing the temperature—should be employed daily. The use of tonics, as quinine, or some of the preparations of iron, must be persisted in for a time; and the diet so regulated as to afford nourishment and strength, without stimulation. In hemicrania produced by similar causes as rheumatic headache, the same treatment may be adopted. When, however, it is periodic, returning at a certain hour of the day, and continuing, as it sometimes does, for a fixed time, we have a more obstinate malady to encounter. After the bowels have been freely cleansed, we must give quinine, or bark in substance, *during the intermission from pain;* and if the regularity of the accession assimilate with ague, it may be prudent to employ the arsenical solution. Local treatment will be of little avail, even when the pain is so violent as to approach *tic douloureux*, for which it has been frequently mistaken. During the paroxysm, we have found a full opiate, conjoined with sulphuric æther, afford temporary relief. When hemicrania exists in connexion with some nervous or hysteric affection, it may then be considered to have lost its original character, and become a symptom of another disorder, and little permanent benefit can be expected until a better state of the general health be obtained.

Periosteal Headache, or inflammation of the delicate membrane which immediately covers the bones of the head, is another form of original headache, and is produced by similar causes as the preceding one: a blow, considered trifling at the moment, will also bring on an attack. The pain is usually deep-seated and intense; it is aggravated by the movements of the muscles of the head, especially in eating, sneezing, or other violent action. Slight pressure on the parts may be borne without inconvenience, but firm pressure gives great agony: the pain is continuous, and does not soon subside. Sometimes the upper part of the nose and the bony parts of the gums are affected, and then much uneasiness is experienced, if the patient venture suddenly into the open air. These symptoms are always attended with considerable disturbance of the whole system; the pulse is full and quick, the tongue foul, and the skin hot and dry; the patient is restless and irritable, and the sleep disturbed and unrefreshing.

This is, decidedly, an acute disease, and requires active treatment; local bleeding, either by cupping or leeches, should be immediately employed, followed by the careful use of cold spirituous lotions. A full dose of calomel and jalap must be given, after which, such cooling saline medicines as will allay fever: if, at the commencement of the attack, there is much nausea, an emetic may be given, previous to the other remedies, with advantage; the efficacy of opiates is doubtful—in some cases they are injurious. It is absolutely necessary that the utmost composure of mind should be maintained, and everything likely to agitate the patient, or interfere with perfect quietude, must be obviated: we need scarcely add, that the diet must be confined to gruel, sago, arrow-root, &c. After the acute symptoms have been subdued, vigilant attention will be required to guard against a relapse; the susceptibility of the pericranium may be diminished by the moderate use of cold washing, followed by gentle friction; and after this has been persevered in for a time, the shower-bath may be employed. Change of air, or a residence in a dry situation, with out-of-door exercise, will be of the greatest utility; persons liable to this form of headache, should avoid long-continued study and all mental excitement.

There are several forms of headache, which, although not distinctly "original," are still independent of disorder in the brain; amongst these may be named such as are referable to the bones, the scalp, and fleshy covering of the head. The irritation excited by tumours on the scalp, and some skin diseases, occasionally creates a pain, which may properly be described as "headache." Disease of the bones of the head, more frequently is the result of some *specific* disorder, and, as a consequence; the perfect removal of the headache thus produced, must be controlled by the cure of the constitutional complaint.

(Nervous Headache in our next.)

DEATH OUT OF TOWN.

The Report on intramural interment is a most discouraging document It treats death as a nuisance, and ought, therefore, to arouse the opposition of those worthy men—the genus Laurie and Hicks—who look upon a London tombstone as bearing, only with a difference, an extract from the Great Charter. With the recommendation embodied in the Report, once carried into effect, and all London church-bells are henceforth dumb—dumb in so far as funereal solemnities appeal to them. The giddy calculating wayfarers of London streets, are, moreover, deprived of a most touching moral lesson; for they will not have their idle or commercial feelings deepened into meditation by the frequent appearance of walking funerals, shouldering and edging their way through a crowd of busy life. This, no doubt, is only another attack upon another vested right, and—but we leave the measure in the hands of Sir Peter Laurie, who will, we fear it not, behave with becoming indignation upon so important a matter.

The Report recommends a vast cemetery for the million be established. Erith is said to be the spot pointed at. To this spot there will be easy access by railway; and further, by steam-boat, that, at several appointed stations, shall, on certain days, take up its freight of mortality. How civic bodies, in their gilt barges, rowed to iced punch and whitebait, will suffer the death-boat to poison the Thames and their sense of animal enjoyments, is yet to be known. The measure has not yet been approved of by the Court of Aldermen, and that Court boasts at least a Laurie.

The Report further recommends that the cemetery be planted with trees. For—

"It appears that decomposition invariably goes on more rapidly near the roots of trees than in any other parts of the burial-ground; that the earth is always much drier near the roots of trees than elsewhere; that the fibres of the roots are drawn towards the site of the grave, and are often observed to penetrate *right through the decayed wood of the coffin-lid.*"

"The products of decomposition are recombined," says the Report, "into living and healthful vegetable structures," and thus, what were the mortal elements of men and women, may become yew and cypress, and weeping willow. In lieu of poisoning a city atmosphere, the human earth is transferred into a thing of healthful beauty. Very old, indeed, is the thought—but no less welcome in the admirable Report before us. How solemn—how profoundly significant is the old legend of Adam and the Tree of Paradise!

"Adam, being now ready to die, felt a fear of death, and desired earnestly a branch from the Tree of Paradise. He therefore sent one of his sons thither to fetch one, in hope that he might escape this dreadful reward of sin. The son went, and made his petition to the cherub who guarded the gate, and received from him a bough, but Adam meanwhile had departed. Therefore the son planted the bough upon Adam's grave. It struck root, and grew into a great tree, and attracted the whole nature of Adam to its nutriment. This tree—say the Talmudists—together with the bones of Adam from beneath it, was preserved in the ark. After the waters had abated, Noah divided these relics among his sons. The skull was Shem's share. He buried it in a mountain of Judæa, planting the tree with it, and the place was called from thence Calvary and Golgotha, or the place of a Skull. And of that tree was made the Cross, so that he who perpends the matter well"—writes our old author—"shall find that whole Adam as it were is recollected in and under the cross, and so, with an admirable tie, conjoined to the vivifical nature itself."

Beautiful and sustaining is the thought of this solemn legend! It descends with an especial comfort from churchyard yew and cypress.—*Punch.*

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PHARMACOLOGY.

No. IV.

SILIAGOGUES.—(*Continued from page* 94.)

The Action of Mercury on the Human System.—The medicinal virtues of this mineral were almost totally unknown to the ancients, who considered it as a poison. It was first employed for purposes of medicine by the Arabians, who made use of it in the form of ointments, for the cure of certain diseases of the skin, and the killing of vermin. In modern times, mercury is one of the most important articles of the materia medica. It has an advantage over all others in being a specific remedy for a disease, which tends more than any other to the destruction of the human species, and which, without this inestimable discovery, would probably have continued incurable to the present day. Mercury, taken into the stomach in its metallic state, has no action on the body, except what arises from its weight, or bulk. It is not poisonous, as was vulgarly supposed, but perfectly inert. But, in its various states of combination, it produces certain sensible effects. It quickens the circulation, and increases all the secretions and excretions. According to circumstances, the habit of the body of the patient, the temperature in which he is kept, the nature of the preparation, and the quantity in which it is exhibited, its effects are, indeed, various. Sometimes it more particularly increases one secretion; sometimes another; but its most characteristic effect is the increased flow of saliva, which it generally excites, if given in sufficient quantity. It has been said, that the efficacy of mercury in curing the venereal disease, was an accidental discovery; but it seems more probable, that the good effects, which it produced in cutaneous diseases, first led physicians to make trial of it in the venereal one, which frequently coming on with eruptions on the skin, ulcers, &c., seemed to present an analogy to the affections, in which mercury had already been found successful. In the times immediately following the first origin of the venereal disease, practitioners only ventured to employ this remedy with timorous caution, so that, of several of their formulæ, mercury scarcely composed a fourth part, and few cures were effected. On the other hand, the empirics who noticed the little efficacy of these small doses, ran into the opposite extreme, and exhibited mercury in such large quantities, and with such little care, that most of their patients became suddenly attacked with a most violent salivation, frequently attended with very dangerous, and even fatal symptoms: or such as, after making them lose their teeth, left them pale, emaciated, exhausted, and subject for the rest of their lives to tremblings, or other more or less dangerous affections. With regard to the preparations of the medicine, and the modes of applying it, we are to consider two things; first, the preparation and mode attended with the least trouble or inconvenience to the patient; and secondly, the preparation and mode of administering it, that most readily conveys the necessary quantity into the constitution. Mercury is carried into the constitution in the same way as other substances, either by being absorbed from the surface of the body, or that of the alimentary canal. It cannot, however, in all cases, be taken into the constitution in both ways; for, sometimes the absorbents of the skin will not readily receive it; at least, no effect is produced, either on the disease, or constitution, from this mode of application. In this circumstance, mercury must be given by the mouth, although the plan may be very improper in other respects, and often inconvenient. On the other hand, the internal absorbents sometimes will not take up the medicine, or at least, no effect is produced on the disease, or the constitution. Mercury has two effects, one as a stimulus on the constitution and particular parts; the other as a specific on a diseased action of the whole body, or of parts. The latter action can only be computed by the disease disappearing. In giving mercury in the venereal disease the first attention should be to the quantity, and its visible effects in a given time, which, when brought to a proper pitch, are only to be kept up, and the decline of the disease to be watched; for by this we judge of the invisible, or specific effects of the medicine, and know what variation in the quantity may be necessary. The visible effects of mercury affect either the whole constitution, or some parts capable of secretion. In the first, it produces universal irritability, making it more susceptible of all impressions. It quickens the pulse, increases its hardness, and occasions a kind of temporary fever. In some constitutions, it operates like a poison, In some it produces a kind of hectic fever; that is, a small quick pulse, loss of appetite, restlessness, want of sleep, and a sallow complexion, with a number of consequent symptoms; but such effects commonly diminish, on the patient becoming a little accustomed to the medicine. Mercury often produces pains like those of rheumatism, and nodes of a scrofulous nature. Mercury occasionally attacks the bowels, and causes violent purging, even of blood. This effect is remedied by intermitting the use of the medicine, and exhibiting opium. At other times, it is suddenly determined to the mouth, and produces inflammation, ulceration, and an excessive flow of saliva. To obtain relief in this circumstance, purgatives, nitre, sulphur, gum-arabic, lime-water, camphor, bark, kali sulphuratum, blisters, &c., have been advised. Mr. Abernethy's mode of pursuing his mercurial course was cautious and regular, and during many years' practice we have had ample proof of its efficacy. He prescribed only small doses, taking care that the error so often fallen into, of increasing the quantity when any benefit was perceptible, should be avoided. Nothing can be more injudicious than the augmentation of the quantity of this medicine without sufficient reason. In small doses the biliary secretion is corrected, and the digestive organs are placed in a healthier condition; larger quantities exert an influence on the whole constitution, and alter the state of the nervous system, thus controlling disease dependent on an irritable and disturbed state of the nervous function; but in still larger quantities, it never fails to irritate and weaken the system, and thus to derange the digestive organs. Five grains of blue pill, taken at night, will not irritate the bowels, but, generally speaking, three are sufficient, and may be continued for some days; occasionally the mouth becomes affected, with a very few night's repetition of the dose, but this often depends upon the badness of the blue pill. It sometimes happens that, whilst the secretions from the liver are materially improved, as the secretions testify, that dyspeptic symptoms supervene; in such cases the blue pill is to be discontinued, and again had recourse to at a future period. During moist states of the weather, mercurial preparations should be sparingly prescribed, and when, from the diseased state of the system, they cannot be dispensed with, very great attention should be paid to the clothing. Females of a delicate, nervous, irritable frame, whilst taking mercury, are rendered languid, peevish, and incapable of fulfilling their usual duties; they feel chilly, they easily shed tears, are sometimes almost hysteric, and though they have no actual suffering to endure, are almost as miserable as if they had it to encounter. On the other hand, the stout, robust, plethoric individual, who probably has to bear very great pain, from the nature of his disease, seems quite insensi- to any unwonted effect; it, however, more generally acts upon such a constitution with greater energy, and leaves behind it a more decided state of debility, if it be persevered in for any length of time, or if it be often repeated.

There are numerous other substances, both in the vegetable and mineral kingdom, which will produce very considerable salivation. Amongst the minerals, the salts of gold, of antimony, and of copper, are the most remarkable; croton oil and digitalis amongst vegetables; and the imagination, too, has great influence.

GOUT.

BY THE EDITOR.

No. IV.

(*Continued from page* 93.)

THE TREATMENT OF GOUT IN UNHEALTHY SUBJECTS.—When we know, or when we have reason to suspect, that the constitution of the patient is not sound and vigorous, but that there is debility, or predisposition to disease, in one or other of the internal organs—as when the stomach is dyspeptic, or the lungs asthmatic, or the heart subject to palpitation, or the head to nervous pains or drowsiness;—we must then treat the gouty paroxysm not merely as a local affection, but as one immediately and importantly complicated with internal derangement. Were we to endeavour to cut short an attack of acute gout in persons of weakly habits, by bleeding, violent purging, cold lotions, &c., we must, as a natural result, expect to find that, as the gout ceases in the hands or feet, so speedily does it fly to some debilitated vital organ; and by thus transferring the diseased action, we change a comparatively harmless attack to one of imminent peril.

In debilitated constitutions, or whenever there is an accidental disorder of any particular organ, we should, from the onset of every attack of gout, be watchful of the least increase of, or alteration in, the internal symptoms: indeed, as far as the local gout is concerned, we are sometimes compelled to commit the patient to "patience and flannel," and direct our whole attention to the constitutional disease. In doing so, the treatment must be based on the same principles as would guide us in our treatment of the same symptoms, occurring in the same organs, induced by other or ordinary causes, modified, of course, by the individual peculiarities of the case—as the frequency of the attack, the previous exhaustion experienced under similar attacks, and the general state of the strength and constitution. In re-

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ference to such treatment, a deceased physician says:—"Here professional judgment is to be called into exercise, and the practitioner is to draw largely upon that skill and discrimination which it was the object of his education to bestow upon him; and thus bestirring himself, he will rarely fall into an error." While pursuing the constitutional treatment—to which we shall have to refer when we speak of the treatment of irregular and misplaced gout—we need not condemn the sufferer to unmitigated torture, for it will often be in our power to palliate his pain, and not unfrequently to expedite his cure, without incurring a risk of affecting his general state of health. The local treatment, however, must be of the most soothing character; a few leeches may be applied when the pain is very violent, and the state of the patient will permit the loss of a small quantity of blood; warm fomentations, either of simple water, or of an infusion of poppy heads, or hops; or poultices containing some anodyne, as laudanum, or a small proportion of the extract of belladonna, may be frequently repeated. The best local application we consider to be an embrocation, composed of almond oil and laudanum, used with a moderate degree of friction—the same as that to which we referred in the last paper.

THE TREATMENT OF IRREGULAR GOUT.—In irregular gout, which commences without any *local* symptoms, our constant endeavours should be directed to produce a transfer of the disease from the internal part on which it has seized, and to fix it on the extremities. Our first intention must be to lessen the severe sufferings under which the patient labours, for whatever organ may be the seat of the malady, the pain is almost insupportable; if in the head, it is maddening, attended with great horror, or the patient appears as in the stupor of apoplexy: if in the stomach, there is a faintness like that of death, with the sense of a cold lump of lead lodged within it; or there is a gnawing or a burning agony, or a spasmodic stricture which cuts the body in two, and renders breathing almost impossible; all these sufferings are constantly attended with a rapid and sinking palpitation of the heart. In most cases during the paroxysm, and especially when the stomach is affected, the warmest cordials are necessary, as brandy, the aromatic spirit of ammonia, the tincture of ginger, or of capsicum; and with these aromatics, whenever the bowels are confined, it will be necessary to add some warm aperient, as aloes or rhubarb. Dr. Good says, "The best aperient, and at the same time stimulant medicine that I know of (in this form of gout), is the essential oil of turpentine; which, as uniting the powers of an active cathartic and a camphorate cordial, gives us all the qualities we can look for. I do not know that this valuable medicine has ever yet been brought into general practice in any form of gout; but I may venture to predict, that those who try it, in the modification before us, will seldom have to repent of their experiment. The dose should be about six drachms, swallowed unmixed." We confess that we cannot from our own experience speak of the efficacy of this remedy. Ether is an invaluable remedy, particularly when there is that icy coldness of the stomach we have before alluded to, accompanied with a numbness of the limbs and a rapid palpitation of the heart. Musk, in many instances, has been employed with decided advantage, especially in those cases in which the head is affected as well as the stomach. Without opium we can do but little; it is indeed our sheet-anchor, and should be given freely, for small doses will be of little or no avail; it should be exhibited in union with some preparation of antimony, so as to act towards the surface generally, "and thus to restore to the living power its interrupted equilibrium." That great medical authority of a past generation, Dr. Cullen, thus records the perfect safety with which large doses of this drug may be employed: he writes, "In a case of the gout in the stomach, I have by degrees gone on to the dose of ten grains twice a day; and when the disease was overcome, the dose of opium was gradually diminished, till, in the course of two or three weeks, it was none at all; and in this no harm appeared to be done to the system. We frequently find that when a strong irritation is to be overcome, very large doses may be given without procuring sleep, or showing any of those deleterious effects that, in other cases, appear from much smaller quantities. All this appears now well known from practice in tetanus, mania, small-pox, gout, and syphilis." This potent drug, in such doses, should only be thus employed under the constant personal superintendence of the medical practitioner. Constantly, during the employment of the means just advised, we should solicit the paroxysm to the extremities, by putting the feet into warm water, and cause gentle friction to be made by the hand, flannel, or a soft flesh brush. External irritants sometimes are of service, particularly those of rapid action; the region of the stomach may be rubbed with the compound camphor liniment, or a strong poultice of newly-prepared mustard may be applied. We shall speak of the treatment during convalescence and during the intervals of the attacks at the conclusion of this paper.

THE TREATMENT OF MISPLACED GOUT.—When the disease has shifted from the hands or the feet to an internal organ, the treatment to be pursued is the same as when the disease commences in an internal organ. When the gout lingers in the extremities, sometimes going and frequently returning, and when with this inconstancy there are symptoms of internal disorder, we should endeavour to increase the morbid action in the hand or foot, by local irritants applied to the joints, as camphor, ammonia, blisters, mustard-poultices, or the moxa; and at the same time prescribe a light but generous diet, with rather more wine, or other stimulant, than the patient is in the usual habit of taking; care should be exerted, at the same time, that the bowels are moderately moved by rhubarb, or by small doses of aloes, or the compound decoction of aloes.

TREATMENT DURING THE INTERVALS OF THE DISEASE.—During the interval, the treatment is of as much importance as that required during the paroxysms. The great objects of attention are *diet* and *exercise*. The patient should go into *training*; and whatever is known to be an exciting cause must be sedulously avoided. Where the diet has been too rich, it must be lowered; and where too spare and abstemious, made more liberal. Luxury, indolence, and a sedentary life, must give place to regular exercise; and over exertion of mind or body must be exchanged to repose and quietude. In every change, however, it is better to proceed slowly, rather than rush from one extreme to another, for nothing has so great a tendency to prepare the internal organs for gouty disease as sudden and violent transitions. The bowels should be kept in regular order; the functions of the stomach properly attended to; the slightest indication of indigestion instantly combatted and removed, and the whole tone and vigour of the system increased.

A HEAVY BLOW AGAINST QUACKERY.

An action has been tried at the Northern Circuit, before Mr. Baron Alderson, in which a druggist named Kirkus was plaintiff, and another named Atkinson was defendant. The action was to recover damages for manufacturing and selling pills, called "Torr's Family Pills." It appears that the plaintiff married the daughter of Torr, and thus came into possession of the recipe. He sold the Pills under the title of Torr's Family Pills manufactured by Kirkus. The defendant succeeded to Torr's business, and he sold the pills also, but as Torr's Family Pills manufactured by Atkinson. The labels were the same in both instances. The counsel for the defence contended that, so long as the defendant did not profess to sell Torr's Pills, as manufactured by Kirkus, he had a right to manufacture and sell Torr's Pills, as manufactured for himself. The judge charged for the defendant, who obtained the verdict. Thus, then, the right to a patent or quack medicine, may be defeated by the person making it merely adding to the label, "as manufactured by ——!" This will, we fancy, be one of the heaviest blows yet given to the patent medicine system

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INTESTINAL WORMS.

It has been said, that nature has provided every animal with other animals to prey upon it, and make a habitation of it. It is said that a flea has its flea—and no doubt many of our readers have observed one or two small insects, less than a mite, under the wings of the common house fly. The parasites that most injuriously affect the human subject are worms, and it has been said, one-half of the total number of children have either the round or thread worm.

There are five species of worms capable of inhabiting the intestines of man; namely the Ascaris lumbricoides, the lumbricus teres, or long round worm; Ascaris vermicularis, or small white thread, or maw worm; Trichuris or tricocephalus dispar, or the long hair-tailed thread worm; Tænia solium or tape worm; Tænia lata, or broad tape-worm.

The Tape-worm is the most rare species that is found; an estimate has been made, that in France, only one individual in a hundred suffers from it. Only one kind of worm is commonly found in the same subject, and that, most frequently, is of the long round species: yet it is not very rare to find two species existing together in the alimentary canal. The records of medicine furnish examples of patients, who even voided simultaneously thread worms, long round worms, and a tape worm. Generally speaking, the smaller the worm the more numerous they are; and the tænia, the largest, has received the epithet of *solium*, from the supposition, that it is always solitary, which was the notion of Hippocrates; but this is a mistake, for in the human subject several may be met with together, and in animals, especially dogs, tape-worms sometimes exist together in great numbers.

Worms sometimes produce the most distressing effects, so as to make life a burthen, and at other times they produce no symptoms at all, and a person only knows that he has them because he discharges them. When worms exist in the alimentary canal, the symptoms are usually headache, sometimes sharp, sometimes dull, and frequently there is a stabbing of the temples, heaviness, giddiness, and even convulsions, perhaps irregular epilepsy, some authors have even ascribed lock-jaw to the presence of worms, and always great depression of spirits. There is a black circle round the eyes; the face is pale; a constant itching irritates the nose; the tongue is foul, the taste unpleasant, and the breath offensive; a cough is frequently present, and occasionally the patient spits blood. The appetite is depraved, there is constant nausea, occasionally vomiting; a gnawing pain is felt at the pit of the stomach, and occasionally all over the abdomen; the character of the pain varies; it may be only tenderness, or a pricking pain, but more frequently it is a griping, gnawing, exhausting pain. In many instances the belly is swollen and hard. The bowels are irregular, sometimes purged, often constipated; itching of a similar degree to that experienced in the nose is felt at the fundament and in the genitals; with the evacuations there is a discharge of mucus; the patient is feverish, and there is loss of flesh and strength. Of course these signs and symptoms are not found in every case: we have noted them as the probable diagnostics of the presence of worms.

THE LONG ROUND WORM.

The head of this worm is slightly bent inwards, having a slight contraction below; its mouth is triangular, body transparent, of a light yellow colour, with a faint line down the sides; it is very lively, and ranges from four to fifteen inches in length. It inhabits principally the small intestines of thin persons, generally about the ileum, but sometimes ascends into the stomach, and has been known to creep out of the mouth and nostrils; occasionally it travels to the rectum, and passes away by the anus. Frank notices an instance of eighty of these worms, rolled up into a ball, being expelled by a patient during a fever.

In its general appearance the long round worm bears so striking a resemblance to the earthworm *(lumbricus terrestris)*, that by many naturalists it has been regarded as the same. Yet, to attentive observers, there is a considerable difference, both in their form and movements. The body of the intestinal worm is round, its colour yellow, or of a pale red, and, in moving, it curls its body into circles, from which it extends its head. The earth worm is flat towards the tail, and has bristles on its under side, which it can erect at pleasure. Its colour is dusky red; its head has but one vesicle, and it moves by a continuous course of action propagated from ring to ring.

This worm will sometimes remain so quiet as to give no signs of its existence but by its discharge. Frequently, however, it is a troublesome and mischievous intruder, producing an intolerable feeling of faintness, great emaciation, and most of the symptoms just recited.

This species of worm may be readily removed by proper treatment, which consists in the administration of such purgatives as are known to act on that part of the intestine in which they most delight to dwell. For an adult the following medicines should be persisted in for some time, say for a fortnight.

Take—Calomel, five grains;
Powdered scammony, six grains;
Powdered ginger, two grains;
Mix for a powder, to be taken in preserve every third night.

Or Take—Calomel, three grains;
Gum gamboge, four grains;
Powdered jalap, fifteen grains;
Mix for a powder.

On the succeeding morning a draught thus composed may be required:—

Take—Decoction of aloes, ten drachms;
Tincture of jalap, one and a half drachm;
Tincture of ginger, half a drachm;
Mix for a draught, to be taken early in the morning.

The patient should drink copiously of bland diluents, as barley-water or rice-water; the diet should be plain, dry, and nutritive—that is, broiled mutton, stale bread, and weak black tea, with a modicum of pale ale. After the evacuations from each purge show that the unpleasant tenants have left the premises, a light bitter should be persisted in for some time, as the infusion of calumbo, and the strength should be gradually and honestly regained by good diet, proper exercise, and cheering occupation—not by stimulants.

(To be continued.)

THINGS IN THE EYE.

Things of various kinds occasionally *get into the eye* as it is commonly called not meaning thereby, that they get into the eye-ball itself, though this indeed sometimes happens, but only that they get within the eyelids, between them and the ball. A small fly may dash in, or road sand, a small piece of straw or soot, or any other small body may be driven in by a gust of wind; or, whilst grinding a steel instrument a delicate fragment may be thrown up by the wheel into the eye. If the body be soft, or if it has not been darted in with much violence, it rarely fixes on the globe, but is quickly transferred from it to the inside of one of the eyelids, generally of the upper, so that it is not at first perceived, and its presence only supposed in consequence of the uneasy feeling and the free discharge of tears, which are secreted in great abundance as a natural effort to wash the offender out. If, however, it be driven with violence, it beds itself more firmly in the surface of the eye-ball, and can then be seen as well as felt when the lids are opened.

When a person feels that something has got into his eye, the first thing he does is to close the eyelids violently, open them partially, close them again, and compress the eye-ball in every way the muscles will admit, or, in common but very expressive language, "screw the eye up," for the purpose of squeezing out the unwelcome intruder; whilst at the same time he rubs the eye-lid smartly with his knuckle. This is often followed by a gush of tears which floats the little body from its lodgement, and entangles it in the eye-lashes, whence it is easily removed. Not uncommonly, however, this proceeding is unsuccessful, and if the intruder, instead of lying loosely on the surface of the globe or eye-lid, has fixed itself, the more rubbing the less likely is it to be detached; therefore, under any circumstances, it is better to proceed in a different manner.

The most simple plan is, to keep the eye-lids closed, and then gently pass the finger over them, from the outer to the inner corner, which is the natural course of the tears, in their passage from the gland secreting them, on the upper outer part of the orbit, to the little passage by which they run into the nostril. After thus passing the finger a few times, the little substance is often found at the inner corner of the eye, and may be wiped out with a handkerchief or with the finger. Another, and very good method, if the lodgment be either on the eye-ball or within the upper lid, is to take hold of the eye-lashes of the upperlid, and lift it completely over the lower, the lashes of which, being thus interposed between the upper lid and the eye-ball, serve as a delicate brush, and entangling the substance, bring it out with them, when the upper lid recovers its place. A third proceeding, is to lift up the lid, and insert a piece of blotting paper between it and the globe, and, giving it a gentle sweep, the intruder is caught by and removed with it. Should neither of these methods, however, produce any relief, if the uneasiness and the watering of the eye continue, then it is better to ascertain the precise situation of the intruder, so as to act more efficiently on it. For this purpose, with the finger gently draw down the lower eye-lid, which will completely expose its inner surface, and the whole lower part of the eye-ball, both of which are to be examined. To look at the upper lid, which requires being turned inside out, is more difficult, but may be done with gentleness and a little dexterity, in the following way: with the finger and thumb of one hand, take hold of the lashes of the upper eye-lid, and pull it forward from the globe; then, with the other, lay the blunt end of a bodkin, or of a small steel netting needle, upon its outer surface, and press down gently, at the same time lifting the lashes towards the eyebrow. This turns the inside of the lid out, and it may then be well examined.

If the little substance be found unfixed, it may be either gently sucked off with the mouth, or with a piece of blotting paper; but if partially embedded, it will need probing rather firmly, with the end of a bodkin, wrapped round with a small piece of lint, and thus removed.

Occasionally it happens, that the intruding substance is got rid of unconsciously in rubbing the eye, but having wounded and irritated the surface of the eye-ball or lids, the irritation may continue for some time, and in some cases produce superficial inflammation of the ball or lids. Generally, however, the uneasiness subsides; but if it continue and increase, it is most likely that the cause of irritation is still remaining.

Matoisid, physician to the King of France, was so fond of administering medicine, that, seeing all the phials and pill-boxes of his patient completely emptied, and ranged in order on the mantle-piece, he said, "Ah! sire, it gives me pleasure to attend you—you deserve to be ill."

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

DANDELION ROOTS, may be thus prepared for medicinal purposes. Take nine ounces of dandelion roots, cleaned, dried, and sliced; infuse them for twenty hours in water sufficient to cover them. Press them and set aside, after a short time, pour off the clear liquor, and heat it to almost 180 degrees; filter it whilst hot, and evaporate it before the fire or in an oven not too hot, until the product shall weigh seven ounces; add about one ounce of spirit of wine so that it may "keep." Dose of this extract about a teaspoonful. Taraxacum, or the dandelion, is a favourite "spring medicine;" it is a mild aperient; it is useful in obstructions of the liver, and in many forms of indigestion,

FROM fifty to sixty years, the body begins to show symptoms of loss of power, and sluggishness of function, the prelude to that slow decay of which the progress is marked by diminished sensibility, impaired memory, muscular weakness, scanty secretions, calculous affections, osseous deposits, organic diseases of the principal viscera, and malignant degenerations.

QUININE.—The following is an excellent form of exhibiting quinine, so as to conceal its intense bitterness. Take half an ounce of fresh ground Mocha coffee, infuse in five ounces of boiling water; strain, or prepare the coffee by the aid of a percolater, and add twenty-four grains of the sulphate of quinine, and half an ounce of sugar. Dose, a table-spoonful.

RETENTION OF URINE.—Take, spirits of sweet nitre, three drachms; spirits of juniper, one ounce; infusion of Buchu, six ounces, and a-half. Mix. Dose, two table-spoonsful three times a day.

FRECKLES.—The following preparation has been recommended for the removal of freckles. Take muriatic acid, one drachm; distilled water one pint; eau-de-cologne, two drachms. Mix. The face, and neck (if required) to be washed two or three times a day, by means of a soft sponge.

THE ICE CAP.—In inflammation of the brain, or of the membranes of the brain, (*arachnites*) great benefit is derived from applying to the head, a bladder, one-third full of pounded ice. It acts as a constant source of cold: and, if it were required, its force might be augmented, by adding a little muriate of soda (common salt) to the ice, by which its solution is greatly accelerated, and the cold produced augmented. It must thus be speedily renewed.

DIETARY, WHOLESOME AND ECONOMIC.

PURE OSMAZOME, OR ESSENCE OF MEAT.—Take two pounds of the flesh of any animal or bird (the older the better for obtaining the true flavour), as free from sinew as possible, and mince it well; place it in a Florence oil-flask, and cork it; put this in a sucepan filled with cold water, leaving the neck uncovered; place it on the side of the fire until the water arrives at 160 degrees Fahrenheit, at which temperature it must remain twenty minutes; then remove it, and strain the contents through a tammie, pressing the meat gently with a spoon; should it require to be kept for some time, put the liquor in a basin or cup, which place in a saucepan; subject it to a boiling heat until it is reduced to a consistency like treacle, removing the scum; this, when cold, will become solid, and will keep for any number of years. Osmazome is known under various names in different cookery books, as "fumet," "essence," &c., but which are obtained in a different way, which causes the gelatine to be produced with the osmazome; but, by the above plan, it is left in the meat, and the osmazome, with a small quantity of the albumen, is extracted, and the albumen is afterwards removed as the scum.

FRENCH HERB BROTH.—This is a favorite beverage in France, as well with people in a state of health as with invalids, especially in the spring, when the herbs are young and green. Put a quart of water to boil, but have previously prepared about forty leaves of sorrel, a cabbage lettuce, and ten sprigs of chervil, the whole well washed; when the water is boiling throw in the above, with the addition of a tea-spoonful of salt and half an ounce of fresh butter; cover your saucepan close, and let them simmer for a few minutes, then pass in through a sieve or colander. This is to be drunk cold, especially in the spring of the year, after the change from winter. "I generally drink about a quart per day for a week, at that time," says M. Soyer, "but if for sick people, it must be made less strong of herbs, and taken a little warm. To prove that it is wholesome, we have only to refer to the instinct which teaches dogs to eat grass at that season of the year. I do not pretend to say that it would suit persons in every malady, because the doctors are to decide upon the food and beverage of their patients, and study its changes as well change their medicines."—*The Modern Housewife, by Alexis Soyer.*

CABINET PUDDING.—Boil one pint of milk, with a piece of lemon peel, pour it on one ounce of sponge biscuits, let it soak half an hour, then add three eggs, half an ounce of currants, and very little sugar; steam it in a buttered mould, lined with raisins, one hour.

TREACLE BEER.—Take brown sugar, one pound; treacle, one pound; bruised ginger, one ounce; hops, a quarter of an ounce; boil for a few minutes in three quarts of water, strain, and add five quarts of cold water; add a spoonful of fresh yeast; let it work all night, and bottle in the morning.

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By T. H. YEOMAN, M.D.

This work is a corrected reprint of the papers on Indigestion published in THE PEOPLE'S MEDICAL JOURNAL, with much additional information.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided, without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and in the evenings on Monday, Wednesday, and Friday, from Seven to Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

WITH this number, the first five numbers of the PEOPLE'S MEDICAL JOURNAL are re-issued. Part 1 will be re-published with the April Magazines, and all back numbers are now in print, and may be ordered through any bookseller or newsvender. Part 3 is now ready.

ERRATUM.—In answer to P. B. (Manchester), in last week's number, for "compound" read *correspond*.

JAMES WHITELAW (Little Bolton).—We will insert an article on the subject in which you are interested in an early number.

J. B. K. (St. Bartholemew's Hospital).—We really do not know a clairvoyante: call upon, or write to Dr. Elliotson, or Dr. Baird, Manchester.

CARLON (Glasgow).—Worms, general debility, excess, and a thousand other causes, will produce the effects under which you suffer; you must communicate your address.

ARABELLA.—We fear the "mark" on the forehead is beyond the control of medicine. We regret that "the dentist" has offended you.

G. W. (Keswick).—Whatever pecuniary arrangement is convenient to you will be agreeable to us.

JOHN THURRELL.—You had better call in Lloyd-square.

A GARDENER (Battersea-fields).—We can do nothing for you without personally examining you.

J. H. (Brewer-street).—First remove the cause, then the cough will cease. What is that cause? Ordinary cold, bronchitis, or incipient consumption? As you have "lost flesh considerably," you should lose no time in obtaining competent advice.

ROBERT HORSFIELD (Bridlington).—As you can afford "to take a glass too much," you must also afford to fee a physician.

CIVIS (Dublin).—What do you wish us to do?

F. P. (Castle-street, Holborn).—Letters addressed to us, at our publisher's, are, in all probability destroyed, lost, or forgotten: and, certainly, we cannot take the trouble to go hunt for them. Repeat your question.

EDWARD BENBOW.—Apply at the London Hospital.

PRISCILLA.—Do not drink so much tea. Try Nevill's Patent Flour of Lentils.

JOHN WILLIAMSON (Ashton-under-lyne).—We have gone through your long letter, read all the prescriptions, and yet cannot comprehend the case. Your description is imperfect.

E. S.(Gateshead).—See answer to PRISCILLA.

J. W. E.—Whenever the bowels are so excessively relaxed, take tincture of catechu, one drachm; tincture of opium, twelve drops; chalk mixture, one ounce and a-half; mix for a draught.

ANXIETY.—See answer to ROBERT HAWSON, in No. 7.

JANE PARKIN.—Mrs. Smith, 1, High Holborn, is the most proper person to whom to apply. She is well able to adapt the bandage correctly. Remember, it is support, not pressure, that you require.

NAOMI (Gawber-hall, Manchester).—One simple, but not infallible, test to distinguish a common glass from a pebble, is by applying the tongue to each; a real pebble is much colder than glass. If you were to purchase your spectacles at a respectable optician's, you would not be disappointed; if, however, you prefer hawkers and pedlars, in all probability you will be deceived.

R. S. (Fakenham).—We do not notice letters that are crossed. Under several different signatures we have received many frivolous notes from you. There are journals that delight in such "Do-you-think-a-lady-at-twenty-one" paragraphs. Please transfer your favours.

CURIOSUS.—In common parlance, the terms are synonymous. The *medulla oblongata* is the upper portion of the spinal marrow. The *medulla spinalis* extends from the great occipital opening, down to the second lumbar vertebræ. To your second question, there is such a horrid disease, and the duke in question, was so afflicted; it is termed *matis pediculi*—lousiness. "Dodders" is the old term. Dryden says,

Near the hearth a laurel grew
Dodder'd with age, ———

Dodders, meaning parasites, either animal or vegetable.

R. M. B. (North Britain).—We are gratified by your confidence, and much pleased that you have derived benefit from the hints we gave you, in No. 5; but we must decline the task you would now most generously impose on us.

THE DISEASES OF WOMEN AND CHILDREN.—The last paper appeared in No. 6. The series will be resumed.

JOHN BLACK (Dundee).—Cleanliness will do much to relieve you of one complaint. What is the *cause* of the second?—Syphilis?

W. X. Y. (Homerton).—The case you relate is far from being a solitary one. Every medical practitioner having a large practice, too well knows the injury the public sustain by "practising" druggists. A person is ill, he goes to a druggist, who prescribes something "good for him;" the disease is thus allowed to creep on insidiously, till the patient, no longer able to go to the shop, sends for the druggist to visit him. The druggist replies, that the law does not allow him to go out, that he must send for a physician; the physician is called in just before death, and then has the credit of killing the patient.

J. C. (City).—You have sent us a letter weekly, for the last five or six weeks. Do collect and condense all your brilliant ideas, and then take for yourself, and give us repose. You may eat salt with your meat: "the end it answers" is, first, an agreeable condiment, relishing to the taste, genial to the stomach; second, in excess, it may produce scurvy; it is improper in many skin diseases.

MARION (Liverpool).—"Thorax" is the chest, or that cavity of the body which contains the heart and lungs.

E. H. (Blofield).—Did you intend your letter for publication? We shall have much to say in our next number relating to one or more of the vampires referred to.

ROBERT PARTRIDGE (Stepney).—You will find an article on the TREATMENT OF INFLUENZA, in No. 5.

HERBERT LACY.—Take compound extract of colocynth, two scruples; extract of gentian, half a drachm; sulphate of quinine, one scruple. Mix carefully and divide into twenty pills; take one, night and morning, for a few days, then omit the morning pill.

THOMAS JACOBS (Liverpool).—You require moral medicine, more than drugs. If you take quack nostrums, you deserve to be ill.

A SMALL TRADESMAN (Pimlico).—We shall be happy to render you any assistance in our power. Call.

ABEL DRUGGER (Hull).—In No. 11, we published a few hints on the management of some scrofulous affections.

H. M. (Chiswick).—Smoking to the extent you mention, must be injurious.

J. C. (Grenville-street, Somers-town) and X. O. (Aldersgate-street).—See Chapter on CONSTIPATION, in Dr. Yeoman's small work on INDIGESTION, &c.

O. W. R. (Hunslet).—Deafness such as you describe, may be the result of cold, irritability, or relaxation of the throat, or of indigestion. First improve the general health, afterwards consider the deafness, should it continue, as a local affection.

THOMAS HIGGINBOTHAM (Macclesfield).—What you mean, is, "if I could (or would) pay another physician, I would not apply to you." Your application is, therefore, not dictated by confidence in any ability we may possess, but by a £. *s. d.* consideration. We decline complying with your request.

ANTHONY SMYTH (Londonderry).—You can order the Journal of any bookseller in your town. We do not forward copies. For your second question, see answer to ROBERT HAWSON, in No. 7.

A POOR CLERK. (Soho)—Your child appears to be suffering from *Strumous Ophthalmia*, a scrofulous disease of the eye-lids. Improve the general health, by diet and attention to the bowels; a residence on the coast is desirable. You should remember that a child may acquire a scrofulous constitution for itself, that the parents may be healthy, the child diseased.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—EUSTACHE (Dereham). D. M. (Edinburgh). O. S. ALPHA. J. B. (Rochdale). JOHN LACY (Bury St. Edmund's). A FARMER (Cirencester). T. R. B. (Pickering). ROBERT (Truro). Mrs. ANDERSON (post-mark, Banbury). AN OLD MAN. REPENTANCE. A SAWYER. W. M. (Gateshead). PETER PIPER (Uxbridge). ZETA (Bristol). A CLERK (Liverpool). JOHN NORTON. PHILO-MEDICO. ESTHER. ADONIS. B—i J—n.

PRESCRIPTIONS and private instructions as to diet and regimen, are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—J. W. R. (Mile-end). A WEAVER. (Cambridge-heath). TYRO (Blackfriars) Mrs. HERBERT'S INFANT. JESSICA. T. B. (Plaistow). J. S. RUPERT (St. Mary Axe). B. B. (Rood-lane). WILLIAM HOSKINS. JANE M——— (Rotherhithe). X. Y. Z. (Stamford-hill). A SINNER. A POOR MAN (Waterloo-place). Mrs. S———. 1850. ALEXIS (Great Alie-street). A SAILOR (Colet-place). MISERY. CHARLES COLLINS. S. (West India Docks). A WAREHOUSEMAN (Watling-street). R. G. (Peckham New-town).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 14.—Vol. I.] SATURDAY, APRIL 6, 1850. [ONE PENNY.

THE INFLUENCE OF MARRIAGE ON LONGEVITY.

The consideration and practical conclusions which arise from an examination of accurately kept tables of mortality, are of deep interest, not only in a statistical, but in a moral point of view. The simple calculator, looking upon the duration of human life as a game of chance, which is played by two contending parties, investigates the question commercially, and determines by accurate computation the probable period at which mortality must succumb before its invincible antagonist in the race of life; but to the philosopher, the lesson which is taught by the records of the departed is of a nobler kind; his investigations are directed to the improvement of metaphysical, not of physical, science; his conclusions contribute not to the accumulation of money, but of moral principles.

Voltaire once asserted, that the majority of persons who commit suicide are unmarried, and adduced this circumstance as a proof that the wedded state is favourable to the prolongation of life. Hufeland, also, has established the influence of celibacy in rendering still more brief our sojourn upon this earth. These opinions, however, have been warmly combated by the advocates of "single-blessedness," who uphold a contrary doctrine; and it must be confessed that, upon a *primâ facie* view of the question, the celibatists seem to have much reason upon their side.

The unmarried man, occupying an independent position, and relieved from the anxieties, not to say troubles, which the possession of a wife and the care of a family must engender, is enabled to avoid many of those moral causes which exercise a well-known influence in shortening human life. He has to provide for but a single existence; can, generally speaking, change his residence as circumstances of health or convenience may dictate; and can withdraw himself from the action of various agents deleterious to his health, or destructive to his peace of mind, against which the married man is compelled to struggle.

On the side of the female, the dangers which attend, as a necessary consequence, the state of wedlock, are still more evident: the mysterious curse originally pronounced against the fair and frail part of the creation, "in sorrow shalt thou bring forth," &c., still weighs heavy upon it, for of every one hundred and eight who bring forth a child, one woman perishes.

Marriage, then, presents a few real, many supposed, inconveniences, by which the duration of life must be influenced; but the exact amount of such influence can only be ascertained by an examination of mortality tables in which the circumstances of marriage and celibacy have been accurately noted.

The population registries commonly made afford but little data upon which we can rely for the solution of the question—What is the influence of marriage upon the duration of human life? Indeed, we are acquainted with only three exact documents relative to this interesting point, and for these we are indebted to Dr. Caspar, of Berlin, who has furnished to us the groundwork of our present observations.

The statistical returns just alluded to, though made in different countries, and at different periods, prove, in the most convincing manner, that marriage contributes very remarkably to lengthen the duration of human life. This is a pleasing proposition; let us then hasten to prove its truth, beginning, as in duty bound, with the ladies.

Odier has determined the mean duration of life in females, from observations made during the years 1761 to 1813, inclusive; and on arranging the tables which he gives, we obtain the following results relative to married and unmarried females:—

Mean Duration of Life.	In Married Females.	In Unmarried Females.	Difference.
20 years of age	40.33	30.62	9.71
25 "	36.04	30.51	5.53
30 "	32.38	22.86	3.52
35 "	28.86	26.28	2.58
40 "	25.54	23.38	2.16

The difference of life, then, between married and unmarried females, is, on an average, five years; or, to place the fact in a stronger point of view, a young woman of twenty years of age by marrying adds nine years and a half to the probable duration of her life.

Odier endeavours to explain this curious and striking difference in the mean duration of life amongst married women, as compared with that of unmarried females, by supposing that women of sound and healthy constitutions are most frequently chosen as partners of the nuptial bed; but such an explanation can have but little weight with those who know that men are, unfortunately, too often influenced in their choice of a wife by motives of interest, and by a thousand other considerations, for which the primary object of the institution of marriage is neglected or forgotten.

Having thus demonstrated the great advantage, so far as the prolongation of life may be considered one, which the married female enjoys over the unmarried one, let us turn to the male sex, and, for our personal comfort and satisfaction, show that, in giving life to others, the male also increases the probable duration of his own existence. Departieux, who composed a series of tables, comprising a total of 48.540 deaths during a period of thirty years, says, in a cursory manner, "it would appear that people live longer in a state of marriage than in one of celibacy. The number of married men who die after the age of twenty is nearly *one-half* less than the number of bachelors who die at the same period; and for forty-three married men, or widowers, who attain the age of ninety, we find only six unmarried men reaching the same age. The number of single women who die after the age of twenty is about *four* times greater than that of married females, or widows, dying after the same period of life; and fourteen virgins only (unmarried

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women) arrive at the age of ninety, for every hundred and twelve married women, or widows, who attain that advanced period of existence."

The facts thus indicated in general terms are already demonstrated by the following extracts from tables which Dr. Casper has calculated from the documents furnished by Departieux.

Of every hundred persons there die,—

Period of Life.	Married Men.	Bachelors.	Married Women.	Unmarried Women.
20 to 30	2.8	31.3	7.7	28.0
30 to 45	18.9	27.4	20.3	19.3

Again, of one hundred persons there are alive,—

Up to	Married Men.	Bachelors.	Married Women.	Single Women.
30 years	97.2	68.7	92.3	72
45 „	78.3	41.3	72.0	52.7
60 „	48.1	22.6	49.4	37.2
70 „	27.2	11.1	29.2	23.7

The above tables present a very remarkable difference in the comparative mortality of married and unmarried men, between the ages of twenty and thirty. We shall not, however, insist much upon this difference, for reasons which must be familiar to all who are in the habit of estimating the true value of calculations of this kind. Men, taking the masses, seldom marry before they have acquired a certain position in the world, and attained a degree of comfort, or even ease, which, as is well known, contribute very materially to the diminution of mortality; but looking to the period comprised between thirty and forty-five years, a period during which men generally marry, we still find a difference of mortality, which is considerably in favour of those who have taken unto themselves wives; after the forty-fifth year, this proportion on the side of married men goes on increasing; for the tables show us that, taking one hundred married, and one hundred unmarried, individuals, the number of those who live beyond the age of forty-five is greater by 36.8 in the former class than in the latter.

This is a fresh proof of the favourable influence which marriage exercises over the duration of human life at the earlier periods of existence; at a later period its influence becomes still more manifest, since, for eleven bachelors who live beyond the age of seventy, we find no less than twenty-seven married men.

It is unnecessary for us to fatigue the attention of our readers by further reference to tables of mortality in order to prove a fact which, we believe, has now been fully established. We cannot, however, avoid the temptation of making an extract from the tables composed by Bicheb, at Amsterdam, and comprising a period of twelve years; the results obtained from these tables coinciding, in the most marked manner, with those at which we have already arrived. According to Bicheb' calculation, of one hundred individuals there die,—

From years.	Married Men.	Single Men.	Married Women.	Single Women.
20 to 30	3.6	33.1	4.7	26.5
30 to 45	17.9	27.1	16.5	29.5
45 to 60	29.2	15.6	22.6	19.2

The above extract sufficiently proves, that the influence of marriage in diminishing mortality has extended to the age in which we live; the only difference of result between the tables of Bicheb and those of Odier and Departieux being in the circumstance that the mortality of married women, during the period at which they commonly become mothers, is now, comparatively, less than it was a century ago.

The facts which we have just established, upon the authority of carefully-taken records in France, Switzerland, and Holland, confirm the truth of a proposition for which, perhaps, many of our readers were not prepared; although all will, doubtless, rejoice in the announcement that the fulfilment of a pleasing duty on the part of both sexes is calculated to add many years to the probable duration of human existence.

NERVOUS HEADACHE.

BY THE EDITOR.

The class of disorders termed *nervous* is so comprehensive as to include, in common parlance, nearly all the ills that flesh is heir to; there is a *fashion* in popular medical nomenclature which has added not a little to mystify and confuse the real state of the disturbance which properly should be thus designated. We now limit ourselves to the consideration of one affection, which justly belongs to this extensive class—namely, *nervous* headache.

Whenever the nervous system is jarred or unstrung, or whenever the nervous energy is deficient or impaired, as an immediate consequence, the nervous centre—the brain—is implicated as well; persons of a nervous temperament, whose sensibility is readily excited by the influence of those agents which to the robust are harmless, are subject to nervous headache on the occurrence of any event tending to agitate the mind or the passions. We, therefore, find females who are delicate or hysterical, and men who are of variable spirits, fickle temper, and hypochondriacal, frequently attacked with this complaint. The peculiar temperament affords an innate predisposition, whilst atmospheric changes (particularly when the air is loaded with electricity), inhaling the air of crowded and heated rooms, long fasting, fatiguing exercise, any sudden surprise of joy or grief, the debility produced by excess, and everything that depresses the nervous energy, afford immediate exciting causes for an attack.

The symptoms which accompany this headache present a close resemblance to those which are observed in sick headache; with, however, one important difference, which is, that the pain in the head precedes the disturbance in the stomach, which is affected only secondarily. The pain is acute and excruciating, seldom dull and heavy, and extends over the whole head; sometimes it is limited to parts which might be included in a zone encircling the brain. There is always present a distressing dizziness, or vertigo, and the patient is under the constant apprehension that he is about to fall suddenly; the whole frame suffers considerable nervous agitation, which is increased by the most trivial circumstances. The mind is depressed and gloomy, the thoughts wander, and there is a total inability to concentrate the ideas on one particular subject. The temper is irritable and dissatisfied, and a disrelish for all that before afforded enjoyment, and almost for life itself, embitters each moment. If these symptoms continue for any length of time, despondency quickly supervenes, which is followed by melancholy, and the end may be insanity. The sight is materially affected, as though by a gauze or veil placed before the eyes, and dark spots are seen dropping, as it were, immediately before them. A dimness of vision is frequently the first symptom complained of, and is one which merits every attention, as permanent injury to the sight by amaurosis is far from being an uncommon result of this form of headache. In addition to these local signs, the patient suffers from general langnor and debility; the appetite is fickle, the bowels are irregular, and, in some cases, violent palpitation of the heart creates great uneasiness; the pulse is small, quick, and occasionally intermittent; the tongue is white, and the skin harsh and hot.

When young females just bursting into womanhood are the subjects of nervous headache, it must be considered in reference to the cause, of which it is a marked effect, seldom absent. The same may be said when it is an attendant on hysteria, in delicate and exciteable constitutions; the symptoms in such cases will be found to vary, and to be influenced by the intensity or intermission of the peculiar disturbance which calls them into existence. If it is the companion of hysteria, the pain more frequently comes on suddenly, and is darting, acute, and fixed over one particular part of the head, sometimes so small as to

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be covered by the point of the finger; as suddenly as it appears, so suddenly may it disappear, and is generally followed by pain around the back part of the neck, and along the spine, not unlike a spasm; in these cases, the stomach is invariably disordered, and distended with a quantity of flatus (wind), which, when eructated, affords immediate relief.

Nervous headache is usually more severe during the day, and subsides towards night; it may be periodic, returning with surprising punctuality at a certain hour; if neglected, it may become chronic, and thus affect the intellect as well as the body.

The treatment requires constant watching, and the most careful attention on the part of the medical attendant, as well as implicit obedience on the part of the patient: under the most favourable circumstances, the perfect cure is difficult to attain. Our chief aim should be directed to strengthen and invigorate the nervous system generally, by the employment of such tonics as are applicable to the constitution of the patient, and these require to be varied as soon as their effects become less, and the stomach regains a power to receive more energetic remedies. Of the vegetable tonics, an infusion of cascarilla is certainly the best to commence with; after it has been used for a time, calumba, or gentian, may be substituted; and we can afterwards employ quinine, or iron, with every prospect of benefit. We have invariably found this practice more successful than immediately administering the latter medicine without such a preparatory course. The diet should be light, nutritious, and easy of digestion, so as to afford nourishment without stimulation or excitement; a small quantity of brandy taken in a large quantity of cold water should be substituted for malt liquor, if the patient has been accustomed to it; the bowels should be moderately acted upon by warm aperients, and sleep should be courted at an early and regular hour. Directly the invalid awakes in the morning, he should arise, and not remain indolently lounging in bed, than which nothing is more enervating. The mind should be cheerfully engaged, after the daily avocation, either by light reading or agreeable society; and out-door exercise should be taken constantly, so as to produce such a degree of fatigue as will insure a good night's rest: in fact, the subject of nervous headache should undergo a course of *training*. We need not now dwell upon the proper treatment to be adopted when this complaint is complicated with hysteria, or other local affections, but proceed to consider—

PLETHORIC HEADACHE.

By plethora is understood a redundancy of blood; and the plethoric headache may originate in supernatural fullness of the arteries, as well as of the veins; the former causing a determination of blood to the head, the latter a stagnation of blood within it. These two effects, produced, as they are, by different causes, give rise to symptoms which differ essentially from each other. We shall first consider arterial redundancy, or determination, which is most common in the early years of life; and, afterwards, venous congestion, or stagnation, which occurs in middle and old age, and is the more frequent of the two.

During youth, there is usually a predisposition in the system to an excess of blood; and, at the age of puberty, when the frame is rapidly growing and becoming developed, the whole body is not unfrequently in a state of plethora; one of the commonest results of which is the headache now under consideration. The pain is dull and oppressive, extending over the whole of the head, and is particularly severe at the back part; occasionally it extends to the muscles and the back of the neck, and along the course of the spine; and sometimes lancinating pains appear to pierce the brain; the patient loses his wonted vivacity, and forsakes his usual amusements; he is unable to fix his attention for any length of time on one subject, and is listless and spiritless; the eyes are unable to bear the light without increasing the pain, and some degree of dizziness renders all motion unbearable. Young girls also complain of pain in the back and loins, and trembling and weakness of the legs and ankles, and they suffer much from violent palpitation at the heart. With these symptoms we also find the stomach out of order, the tongue foul, the appetite variable, and the bowels constipated; the countenance is flushed, and sudden heats and chills afford considerable annoyance. In such cases, nature frequently attempts to relieve herself by spontaneous bleedings at the nose; and, when this occurs, the discharge should always be encouraged; the use of the lancet may be in some instances required, but, with a large majority, active purgatives, and the use of saline medicines, will be sufficient. Cold applications to the head, as ice-water and spirit lotions, greatly assuage the pain; and a more decided effect may be obtained by placing the feet in warm water, at the time of their employment. The patient should take plenty of exercise, and every means should be employed to rouse him from that apathy which the complaint induces. In the treatment of young females, particular care should be devoted to those circumstances of which this headache is a symptom; and after the severe violent paroxysms of the pain are subdued, a course of medicine, containing some of the metallic tonics, exercise on horseback, when practicable, and strict attention to diet, will frequently remove the real cause of the disturbance.

When arterial plethora occurs in mature age, we usually find it in corpulent persons—men who live well, and are heedless of the consequences; a short neck, and an accumulation of fat in the chest and upper part of the body, materially favour this complaint, and its occasional consequence, apoplexy. The appearance of such a person need scarcely be described—the countenance is rubicund and full, the eyes are injected with red blood, and the whole body looks "jolly" and comfortable, while much mischief is going on internally. In persons of this full habit of body, the brain is highly susceptible of excitement: intense or continued application to business or study; any sudden mental agitation or passion; and the intemperate use of wine or spirits, are the more immediate causes of an attack; the symptoms of which are, a heavy and deep-seated pain in the brain, which is greatly increased by stooping, or rapid motion; the pain is not fixed in any particular part, but the whole contents of the skull appear to be compressed, and too large for the cavity. The sight is considerably affected and confused—thus, in reading, several lines appear jumbled together, and the outline of other objects is but imperfectly seen, or two or more are strangely blended together. There is general lassitude and disinclination for exertion; the patient is overcome with drowsiness, almost amounting to lethargy; but the sleep is disturbed and unrefreshing. With this form of headache, we also observe some disturbance, if not actual disease, in the lungs and heart; the respiration is hurried and laborious; a frequent fluttering is felt at the heart; the pulse is full, quick, and intermittent; and the secretions are either deficient or irregular. In the treatment we must, emphatically, "cut off the supplies," and endeavour to prevent the elaboration of an excess of blood. Bleeding from the arm should be resorted to with the greatest caution, and only when the approach of congestion may be apprehended, as patients in this gross state bear general depletion badly; if, however, the symptoms are urgent, cupping at the nape of the neck, or leeches to the temples, should be employed without delay. Frequent and full doses of the drastic purgatives, as colocynth, aloes, or scammony, should be given, with a view of carrying off the watery part of the blood; at the same time, we must endeavour to regain a better state of the whole body, by restricting the diet to the lightest and least stimulating food, and prohibiting the use of spirits, or wine, or beer. A person with a predisposition to a complaint so serious should live entirely "by rule," and so

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regulate his diet and his exercise, and control his passions, as to diminish those circumstances which, if permitted to continue and increase, must lead to the most disastrous results.

Plethoric headache, resulting from *congestion* or *stagnation* of blood within the head, may be readily distinguished from that form just described The subject of the attack is generally the opposite in appearance, being of a spare habit, thin, debilitated body, and considerably advanced in years; the countenance is pale, or sallow, instead of being flushed, but at the same time it is full and bloated; the eyes are dull and heavy, and the eyelids are swollen and infiltrated with fluid. The symptoms are most distressing to the patient, and must be a source of considerable anxiety to his friends, inasmuch as they approach closely to those which indicate apoplexy: the pain is deep-seated, dull, and oppressive; a continuous buzzing, or imaginary noise, disturbs all quiet; the mind is dejected, the memory imperfect, and the intellect more or less obtuse; the body is debilitated, and the breathing laborious; the pulse is small and feeble, and everything indicates an alarming amount of illness; indeed, this disease should most properly be considered in connection with apoplexy and paralysis. The *treatment* of this complaint is the most important and delicate in the whole catalogue of diseases; for we have here a barren field to work upon, and nature herself, or the instinctive power of the living frame, has less ability to assist us; every symptom should be watched, and every tendency to perfect congestion speedily counteracted. Local bleeding, and cupping, or a few leeches, must be frequently, but cautiously employed; and we must endeavour to support the strength, without adding to the cerebral excitement. The diet should be light, and taken in small quantities; the bowels must be kept in a regular state by gentle laxatives; and all sudden surprises, as well as violent exertion and annoyances, sedulously guarded against.

As well as those forms of headache which we have been describing, there are several others which are dependent on causes, some of which are too trivial, others too important, to be discussed merely in relation to headache. Amongst the former, we may name an accumulation of scurf, or dandriff, in the hair, intestinal worms, exposure to the rays of the sun, excessive study, &c.; and amongst the latter, gout, inflammation of the brain, mania, &c.

ENGLISH CLIMATES.

The great desiderata in this country, are a mild climate and sheltered residence, for pulmonary and other affections, during the winter and spring. The districts of England may be divided into:—

I. The South Coast.—This comprehends the tract of coast between Hastings and Portland Island, including the Isle of Wight. The superiority of the climate of this district exists chiefly during the months of December, January, and February. The principal places are—

Undercliff, in the Isle of Wight, the most sheltered and warmest of these places; it affords also a good summer climate.

Hastings, which follows next in point of shelter and warmth, during the winter and spring months.

Brighton, which, though inferior to the preceding places as a residence in diseases of the respiratory organs accompanied with much irritation, is a drier and more bracing atmosphere. Autumn is the season during which the climate of this place possesses the greatest advantages.

II. The South-West Coast.—This reaches from the Isle of Wight to Cornwall. The temperature of the more sheltered spots of the south coast of Devon, during the months of November, December, and January, is, on the average, about five degrees higher than that of London during the same period; whereas on the south coast the difference scarcely exceeds two degrees. The principal places are Torquay, Dawlish, Sidmouth, and Exmouth; the first of these is the most sheltered place in our island. Salcombe is one of the warmest spots in this country during the winter.

III. The Land's End.—This district is the most suitable for the irritable and inflammatory habit, and best so for the relaxed nervous constitution. The only places in this district deserving particular notice are—

Penzance, which is remarkable for the equal distribution of its temperature throughout the year, throughout the day and night: indeed, it is only excelled in this respect by the climate of Madeira. The difference between the warmest and coldest months in London is 26°; at Penzance, it is only 18o. The climate of the Land's-End is, however, very humid, and, from its exposure to the northerly and westerly winds, colder during the spring than Torquay or Undercliff.

Flushing, a small village in the vicinity of Falmouth; its position differs from that of Penzance only in being somewhat protected from the north and east winds.

IV. The West of England.—This comprehends the places along the borders of the Bristol Channel and estuary of the Severn. Of these it is only necessary to notice—

Clifton, which, compared with the south-west coast, is more exciting, more bracing, and drier, but not so mild; it is, therefore, better suited to a relaxed languid habit, and less so for pulmonary and other diseases, accompanied with irritation and a tendency to inflammation.

INTESTINAL WORMS.

No. II.

Continued from page 102.

The Small Thread, or Maw-Worm.—*Ascaris Vermicularis.*—This worm is about half an inch long, not thicker than a thread, of a yellowish-white colour, and has the appearance of a "thread-end," whence the name thread-worm. The term "maw-worm," according to Dr. Harvey, is derived from the occasional visit which this animal makes to the maw or stomach in migrating from its proper region, which is the rectum; but it appears more probable that it obtains this name from the peculiar effects which it often produces on the maw or stomach by sympathy, causing a perpetual and gnawing pain, and insupportable faintness, from the intolerable itching it excites in the anus.

These worms usually have their seat in the rectum, at the lowest part of the intestine, and are of very constant occurrence in children. The early period of life appears greatly to favour their colonisation—why, it is difficult to say. They are usually found in great numbers; sometimes they crawl from the body, in other cases they remain quiet and inactive, convoluted in mucus and fæces, and are only known to exist by their discharge. Yet occasionally they produce so much irritation as to cause a sensible tumour, or several small tumours around the anus. They sometimes co-exist with other kinds of worms. Rosenstein relates the case of a child who, in conjunction with a large number of ascarides, voided ten long round worms, and a portion of a tape-worm. The little patient died screaming under the most exeruciating pain and convulsions.

Persons who are exhausted from fever, and those who are of debilitated constitution, are more prone to worms than more robust individuals; the weaker the body is, the more shelter and forage does it appear to afford to all parasites. Bad air, bad food, and the want of sun, contribute greatly to their appearance. There can be no question that children are much more disposed to thread-worms than to others, and not only so, but, as age advances, the constitution frequently becomes so unfit for their growth and increase, that the worms are frequently got rid of without any physic—in fact these worms, to a very great extent, may be considered peculiar to the earlier years of life.

A remarkable case is published in the second volume of the *Dublin Transactions*, in regard to the worm now under consideration. A whole family was infested with this worm, and every servant who came into the house had them. Although medicines were taken, yet nothing freed these persons from it; at last ascarides, very similar, only a little browner, were discovered in a well from which the household derived all their water. The family had resided in the same house for many years, but now they found it necessary to change their habitation, and from that time nearly all of them lost their worms.

The symptoms produced by these worms are various, and sometimes indefinite. At the moment we had written thus far, we received the following letter, which so well describes a case that we insert it:—

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"I solicit your advice regarding my son, three-and-a-half years old, who *appears* to be a strong, healthy little fellow, with a rosy cheek. About a year since he voided a round red worm five or six inches long. Since then we saw no more till a fortnight ago, when he became much relaxed, his stool being slimy, with thin, worm-like threads occasionally in it. Last night one of his motions was like so many bits of skin, very much of the colour of eel's belly. His face is more flushed than ever; his temper is peevish (he used to be very good-tempered). His seat has broken out into small sores, and it seems to itch very much. There does not seem to be much change in his appetite, and he plays about as much as ever. He continues relaxed as many as five or six times in twenty-four hours."

Now here is a description of a case of worms, written by "a working-man with a family of six," that might do credit to the ablest medical commentator; and we thank our correspondent for illustrating this article by a paragraph so well written.

A child suffering from the effects of thread-worms will evince one or more, or all, of the following symptoms:—Great irritability of the whole system, which is increased towards night; the skin is dry, hot, and harsh; the countenance pallid; headache; listlessness, almost torpor; disturbed sleep, moaning, and grinding of the teeth; screaming; convulsions; the taste unpleasant, and the breath disagreeable; great irritability and itching in the nostrils and fundament; the desire to go to stool is frequent, and urgent, occasionally without passing an evacuation; the stools are slimy, contain films of mucus, and extremely offensive; pain in he region of the stomach, thirst; cough; difficult breathing; pains in the stomach; a swelled hard belly, and emaciated limbs.

"In all obscure diseases," says Dr. Swediaur, "attended with symptoms that are chiefly anomalous, the suspicion of the physician should be directed to intestinal worms."

The treatment in children for the removal of these worms demands as much attention to the general health as to the local malady; one mean, therefore, and perhaps the most powerful in our possession, for permanently getting rid of them, is by strengthening the system generally, and the intestinal canal particularly: our next mean is the use of what have been called anthelmintic medicines, or those which either destroy worms or drive them from the body by qualities which torment or distress them.

In an attack upon these worms a brisk cathartic should always take the lead. It ought not, however, to be too frequently repeated. The following may be given to a child of three years:—

Take Calomel, two grains;
Powdered jalap, five grains;
Powdered scamony, three grains;

Mix this for a powder to be taken in jelly or treacle. An adult may take:—

Compound extract of colocynth, six grains;
Calomel, four or six grains;
Powdered socotrine aloes, two grains;
Oil of cloves, one drop.

Mix in mass, and divide into three pills—to be taken at bed time. If required, a full dose of castor oil should be given early the following morning.

Other purgatives may be substituted with equal advantage, but they should always be such as act especially in the lower intestines. The list of anthelmintics is almost innumerable; and the very length of the catalogue serves to show us how little we can place a positive dependence, even at the present hour, upon any one of them as a specific. Olive oil, beech nuts, castor, turpentine, sulphur, petroleum, sea-salt, tin-filings, crude quicksilver, lunar caustic, male-fern, hellebore, cevadilla, tansy, savine, rue, dittany, tobacco, wormseed, the bark of the bulge-water tree, and of the cabbage tree, have all had their advocates, their trials, their successes, and failures.

Perhaps the most powerful and successful of the irritants that act by an external power is the prickly and pungent down of the pods of the cow-hage *(dolichos pruriens)*, which has long been held in deserved estimation. The part used is the hairy substance growing at the outside of the pod, which is scraped off, and mixed with common syrup or honey; the dose is—for a child a tea-spoonful, and double that quantity for an adult, taken in the morning fasting, and repeated the two succeeding mornings. Within six hours of taking the cow-hage a full dose of rhubarb should be given. In our own practice we have found the repeated use of an enema of lime-water the best of all remedies: we at the same time attend to the general health of the patient, prohibit all diet likely to encourage and perpetuate the generation of the worms, and endeavour to restore tone to the intestinal canal and remove that secretion of mucus which is known to favour their development.

(To be continued.)

DURATION OF LIFE.

By calculation, it is shown that, of 1,000 individuals, 23 die in the birth; 277 from teething, convulsions, and worms; 7 in the measles; 2 women in childbirth; 195 of consumption, asthma, and other chronic complaints; 250 of fever; 12 of apoplexy; and 41 of dropsy. Or, in another point of view, of 1,000 persons, 200 die within the first year; 80 in the second; 40 in the third; and 24 in the fourth; and within the first eight years of life, 446; or almost one-half of the number, are cut off by premature death.

PHARMACOLOGY.

(*Continued from page* 100.)

No. V.—Expectorants.

Expectorants are usually defined to be medicines which promote the excretion of mucus and fluids from the surface of the lungs, trachea, and bronchial tubes. Some remedies of this order act topically on these parts, by inhalation; others, by stimulating them, through the medium of the circulation, or the nerves; whilst a third are supposed to act through sympathy with the perspiratory functions. The list of the proper expectorants employed formerly was very voluminous; in the present day they are comparatively but few, and the proscription has, perhaps, been carried too far.

Topical Expectorants are those remedies that promote the discharge of mucus from the fauces (the upper and back part of the throat), and includes the emollients and diaphoretics described in page 76, and also those means which are applied in the form of gas or vapour to the mucous membrane of the windpipe and bronchial tubes. The latter list includes

Nicotania Tabacum:—Tobacco. Smoking the leaves of the tobacco acts as a powerful expectorant, and in some cases of asthma and chronic bronchitis is of essential service: the tobacco in itself possesses no curative properties, but, as it acts promptly on the mucous membranes of the air tubes, it is frequently of much utility in causing them to throw out the secretion with which they may be overloaded.

Datura Stramonium:—Thorn-apple. In some parts of Europe this plant is vulgarly called *herbe aux sorciers*, from its intoxicating effects, in which it resembles belladonna. The leaves of this plant when smoked act as a powerful expectorant; and a few whiffs of stramonium is, and has been, the solace of many asthmatics. The pharmacopœia orders a preparation of this herb, the *extract of stramonium*, the dose of which is from three-quarters of a grain to two grains twice or three times a day, in the form of a pill. This is frequently a valuable remedy in asthma. The following is a proper form for administering it:—Take extract of stramonium, two scruples; hard soap, two drachms; gum arabic, one scruple; powdered liquorice root, two scruples; mucilage of gum tragacanth, sufficient to form a mass. Mix accurately, and divide into thirty pills, one of which is to be taken three times a-day,

Pix liquida:—Pitch. The vapour of boiling tar. The fumes of boiling tar are certainly expectorant; and within a recent date tar was supposed to possess some great healing properties. In 1823, Sir Alexander Crichton thought he had perceived great and decisive advantage from the aroma of pitch and tar diffused through rope manufactories, ships, and other places, where these articles are in perpetual use; and he published a work entitled "Practical Observations on the Treatment and Cure (!) of several varieties of Pulmonary Consumption; and on the Effects of the vapour of boiling tar in that disease." In 1822, Dr. James Forbes, also published on the same subject. The books and the remedy they advocate are now equally forgotten. The mode of inhaling is by heating a tin vessel of tar over an oil or spirit lamp, and thus impregnating the atmosphere of the chamber with the powerful vapour that arises. In doing this, however, care must be taken so as not to burn the tar; for, in such case, the room will be filled with an empyreumatic smoke, that will greatly augment the patient's cough, instead of diminishing it; and it will be also advisable, as recommended by Dr. Paris, to add about half an ounce of subcarbonate of potash to every pound of tar, for the purpose of neutralising its pyroligneous acid, the fume of which will otherwise ascend, and prove irritating.

Chlorine.—Is a greenish gas, obtained by the action of muriatic acid on peroxide of manganese. It was first described under the name of dephlogisticated marine acid, and was afterwards called oxy-muriatic-acid. Chlorine inhalation has been vaunted, not only as an expectorant, but as a means of cure for some lung diseases which we believe to be nearly incurable. We confess at once, that we have no faith in the inhalation of gases, vapours, fumes, &c., which are—sad, sad, that we should have occasion to write it!—too frequently advocated, merely to insure the sale of some tin-pot inhaler. The researches of M. Toulmouche, of Rennes, give us, perhaps, the best, the most honest, history of the value of chlorine. The greater number of his experiments were made during a period of four years and a-half in a *Maison de Detention*, where pulmonary catarrhs are very common. The majority of the patients bore very well the first impression of the chlorine, and all became capable of employing it, by gradually accustoming themselves to it. With the fewest exceptions—such as where great irritability and oppression existed—the chlorine was employed in every case which bore the name of pulmonary catarrh. Its sensible effect is to change the quality of the bronchial secretion, to diminish its quantity, and, finally, to put a stop to it. M. Toulmouche gives the following summary of the use of chlorine:—"In 288 females," he says, "223 were affected with acute, and 65 with chronic bronchitis: of the acute cases, 51 were cured in from five to six days; 33 in from seven to ten days; 29 in two or three days; and 21 in from eleven to fifteen. Of the 65 cases of chronic bronchitis, 16 were cured in from twenty-one

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to ten days; 15 in from eleven to ten; 13 in from two to ten; and 1 only, in twenty-eight days. *Aqua Chlorinii.*—Chlorine Water, which is a solution of chlorine gas in water, has also been administered. The ordinary dose of which is stated by M. Toulmouche to be from thirty to forty drops, commencing with ten, and gradually increasing. The Edinburgh Pharmacopœia gives the following formula for preparing the aqua chlorine:—Take muriate of soda, one drachm; red oxide of lead, 350 grains; put them in a stoppered bottle with eight ounces of water, and add two drachms of sulphuric acid; after shaking the mixture, leave it to settle, and decant. Dose, half a drachm to a drachm, diluted.

Iodine is considered by some practitioners to possess expectorant properties, and has been ordered to be inhaled.

Ammonia, from its pungency, quickly irritates the delicate mucous surface with which it may come in contact, and will cause a secretion from the lining membrane of the air passages, in the same manner that it causes tears, or the secretion from the nostrils, to flow. It is never thus employed medicinally.

Acidum Aceticum:—Vinegar. The vapour of boiling vinegar is a powerful expectorant; it may be thus employed: boil equal parts of strong white-wine vinegar and water; when boiling, pour into a small tea-pot, and inhale the steam through the spout; or, pour the vinegar into a basin, and invert a funnel over, and inhale through the tube of the funnel. The vapour of vinegar is sometimes useful in ordinary colds and coughs, where the throat is relaxed, sore, and dry.

(To be continued.)

ON CLEANLINESS AND BATHING.

During our every-day life we generate within ourselves a considerable number of substances and elements destructive to animal life; but, besides these poisonous and deleterious matters generated in the body itself, there are others received into it by breathing, and in the shape of food. These, likewise, require to be removed from the body. Now one of the most important means of getting rid of these noxious agents is the skin. Daily there is poured forth from the skin of a healthy adult, in a state of repose, at least *two pints* of a watery fluid, called perspiration, which holds in solution no inconsiderable proportion of the poisonous substances and elements referred to.

This great quantity of fluid is poured out on the surface of the body, either to be absorbed by clothing, to be dissolved in the atmosphere, or to be made visible, and wiped off, in the form of drops. Whenever, however, the perspiration becomes visible, there is excessive action of the skin; and the amount of perspiration in proportion to this excess of action is above the stated amount of two pints usually thrown off. The means by which this considerable amount of fluid is discharged from the body, has been stated to be by perspiratory tubes or ducts. (For a minute history of these perspiratory tubes, see page 54.)

Besides the necessity of cleanliness in order to remove from the surface of the skin the solid matters deposited on it, which had been held in solution by the perspiration, but which evaporation had caused to be left on it, there are also continually, day and night, at all times being thrown off from the skin, the dead scales, or cells, which, having fulfilled their uses in the economy, are no longer needed, but require to be got rid of. The residue resulting from the evaporation of the perspiration, and the incrustation of the useless cells, or scales, form a thick coating on the surface of the body; this coating blocks up and obstructs the seven millions of apertures by which the noxious fluids necessary to be removed from the body, by twenty-eight miles of perspiratory tubes, should be cast out. Can we wonder, then, that cleanliness is important to health; or that, if the function of the skin be obstructed, or prevented by a coating of animal dirt, the body should suffer in a variety of ways?

Our outward clothing constantly requires change and cleansing to be sweet, and pure; how much more so the living garment with which our all-wise Creator has so carefully protected and covered our frames. Would that those who habitually neglect cleanliness from their cradle to their grave (and there are some who live coated with impurities from birth till death), would regard their skin as the sewer of the living citadel. Then, contemplating the havoc which disease makes in the abodes of men where their artificial sewers are neglected, let them apply the lesson to their own frames, most wonderfully and beautifully provided with a cleansing apparatus.

Although frequent washing of the body is almost universally admitted to be of the highest importance to the preservation of the comfort and health of children, yet, in too many families, either prejudice or negligence leads to a shameful omission of this duty; hence arise the numerous troublesome diseases of the skin, which debilitate the vigour of the body, impair the comfort, and (especially among the lower classes of society) destroy the lives of so many children.

Without cleanliness health be cannot preserved; though there are some persons who appear able to resist almost everything that would produce disease in others. The prejudice and ignorance of many nurses have laid a prohibition on the washing of the head, hands, and feet; sufficient, surely, has been said to convince every intelligent mother that these parts should be daily well washed and dried: were this attended to, children would not be plagued with many of the obstinate, painful, and filthy eruptive complaints which torment them, nor should we so often witness premature baldness in advancing years.

It may be here observed, that the use of a moderately hard brush for the head keeps up a healthy circulation, and is on every account to be preferred to the employment of a comb. The scurf, as it is called, which collects on the head arises not from the dead cells or scales of the scalp being thrown off, but from the evaporation and hardening of the secretions which are poured out on the scalp. Washing is much less effectual in removing this incrustation, in consequence of its greasy nature, than brushing—a soft sponge, with a very small quantity of pure soap, and soft cold water, are the best articles in use for cleansing the skin. Sponge is to be preferred to anything else; because its softness is well adapted to the tender skin of infants, and admits of the ears, eyes, and every fold of the skin being well washed— a point of no trifling consideration, because these parts, if neglected, become chafed, and cause much distress. It is highly desirable that the water with which children are washed should be soft. Hard water is ill-adapted to their tender bodies, and renders perfect cleanling a difficult and uncertain process.

It is impossible to accomplish cleanliness without the free use of water, and the immersion of the body. Hence, *bathing* becomes a most important agent in the preservation of health, and the avoidance of disease. The benefits of cold bathing depend on the results of a certain reaction of the system after its use, which produces a glow of warmth and cheerfulness. Unless these results follow its employment, it is never beneficial, though, very frequently, decidedly hurtful; it follows, then, that the absence of these effects should prohibit its repetition. If the whole body be submersed, the head must always be immersed before the trunk, and this immersion should be sudden, and of short duration, because it is the first impression which is beneficial; and it is obvious, that propelling the blood from the surface and extremities to the head must be dangerous. For these reasons, the shower-bath, for adults, is in general preferable to submersion of the whole body; and this form of cold bathing, with some modifications, might be very advantageously employed for children, especially when they are vigorous and healthy. Even where general bathing is prohibited, a child may be benefited by pouring, or rather showering, water on the head and shoulders, by means of a cullender perforated with holes, and held over him.

Port Wine ought not to be kept in bottles for less than two years. Four improve it more, and in six years it reaches perfection. Wine merchants are said to keep the wine for too long a time in wood before bottling it. The old wine, shipped from Oporto ought to be bottled in the following autumn or spring.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

When children have the misfortune to be placed in draughts of cold air, they lose their heat very readily, and with great difficulty regain it. It cannot be too strongly impressed upon mothers and nurses, that a temporary chill is followed by a permanent effect, and that not only does the chill affect that particular part of the body to which the depressing agent is applied, but that, in a short time, the temperature of the entire body becomes reduced. It is thus that thin or wet shoes, insufficient or wet clothing, or wet sheets, or a damp room, produce mischief, disease, or death.

In all cases of Skin Disease, it is important to attend to the state of the digestive organs. The bowels should be kept free, and alterative remedies should be given, if the functions of the liver are sluggishly performed; and indigestion must be met by the remedies appropriate to its existing form.

An Excellent Laxative Pill.—It is acknowledged to be a difficult thing in many instances to *regulate* the bowels. The compound extract of colocynth, the pill aloes and myrrh, even our favourite compound rhubarb-pill, all, in many cases, fail to effect this desired object; besides, they are all, more or less, apt to induce piles. It is not without much consideration, and a perfect conviction of its utility, that we offer the following substitute,—we will say, valuable substitute,—for the above popular remedies:—Take Barbadoes aloes (finely powdered), Spanish liquorice, Castile soap, common treacle, of each equal parts. Dissolve in pure water; then filter through linen, and afterwards evaporate by means of a gentle heat to the proper consistence for making pills. Of the mass thus prepared, eight or ten grains may be considered a dose.

Hysteria.—As soon as the patient is able to swallow, after recovery from a fit of hysterics, let her take a draught thus composed: sal-volatile, thirty drops; sulphuric ether, thirty drops; tincture of cardamoms, a drachm; camphor julep, a wine-glassful.

Cathartics for Children.—From the natural irritability of the stomach and bowels of infants and children, great care must be taken in using purgatives. Diarrhœa is much more easily excited than controlled; and if it becomes excessive, may induce great exhaustion, stupor, and even water on the brain.

Diarrhœa in Children.—Take, aromatic confection, syrup of white poppies, of each, one drachm; sugar, two drachms; oil of anniseed, five drops: chalk mixture, three ounces. Mix—dose, a tea-spoonful after each liquid stool.

DIETARY, WHOLESOME AND ECONOMIC.

Roast Sweet-Breads.—Take the sweet-breads and lay them in hot water at blood heat, to disgorge, for three to four hours; then blanch them for two or three minutes in boiling water; put them into a stew-pan, with a few slices of carrot, onions, turnip, a little parsley, thyme, bay-leaf, six peppercorns, a blade of mace, and a small piece of bacon; cover over with a little broth or water, and let it boil for twenty minutes; take them out and dry them in a cloth, egg and bread-crumb them, tie them on a spit, and roast a nice brown colour, for ten to fifteen minutes; or they may be browned in an oven, or fried in very hot lard for ten minutes, in which case they should stew a little longer; they may be served with plain gravy and a piece of toasted bread under, or a little melted butter, and some Harvey's, Reading, or Soyer's sauce, and a little catsup added to it, boiled and poured round it.

Imperial Water.—Put two ounces of cream-of-tartar into a large jar, with the juice and peels of two lemons; pour on them seven quarts of boiling water; when it is cold, clear it through a gauze sieve, sweeten it to your taste, and bottle it. It will be fit for use the next day.

To Poach Eggs.—Put your water on a flat-bottomed pan, with a little salt; when it boils break your eggs carefully in, and let them boil ten minutes, then take them up with an egg spoon.

Soup Maigre.—Melt half-a-pound of butter into a stew-pan, shake it round and throw in six middling-sized onions, sliced. Shake the pan well for two or three minutes, then put to it five heads of celery, two handsful of spinach, two cabbage lettuces cut small, and some parsley. Shake the pan well for ten minutes, then put in two quarts of water, some crusts of bread, a tea-spoonful of beaten pepper, and three or four blades of mace. Boil gently an hour. Just before serving, beat in two yolks of eggs, and a large spoonful of vinegar.

Bread Pudding.—Take the crumb of a penny loaf, and pour on it a pint of good milk boiling hot; when it is cold beat it very fine, with two ounces of butter, and sugar to your palate; grate half a nutmeg in it; beat it up with four eggs, and put them in, and beat all together nearly half an hour; tie it in a cloth, and boil it an hour; you may put in half a pound of currants for a change, and pour over it white-wine sauce.

Vermicelli Pudding.—Boil four ounces of vermicelli in a pint of new milk till it is soft, with a stick or two of cinnamon, and a little lemon-peel; then put in half-a-pint of cream; a quarter of a pound of butter, the same of sugar, and the yolks of four beaten eggs. Bake it in an earthen dish, without a paste.

ADVERTISEMENTS.

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London: published by the Author, 25, Lloyd Square, Pentonville; and sold by George Vickers, Strand, and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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"This work emanates from a gentleman thoroughly well versed in the subject, and who has obtained great and deserved celebrity by his mode of treatment."—*Wilts Standard, January* 16, 1849.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. Yeoman is well known by his work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: Sampson Low, 169, Fleet Street; Effingham Wilson, 11, Royal Exchange; Webster & Co., 60, Piccadilly: and all Booksellers.

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Agent for Rooff's Patent Improved Respirator. J. M. has now a large supply of Cod Liver Oil, prepared from the finest fish of the season.

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TO OUR READERS.

PENDING an action at law which we have commenced against the proprietor of *The Weekly Times* newspaper, for a libel contained in the advertisement of one Dr. de Roos, we shall not refer to the question in these pages. As the proprietor of the above-named newspaper has inserted an advertisement to the effect that a "Dr. Yeoman," residing in Hand-court, Holborn, professes to cure Consumption and Asthma, for "ten shillings in postage stamps," we have been advised to send the following letter to *The Times*, and other daily papers, in which it was inserted on the first, and second instant.

TO THE EDITOR OF THE DAILY NEWS.

SIR,—As I am the only qualified physician of the name of Yeoman, and having written on Consumption, I beg you will allow me to say I am not the individual describing himself as Dr. Yeoman, 14, Hand-court, Holborn, who advertises to cure consumption and asthma.

I am, Sir, your obedient servant,

THOMAS HARRISON YEOMAN, M.D.

25, Lloyd-square, March 30, 1850.

TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided, without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

WE have now fulfilled our promise to recent subscribers—all the back numbers are re-printed, and may be had of our publisher. Parts 1, 2, and 3, are also ready.

SPES.—The correct meaning of *asphyxia* is interrupted pulse; but it is applied also to interrupted respiration, as in hanging, drowning, suspended animation, apparent death.

RICHARD DAVIS (Abingdon-street).—You are suffering from continued indigestion; we cannot advise you without seeing you. We are glad that you derived benefit from the soap pill, as advised in the Journal.

CHARLES ELLIOTT.—Apply to Ross and Co., Bishopsgate-street; they profess to keep "a good pomatum," which we have little doubt will "beautify" your stubborn locks. Not being barbers, we are unskilled in the preparation of odoriferous unguents.

A. O. L.—We should wish to see the child before advising.

A MECHANIC.—An account of the Mechanical Leech was inserted in No. 5.

TIBBETTS (Old Ford).—The London Hospital is our *Alma Mater*, and we are sorry that you have reason to complain of "roughness and rudeness" on the part of any of its medical officers. You should remember, the assistant physician has, perhaps, one hundred cases to see in his short visit; he cannot devote that time to each case which, in all probability, it demands; the fault rests with the custom, not with the individual. The misery endured by an invalid whilst waiting in the out-patients' room of any hospital must be terrific; and the excitement and anxiety must counterbalance all possible benefit that might be derived from a carefully-written prescription.

ANN PAGE (Cambridge).—See answer to THOMAS HIGGINBOTHAM, in last number.

T. R. B.—See the exposure of the advertising Quack Consulting Surgeons, in VICTIM'S letter published in No. 2.

J. S. (Glasgow).—Says, "Would it not be to your advantage to devote an article in your Journal on defects in articulation?" Some one else will write, "I wish to see a paper on Lepra;" and every one expects to find "something about my complaint" in our eight pages. We will endeavour to satisfy all our good readers, but they must not be impatient. If J. S. will transmit full particulars, we will tell him if there be a probability of relief.

A DYSPEPTIC.—See answer to H. G. H. (Derby), in No. 5.

THE SALE OF POISONS.—We are glad to notice that Mr. Stanford has entered a notice of motion in the House of Commons, "for a select committee to inquire if any restrictions, and, if any, what restrictions, Parliament should impose on the sale of poisons."

JAMES HARRISON.—Could you see the mass of absurd questions that are proposed to us, you would not blame us for checking the prurient curiosity or idleness of many scribblers.

WILLIAM SCOTT (Whitby).—Consult Mr. John Wilson, of your town; the person you name was not originally educated for the profession. He was a cabinet maker, in some village in Scotland.

EDWARD BURNS.—Take one of the "laxative pills" ordered in another column, night and morning, for a short time; then omit the morning pill; at the end of six or seven days, take only one pill every other night; then one twice a-week, then once a-week; and, finally, omit them altogether. During this treatment, solicit nature always at the same hour.

THE LATE DR. CRUCEFIX.—The papers announce the decease, at Bath, of Dr. Crucefix, well-known among the freemasons, and still more notorious as having been for years the occupier of a corner in the advertising columns of the daily and weekly journals, under the assumed name of Goss and Company, whose books, we believe, prove him to have been the originator of the Silent Friend system.

H. P. B. (Walton).—Read chapter on "Nervousness," in the Editor's small work on Indigestion, &c. You will then be enabled to describe your case more clearly.

DELTA (Holborn).—See the fifth paragraph, page 88, of the Journal, beginning at "it will spare."

JOHN WILLIAMSON (Ashton-under-Lyne).—We will give your communication our best consideration; you shall hear from us privately in a day or two.

MARY LINVELL (Hammersmith).—We shall be very happy to render your daughter the direction she requires.

E. B. L. (Great Yarmouth.)—It is almost impossible to avoid *all* technical terms in medical writings; but really we have had the credit meted to us that we have succeeded in rendering the Journal as intelligible as might be possible. We shall publish an index with each volume; and, if we receive many complaints similar to yours, we may add a glossary.

EMMA DODSWORTH.—Take—sulphate of zinc, two grains; tincture of gentian, three drachms; decoction of bark, seven ounces and a half; mix. Dose: two table-spoonsful every six hours.

WALTER (Manchester.)—Horse-hair gloves are preferable to the towel. We strongly advocate friction to the skin; it excites the cuticular circulation, and keeps the surface of the body free from those impurities which are liable to collect on it. A clear, bright skin is a test of health. Look at a well-groomed horse, and then at a poor neglected rough, who has forgotten his introduction to the curry-comb; the one is full of vigour and spirit, the other ill-conditioned and sluggish.

R. E. D. (Wisbeach.)—It may *not* be disease of the heart: the symptoms you name are sometimes the companions of indigestion. Send your address.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—LONDINIUM. ARTHUR. DECUS ET TUTAMEN. A WATCHMAKER (Percival-street). MEG DODDS. B. J. S. ADELAIDE. AN INTENDING EMIGRANT. W. B. (Highbury) GRATEFUL. A SHOEMAKER (Northampton). WHISPER. D. E. F. (Paisley). M. TREE (St. Helen's). A SHOPMAN (Brighton). W. CLIFFORD (Ventnor). ABEL (Birmingham). SCRIBA (Peckham). GEORGE SMITH (Shrewsbury). A DOCKYARD LABOURER (Woolwich). JULIUS (Portsea). A. R. T. (Bath). A PAPER MAKER (Dartford).

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—C. S. (Soho). H. H. (Blackfriars). MEDICUS. VICTIM (Chelsea-walk.) R. S. EYTON. CATHERINE. MICHAEL BOA. AN APPRENTICE (Whitechapel-road). A GREAT INVALID. JASPER. HENRY CUMIN. HENRICO (Brixton). A. B. C. (Millbank). A WRECK. MARIANNE (White Horse-lane). M. N. (Martha-street). GEORGE GALILEE. MARTHA HODGSON. O. P. Q. (Bread-street). A CLERK (Austin-friars).

Many correspondents whose cases do not appear especially urgent will be answered next week.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 15.—Vol. I.] SATURDAY, APRIL 13, 1850. [ONE PENNY.

THE NATURAL HISTORY OF MAN.

The natural history of man is a theme of far higher interest than that of any other animal. By his superior mental endowment, he is elevated to an immeasurable distance above all other animals; and although all that is animal in them belong also to us, still our superadded powers place us on a mighty vantage ground, and prompt us to seek purer pleasures and a higher destiny. Some fanciful philosophers have imagined that man has descended from the monkey tribes: but the opinion is not only revolting to common sense, but is utterly at variance with the established doctrines of zoology. Nature is uniform in her operations; and as we now find a race of beings we call man, and another race of beings we call monkeys, with different zoological characters, we may safely conclude they have been always distinct.

Various facts and observations lead to the conclusion that man constitutes not only a *distinct* but a *single* species in the animal creation. There are, however, certain hereditary conformations which give rise to a peculiar distinction among men, and constitute *varieties*. Of these, Cuvier has enumerated three—the Fair, or Caucasian; the Yellow, or Mongolian; and the Black, or Ethiopian; to which two others, viz., the Copper-coloured, or American, and the Malay, or Tawny, are now usually added by naturalists.

The Caucasian is chiefly distinguished by the beautiful form of the head, which approaches to the oval. It is also remarkable for variations of the shade of the complexion and colour of the hair. This division includes almost all the inhabitants of Europe; those of Asia on this side of the Oby, the Caspian, mount Imaus, and the Ganges; also the natives of the North, of Africa, of Greenland, and the Esquimaux.

The Mongolian variety is recognised by prominent cheek bones, flat visage, narrow and oblique eyes, hair straight and black, and olive complexion. This variety is confined to Asia.

The Ethiopian, or negro race, may be distinguished by their black complexion, woolly or frizzly hair, compressed cranium, flattish nose, and thick lips. This race inhabits Africa, with the exception of the northern part of that continent.

The Copper-coloured, or American race, is not only distinguished by a complexion resembling burnished copper, but also by a short forehead, deep eyes, broad face, prominent and rounded cheeks, noses not ill-defined, large mouth, and thick lips. This variety includes the whole inhabitants of America, except the Greenlanders and Esquimaux.

The Malay, or Tawny race, is characterised by the brown-black colour of the skin,—hair black, and more or less curled,—head rather narrow, bones of the face rather prominent; bottle-nose, and large mouth. This race inhabits the peninsula of Malacca, various parts of Asia, New Holland, and parts in that neighbourhood; the South-Sea Islands, &c.

The human stature varies from about four feet and a half to six feet. Individuals of six feet and some inches are not uncommon. In various parts of the world men have occasionally reached the height of seven, eight, or even nine feet; but the instances are rare, and appertain only to isolated cases—not to tribes or nations,

We also find, in various parts of the world, individual instances of great diminutiveness of stature—some individuals attaining no greater height than twenty-one inches.

Among the varieties of men, peculiarities of form exist, not only in the *head*, but also in the *trunk* and *extremities*, which well deserve the closest investigation of the medical philosopher; but we must confine ourselves to subjects that fall more directly within the province of anatomy.

The most cursory inspection of the human body leads to the conclusion, that it is of a very complicated structure. We see a variety of parts, such as bones, muscles, vessels, nerves and viscera, that present physical characters so unlike, that we are led at once to consider them as inherently and essentially different. When we take a closer view, we find that each and all of those parts which appear at first sight simple, as bone, muscle, blood-vessel, nerve, are in reality greatly complicated; and we look in vain for a simple structure. Nature seems to delight in combinations, and the philosopher must analyse her products before they appear in an insulated state.

The unravelling of the elementary textures or *tissues* of the human body has long been a favourite pursuit among anatomists. These textures may be viewed as the *alphabet* of anatomy, the letters of which are few, but from which, by their numerous combinations, a language of great extent may be formed: or like the few elements which chemistry has disclosed, forming, by their combinations, the complicated fabric of this our world.

The first and best systematic work upon the tissues, was that of Bichât.* Vesalius, Malpighi, Ruysch, Haller, John Hunter, Bonn, and Pinel, cleared the way by many important discoveries, and by the very philosophical manner and spirit in which their inquiries were conducted; but Bichât had the merit, not only of adding to the discoveries of his predecessors, but of gathering the knowledge that had been previously collected, and with a masterly hand moulding it into a system which will stand as an eternal monument of his genius. According to Bichât, the elementary tissues are twenty-one in number; some of which are general or universally diffused, and others of a more particular kind are found only in certain parts of the body. The first, or generally diffused tissues, are the cellular; the nervous, which consists of two kinds, the animal and the organic; the arterial, the venous, the exhalent, and the absorbent:—and the second, or the particular tissues, are the osseous, the medullary, the cartilaginous, the fibrous, the fibro-cartilaginous; the mus-

* Anatomie Générale, par Xav. Bichât, 1801.

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cular, which consists of two divisions, the animal and the organic; the mucous, the serous, the synovial, the glandular, the dermoid, the epidermoid, and the pilous.

THE OSSEOUS SYSTEM.

The osseous system constitutes a solid framework for the body, which serves at once for the attachment of the organs of motion, and the protection of the more delicate vital organs. From the manner in which the bones are joined together, and the relationship which they bear to the muscles or moving powers, they form the *passive* organs of locomotion, and the nature of the osseous texture admirably adapts them for such purposes.

When all the bones of the body are insulated from the softer textures, and maintained in their natural relative positions to each other, they form the skeleton. Two kinds of skeletons are usually exhibited in anatomical class-rooms. The *natural* and the *artificial*. In the first the bones are held together by their natural ligaments; and in the second, every soft part is removed and the bones connected by some mechanical contrivance, or by some *artificial* means.

The skeleton demands a most particular investigation by the student. Without a knowledge of the bones, he cannot follow out or comprehend a description of the muscles; and without a knowledge of the muscles, he must remain ignorant of the situation, course, and distribution of the blood-vessels and nerves.

The bones of the human body have been arranged and classified in various ways by anatomists. Some make a three-fold division of the skeleton, as they do of the body generally: hence they speak of the bones of the *head*, of the *trunk*, and of the *extremities* or limbs. Others, guided by the facts of comparative anatomy, make a division into the primary and secondary bones: the primary comprehending the bones of the spine and head; and the secondary all the other bones of the system. Others, influenced by physiological considerations, arrange the bones into three or four classes, as the long, the flat, and the short; to which some add the mixed, or intermediate betwixt the long and the flat bones.

SANITARY REFORM.

ENGLISHMEN are apt to exult in a thirty years' peace, and to pride themselves in the fact, that for that period, except in trivial instances, war has not caused a sacrifice of human life. It were but to recite again some of the atrocities enacted on the fields of Culloden or Waterloo, or in our Indian campaigns, and the sympathies of our countrymen would immediately evince themselves in peace demonstrations and agitations for national arbitraments; in fact, society is, or pretends to be, anxious for the preservation of life, and jealous of war, as the grand enemy to that principle.

We might, perhaps, hazard our reputation as journalists by refusing to the nation the credit of so much humanity; and we may call down upon us the anathemas of many of the world's philanthropists, when we style much of its humanity sheer hypocrisy and cant. Yet we say, that without the excuses which may often be advanced for the practice of war, and without the qualifications by which its attendant barbarities are often mollified, we are daily and hourly witnesses to the sacrifice of human life. During the progress of the cholera in the past year, the public records constantly brought home to us details of the condition—the abject condition—in which large masses of our population were "vegetating"—it was shown, over and over again, that the condition did not harmonise with human requirements, and that, whatever might be the prime causes of that fell visitation, the localities were well marked in which it found food to satisfy its cravings, and scope in the which to exercise its terrific powers. The enemy did not come upon us unawares;—it was no lightning's flash, or thunder's bolt; a note, distinct in its utterance, was sounded, and for ten long months, at least, before its most fearful onslaught, the approach of the cholera had been heralded, and, in those more feeble utterances, gave the same evidence of its predilections as when, at last, it spoke in the rude whirlwind of destruction. And what was the result? To chronicle all the *talk* would monopolise our pages till doomsday; while to report sterling effort would leave the nutshell but half occupied. It was said, *and was proved*, that intramural-burials were poisoning the air with noxious exhalations, and rendering localities totally unfit for human habitation—and an honest regard for the preservation of life demanded their abandonment; but vested interests, appertaining to religion, came in, and either denied the nuisance or justified its perpetuity. It was said, *and was proved*, that the habitations in which our working classes resided were undrained, unventilated, and destitute of water, and that in such places cholera committed its most fearful ravages; but vested interests, again, were of too sacred a nature, and authorities refused to deal with landlords, or entrench upon their prerogative. It is to the lasting disgrace of the country that, notwithstanding dire warnings and most fearful experience, the same ill conditions are now left again to produce the same results.

With all the records of the late disease before us, and amidst all the lessons which by them were taught, if not learnt, there are now weekly pouring in to the office of the Registrar-General details of deaths taking place in the ill-drained, unventilated, noisome holes of this metropolis. Taking the weekly report (No. 5) for example, we have as follows:—

In Crown-court, Pall-mall; a death: atrophy. "The houses are badly ventilated, only a few having any back windows."

In Market-street, Tottenham; a death: hydrocephalus. "Over-crowded and badly ventilated."

In Prancras-place; a death: tubercular disease of the lungs. "Old dirty houses, which are much in want of repair, and inhabited by many families. The back is enclosed by small old houses, occupied by very poor persons. The landlords do nothing to render the place more habitable, and it is, therefore, more neglected than ever."

In Church-lane, St. Giles's; a death: phthisis. "The majority of the houses in the lane are over-crowded, ill-cleansed, and badly ventilated; without water, privies, or a general sewer. The soil is thrown from some of the houses into the street, causing an offensive smell, and rendering the locality unhealthy."

In George's-court, St. George's-in-the-East; a death: phrenitis. "This is a narrow and ill-ventilated thoroughfare, occupied by very poor persons."

In Maypole-alley, Kent-road; a death: measles and pneumonia. "The inhabitants of this miserable spot complain bitterly of the want of water. To supply all the houses in the alley there are only two small pipes, from which the water runs from five to seven in the morning; and it is a frequent occurrence for persons to stay up all night that they may secure a supply in the morning."

In Old Castle-street, Hackney-road; a death. "A crowded street, which has no communication with a good sewer that is situated therein." And in New Nichol-street; a death: dentition and diarrhœa. "Close, crowded, and without drainage."

At Providence-row, Lambeth; a death. "This house is extremely crowded with very poor people, is badly cleansed, and, in the opinion of the parish surgeon, is very unhealthy."

In James-street, Lambeth; a death: typhus. "The street is built on a marsh, and here slaughter-houses and pigstyes abound."

In Orchard and Melon Ground, Peckham; several deaths. "These places are generally low ground, badly drained, and ill-ventilated, and the inhabitants, who are very poor, suffered severely from the late epidemic."

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In Spread-eagle-court, Rotherhithe; a death: diarrhœa. "The drainage is bad, and the court, from its filthy state, altogether unfavourable to health."

Now, we say, for what purpose is the office of Registrar-General, and of what use are the Bills of Mortality which constantly issue from Somerset-house?—and is the above officer to be believed when he records such instances as the above? To judge by the results, one would imagine that all the statements appearing in these official documents were only to be treated as the offspring of an inventive imagination, and that the public officer had private interests to serve, or a morbid taste for the gloomy; while our readers well know, from sad experience, that he is both to be believed, and that his statements are to be taken as only showing a fraction of the disgraceful condition of parts of the metropolis, since his observations extend only to those localities where deaths occur, and do not relate to those nurseries of disease where men drag out an existence of ill-health and squalid poverty. Again, we ask, why not save the expense of the office of Registrar of deaths? Who wants to know anything of it? Most certainly landlords do not. We shall see whether the legislature does.

In the contemplation of this subject, we cannot help, in our minds, recurring to the history of the ancient nations of the earth, and, in recollection of our own filthy sanitary condition, standing in awe and astonishment at some of their appliances for the good of the public health. The explorers into the ancient monuments of Etruria find the cromlechs, the tumuli, and the rock-hewn chambers, not in the midst of what was once a city, but outside its boundaries. To the Greeks the same remark applies. The magnificent aqueducts of the Romans, alluded to by Frontinus, Pliny, and others, testify at least to their care that water should be sure; while in their construction, go where we will, the present condition of some of them testifies that genius and talent were displayed of the highest order. Of the Cloaca Maxima, near the Meta Sudans, it is said by Strabo that it daily conveyed along its channel the floods of water poured into the Imperial City by its ten aqueducts—a supply six times greater than the whole amount now furnished to the metropolis of England. And so of drainage. That mighty work, the Colosseum, even in its very ruins bore evidence that the Roman engineers displayed far superior talents in the carrying off the water from the buildings they constructed to those evinced by their successors; and the writings of the Marquis Scipio Maffei, of Zendrini, Grandi, and Gennete, discover an amount of scientific acquirement on the subject of drainage and the laws of hydraulics which modern engineers have been obliged to quote and equally glad to apply. Shame to us, that England has yet, in her very metropolis, to emulate the sanitary arrangements of heathen nations, instead of infinitely transcending them!—*The Medical Times.*

CONNEXION OF SKIN DISEASES WITH CONSTITUTIONAL DISORDER.

We must take a more comprehensive view of cutaneous maladies, and study this class of affections more in the light of general diseases, if we wish to arrive at an accurate knowledge of their nature; for observation proves, that the study of diseases of the skin cannot be detached from that of general pathology, and of the many morbid conditions with which they have such numerous and varied relations. Indeed, it would be a grave error to separate certain cutaneous eruptions from lesions of other systems, when both derive their origin from the same cause, and are, in reality, but different symptoms of one and the same disease. The eruptive fevers and the syphilides, for example, are constitutional diseases, or rather the sequelæ of constitutional diseases; and to view them in the light of special or local affections, would be to mistake their nature altogether. Erysipelas and acne frequently supervene in cases of derangement of the uterine functions. Strophulus is associated with the process of dentition. Urticaria, lichen urticatus, and several varieties of herpes, are often the results of a disordered condition of the digestive organs. Psoriasis and lichen agrius frequently occur during the progress of gout and urinary diseases, and the hereditary nature of certain diseases, as lepra, psoriasis, lichen, is beyond all doubt.—*Dr. Burgess.*

CAUSES OF DYSPEPSIA—INDIGESTION.

Chomel, in one of his Clinical Lectures, enumerates the following causes of dyspepsia:—

1. Errors of diet, viz., as respects food, liquid, or period of meals, or persistence in an article of food hurtful to the particular idiosyncracy of the individual.
2. Deficiency of resistance in the abdominal walls, as a consequence of previous pregnancies, or of great corpulency, &c.
3. Habitual compression of the abdomen by corsets, bands, or other methods.
4. Use of improper medicines.
5. Unfavourable hygienic conditions, dependent on exercise, intellectual occupations, or moral emotions.
6. *Accessory circumstances.*—Dyspepsia can depend, like rheumatism and gout, on some principle diffused universally through the system.
7. Original feebleness and susceptibility of the stomach and intestines.

With respect to the diagnosis of dyspepsia, Chomel remarks on the extreme difficulty of distinguishing between idiopathic dyspepsia, following the causes above enumerated, and symptomatic dyspepsia occurring in consequence of cancer of the stomach, gastritis, softening, disease of the liver, &c. A very accurate and prolonged examination can alone draw the distinction. Certain diseases of the kidneys, the uterus, and the brain, gave rise rather to one or two symptoms of deranged digestion, such as vomiting, than to the collection of symptoms termed dyspepsia.—*L'Union Médicale*, March 9. [See the Editor's pamphlet on Indigestion.]

QUACKERY IN THE CHANNEL ISLANDS.

Ozanne v. De Lisle.—This was a criminal action brought by Dr. Ozanne, of St. Pierre le Rade, before the Royal Court at Guernsey, against Dr. de Lisle, for calumny. It appeared in evidence, that Mr. W. R. Wakley having been taken ill, messengers were despatched for Dr. Ozanne and Dr. Magrath, both of whom had previously attended the family. Meanwhile, the case being urgent, Mrs. Wakley stood at the door to stop the first medical man that passed. Dr. de Lisle was thus called in, and while he was feeling his patient's pulse, Dr. Ozanne arrived. As soon as Dr. de Lisle saw him he refused to meet him. Dr. Ozanne inquired his reason, and was answered, in the presence of the family, all of whom were called as witnesses on the trial, that he (Dr. Ozanne) was "no professional man; he was an impostor, a quack, nothing but an impostor;" the indictment bearing, that such words were against the honour, credit, and reputation of the said Dr. Ozanne, and to his great prejudice and personal damage in his profession as a physician. In evidence of the plaintiff's position as a physician, a diploma from the University of Paris was produced, but the Court ruled, that it could not be received in evidence, as there was no one there to prove the seal of the University. Mr. and Mrs. Wakley, their son and nephew, then proved the utterance of the slander by the defendant, and testified to the calm and temperate conduct of Dr. Ozanne, who left the room after the words had been uttered. The father also stated that Dr. de Lisle had not made any charge, but had handed over the case to Dr. Magrath. For the defence, evidence was brought to show that Dr. Ozanne practised homœopathy, and that that mode of practice was deemed quackery by the profession. Dr. Magrath, Dr. Hoskins, Dr. Collenette, Dr. Corbin, Dr. Smith, of the 16th regiment, Dr. Tranter, and Dr. Mansell, all deposed to that effect, and some of them justified the term impostor; inasmuch as Dr. Ozanne was practising homœopathy under the shadow of a diploma granted by a University where allopathic doctrines only are taught. Dr. Magrath said, the oath a student took before the Faculties of Medicine of Great Britain, forbade the practice of that system. He decidedly considered that homœopathy was quackery, imposture, and delusion—a delusion practised on the patient, as, in submitting to it, he was deceived with the false belief that it might do him good. He would not meet a homœopathic practitioner professionally. No professional man could honestly practice homœopathy. The counsel for the defendant took that line of defence, quoting from works and Medical Journals to the same effect. He also rested on the fact, that the professional position of the plaintiff was not proved, owing to the objection to receive the diploma as evidence. The bailiff in summing up set aside at once all that had been alleged respecting homœopathy, as being a question with which the Court had nothing to do. Had Dr. de Lisle confined himself to saying that homœopathy was quackery, and had not applied the terms "impostor" and "quack" to the plaintiff, he would not have been liable to action. The justification sought to be established by the evidence, was confined to the condemnation of homœopathy; but no justification was given for the personal application of the words used. The jurats were unanimous in declaring that Dr. de Lisle's words were not justified, but were used without premeditation; that Dr. Ozanne's conduct had been moderate and forbearing, and concluded by sentencing Dr. de Lisle to pay 5*l.* damages, 2s. 6d. (an écu) to the Queen, and the costs.—*Condensed from the Guernsey Star*, March 12.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. I.

THE importance of the blood to the general health of the animal system, and its existence in every part of almost every organ, has been known in every country in which medicine has been studied, from the first dawn of its cultivation. It is not necessary to trace the wild and idle hypotheses that were started in ancient times, to account for the means by which this universal fluid travels from one part to another, and appears in every quarter. It is enough to observe, that, till the great and transcendent doctrine of the circulation of the blood was completely established, the acutest physiologists wandered about in darkness and uncertainty, seldom satisfying themselves, and still more rarely the world around them.

The opinion, indeed, of a circulation of the blood through the system was loosely started by various writers even of very early times; but, under every modification, it was found to be accompanied by so many difficulties as always to be dropped almost as soon as it was revived; and rarely, till the middle of the seventeenth century, to show itself to any effective purpose. Hippocrates guessed at it; Aristotle assented to it; Servitus or Servide, who was burnt as a heretic in 1553, imperfectly taught it, by pointing out the smaller circulation, or that through the lungs; and our own illustrious countryman, Harvey, about a century afterwards, gave a finish to the inquiry by establishing the larger circulation, or that over the whole frame.

The principal proofs of a circulation of the blood offered by Harvey, and those, indeed, on which we chiefly rely in the present day, are deduced from the disposition of the valves at the origin of the two great arteries; from the mechanism of the valves in the veins; and from the arrangement of those of the heart; from the possibility of draining an animal of its blood, by opening either an artery or a vein; from the range of the arteries and the veins; and from what occurs when either the arteries or veins are opened, compressed, tied, or injected. All the valvular contrivances to which we have just alluded prevent the blood from taking any other course than what the present doctrine of the circulation inculcates. If we open an artery, the blood that jets from the puncture flows in a direction *from* the heart; and in a direction *towards* the heart if we open a vein. A compression or ligature upon an artery, puts a stop to the blood that flows from above the ligature; but the same upon a vein, puts a stop to the blood from below it, in which direction the vein immediately becomes distended. In like manner, an acid liquor injected into the veins coagulates the blood in the direction towards the heart, proving that the venous blood is everywhere travelling in this course; while an examination by the microscope of the vessels of the half-transparent textures of frogs, and other cold-blooded animals, confirms the view laid open by these phenomena, and shows to us a continual flow of the blood from the heart into the arteries, thence into the veins, and thence to the heart again; thus completing the circular career.

The HEART is a hollow compound muscle, consisting of four cavities or chambers; two at the upper part, called *auricles*, and two at the lower part, called *ventricles*. The *right side* of the heart consists of an auricle and a ventricle—the auricle for receiving the blood from the corporeal circulation by the two large blood-vessels, named the venæ cavæ, and transmitting it into the ventricle—and the ventricle for forcing the blood it receives from the auricle into the pulmonary artery. The *left side* of the heart consists, like the right, of an auricle and ventricle—the auricle for receiving the blood from the pulmonary veins and transmitting it into the ventricle—and the ventricle for propelling the blood into the aorta and all its ramifications, and, consequently, into all the textures of the body. Thus the blood is first sent from this central organ to the lungs to be duly ærated, or unloaded of its excess of carbon; and is afterwards returned from the lungs to the same organ before its general circulation over the system commences. Hence, the most perfect classes of animals, as the mammalia, birds, and some of the amphibials, possess a double circulation.

The internal machinery of the heart displays a most beautiful organisation, betraying in every fibre the wondrous wisdom and goodness of our Creator. The openings by which the cavities communicate with the large vessels, and with each other, are protected by valves; the muscular fibres are dense and compact, and so arranged as both to arise from, and be inserted into, the fibrous rings that form the mouths of the arteries and the auriculo-ventricular openings. These muscular fibres are connected to the valves by means of strong tendons; and it also possesses arteries, veins, lymphatics, and nerves, which are connected together by cellular membrane. The *internal* cavities are lined by a serous-like membrane; and the *external* surface is covered by a reflection of the serous membrane of its investing bag—the pericardium.

The term artery means air-tube, and was introduced by the ancients from the supposition that the arterial tubes really contained air, while the blood was confined exclusively in the veins. The name artery is still retained, although the opinion upon which it was formed has long ago been exploded. The assemblage of all the arteries of the body forms the arterial system, which, in two grand divisions, commences at the heart. One of these divisions, the pulmonic, emanates from the right ventricle of the heart, and conveys blood into the lungs, for the purification of the sanguineous fluid. The other division, the *systemic*, arises from the left ventricle, and conveys blood into the various textures of the general system for their nourishment. The systemic division of this system forms a vascular tree, the root of which is implanted in the heart, and the branches spread out and ramify in the various textures of the body. The pulmonic division presents also the arborescent form, the root of which also emanates from the heart, and the branches proceed to the lungs only. The arteries were long supposed to be of a conical form. More correct observation has demonstrated, that, although they decrease in size as they proceed from the heart, they are rather a series of successively-diminishing cylinders than of cones. The whole arterial system, however, is of conical form, the apex of the cone being situated in the heart, and its base embracing the rest of the body.

The larger arteries are generally confined to deep-seated parts of the body, and well protected, or, when placed superficially, are capable of being protected by the ordinary movements of the parts over which they pass, as by the bending forward of the head and trunk, and the flexure or doubling up of the different joints. The aorta, the largest artery, and the one proceeding direct from the heart, divides into branches, which again subdivide into smaller ramifications, till they become "capillary" (resembling a hair in size), and terminate for the most part in the veins: others end in the exhalents of the skin, and in the membranes of the various cavities of the body; and others are carried on in smaller vessels, called lymphatics:—the only demonstrable termination of arteries, however, is into veins. The structure of an artery is composed of three tunics, or coats:—First, the external tunic, consisting of the cellular membrane. Second, the middle, fibrous, or proper tunic, which is of considerable density and elasticity, and consisting of delicate fibres that run transversely, and adhere to each other, but are easily separated. Third, the internal tunic, which is thin, even, semi-transparent, close in its texture, endued with little

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elasticity, and giving to these vessels their smooth, polished lining.

The veins form a regular system of vessels, or membraneous tubes, that return the blood from the branching extremities of the arteries to the heart. They resemble the arteries in their tubular form, and in containing and conveying blood; but are different from arterial vessels in many particulars. The whole venous system of vessels may be compared to a tree, the root of which is connected with the heart, and the branches spreading out into all the textures of the body. In tracing the different parts of this system, in the direction of the current of the blood, we find the most minute, or capillary ramifications, forming a net-work in the substance of our organs, and returning the blood from the arteries. By the union of two or more of the smaller branches, a larger branch is formed: and these again, in a similar manner, unite to form larger; and so on in succession till the two venæ cavæ are formed, which terminate in the heart. The *origin*, or branching extremities of the veins, is involved in the same obscurity as the *termination* of the arteries. It cannot be doubted that some of the veins arise from arteries, and some from lymphatics; and it is extremely probable that other origins exist; but the precise way in which they communicate cannot be demonstrated. With certain exceptions, veins accompany arteries, so that, generally speaking, for every artery there is an accompanying, and, not unfrequently, two accompanying veins.

The structure of veins consists of three tunics, according to Bichât—first, an external, or cellular—second, a middle, or proper tunic—and third, an internal. Modern anatomists, however, describe veins as possessing only two coats, as they are nearly destitute of that texture which is seen in the middle coat of the arteries, and that they are to be regarded, consequently, as little more than simply elastic tubes. The two tunics which are always obvious are the external, formed of condensed cellular membrane, and varying in thickness in different veins of the body; and an internal, which lines and polishes the former, and transmits processes inwards to form valves The valves of the veins are produced by folds of this internal coat. The effect of the valves in compelling the blood to run in one direction in the veins is manifest. They lie close to the side of the vessel, and are so adapted as to offer no obstruction to the current of the blood in the direction of the heart, but are instantly thrown across the vein, like flood-gates, or a partition, when the blood is repelled in the vessel.

(To be continued.)

NORTHERN CIRCUIT.

LIVERPOOL, MARCH 23.—George Winterbottam was indicted for the manslaughter of John Siddall at Oldham, on the 10th of February last. Mr. Monk appeared on behalf of the prosecution, and Mr. J. Pollock for the prisoner. The prisoner, it appeared, was an ignorant man, and a cotton-spinner by trade, who, finding the trade of quack doctor more lucrative than his own, for the last two years had practised in the latter capacity on the good people of Oldham. He set up a shop in Royton-street, Oldham, and placed a sign over his door, describing himself as a "herbalist," and advertising that he had medicated and renovating baths in his establishment. The deceased, it appeared, was in an advanced state of consumption, and went to consult the prisoner, who recommended him to try his baths. This he did, and had several times hot vapour baths, and immediately afterwards cold shower baths. On the 10th of February last, the deceased had a hot vapour and cold shower bath, as usual, after which the prisoner prepared an emetic for the deceased, which he took. He became sick, and lay down. The prisoner told the deceased's uncle, who came with him, "he was in a fine sleep." On endeavouring shortly afterwards to awake him, however, it was found that he had his last sleep, for he was dead. Several medical gentlemen attended a *post mortem* examination of the deceased, who all agreed that the treatment he had received in his then state of health had caused his death. Despite this evidence, the jury acquitted the prisoner.—*The Times, March* 25.

NATURAL DENTIFRICE.—The common strawberry is a natural dentifrice, and its juice, without any preparation, dissolves the tartarous incrustations on the teeth, and makes the breath sweet and agreeable.

PHARMACOLOGY.

No. VI.

EXPECTORANTS.—(*Continued from page* 110.)

GENERAL EXPECTORANTS are those remedies which, when taken into the stomach, act through the medium of circulation on the nerves, upon the mucous membrane of the bronchial tubes.

Allium.—Allium Sativum: Garlic. *Allium Cepa*:—Onion. *Allium Porrum*:—Leek. This class of bulbs possess some stimulating expectorant properties, but are seldom prescribed. One or two cloves of garlic swallowed without chewing, twice or three times a day, is a favourite expectorant in some parts of England, and in many places on the continent Steeped in rum, it is considered useful in hooping-cough. The onion possesses similar properties: the juice is sometimes given, made into a syrup with sugar, in infantile catarrhs and croup, in the absence of much inflammatory action.

Althæa:—Marsh Mallow. This well-known hedge plant is both demulcent and expectorant. The roots and leaves and flowers are used: they contain a great proportion of mucilage. The *Syrup of Marsh Mallows* is ordered to be prepared thus:—Marsh mallow root bruised, eight ounces; sugar, two pounds and a half; water, four pints. Boil down the water with the root to half, and press out the cooled liquor. Set it by for twenty-four hours, that the dregs may subside; then pour off the liquor, and, the sugar being added, boil down to a proper consistence. This may be given to infants labouring under cough, with great safety; but it must never be considered an active remedy able to remove disease. The demulcent lozenge sold under the name of *pâte de guimaure* is made of the marsh mallow.

Marrubium:—White Horehound. This plant, with which we are all familiar, grows in waste places, especially on a chalky soil: it has a white or hoary aspect, and a very bitter, but not unpleasantly aromatic taste; its extract, when made into a syrup and candied (candied horehound), is a popular remedy for slight coughs and cold. The infusion (horehound tea), is thus made:—Take of dried horehound, half an ounce; boiling water, half a pint; allow it to stand one hour, then strain. Dose: a wine-glassful twice or three times a day.

Scilla Maritima:—The Squill, or Sea Onion. This bulb is a native of the south of Europe; it is known in commerce as the *red* and *white* squill, on account of the colour of the scales of the bulb. Its taste is acrid, bitter, and nauseous. Its medical properties are expectorant, emetic, and diuretic. It is a valuable remedy as an expectorant in chronic lung diseases, such as chronic catarrh, humid asthma, winter cough, &c.; as an emetic, in hooping-cough and croup; and as a diuretic, in dropsies. The dose of the fresh bulb is five to fifteen grains; of the dried, one to three grains, twice a day. The following are the pharmaceutical preparations in which the squill is an ingredient:—*Oxymel of squills*—dose, half a drachm, to two drachms. *Compound squill-pill*—dose, five grains to fifteen. *Compound ipecacuanha-pill*—dose, five grains three times a day, or ten at night. *Tincture of squills*—dose, ten to thirty drops.

Ammoniacum: Dorema Ammoniacum:—Gum Ammoniac. Native of Persia. Ammoniacum is a gum resin which exudes from the stems and roots of this umbelliferous plant. The best is imported in small lumps, called tears, which should be white, clear, and dry; an inferior quality, called the *lapis ammoniacum*, which is in large masses, and dark, is also sold. Its smell is fœtid, not unlike assafœtida. It is very valuable in chronic catarrh, and in asthma in old people, or where there is a considerable expectoration, with much feebleness and difficulty in expectorating. The preparations ordered in the pharmacopœia are—*the plaster of ammoniacum with mercury*, sometimes ordered to be applied to venereal nodes; *the mixture of ammoniacum*, which is thus made:—Take five drachms of ammoniacum, water a pint; rub the ammoniacum with the water gradually poured in, until they are perfectly mixed. This mixture may be advantageously combined with the tincture of squills, as in the following mixture. Take—tincture of squills, four drachms; syrup of tolu, one ounce; mixture of ammoniacum, six ounces and a half; mix. Dose: two table-spoonsful every four or six hours. The following is a proper form for administering this drug as a pill:—Take gum ammoniac, one and a-half drachm; powdered squills, half a drachm; extract of hemlock, half a drachm; mix, and beat well together, and divide into thirty pills, one to be taken every six hours. This is an admirable pill for the chronic coughs of persons advanced in years.

Tussilago Farfara:—Colt's Foot. This herb is found all over England in moist clay soils. The leaves form the basis of most of the British herb tobaccos. An infusion of the dried leaves is much used as an expectorant in coughs and shortness of breath; or the decoction thus prepared, may be employed:—Take a handful of the dried leaves, boil in two pints of water, until reduced to one pint; strain. Dose, a wine-glassful, frequently.

(To be continued.)

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INTESTINAL WORMS.

No. III.

(*Continued from page* 109.)

THE LONG HAIR-TAILED THREADWORM.—*Trichuris*, or *tricocephalus dispar*.—The body of this worm, when full grown, is about the sixteenth of an inch in diameter. The length of the whole worm is about two inches, two-thirds of which constitutes its tail; whence the French have called it the tailed worm. Its colour is white or yellowish white. The head is at the large extremity, out of which the animal has the power of protruding and retracting a proboscis or sucker; it tapers from the large extremity or head down to the tail, which ends in a very fine point. They are occasionally found in great numbers, though not so profusely as are the small thread-worm. They are chiefly found in the intestines of sickly children, and appear to inhabit the large bowels, especially the cæcum. "These intestine enemies of the human race," says Dr. Bradley, who wrote on worms in the year 1813, "have their abode in the lower part of the alimentary canal; and are not mentioned by any author as having been found after death in the stomach or duodenum, but in the cæcum, colon or rectum."

The symptoms excited by this worm closely resemble those induced by the small thread-worm. The treatment must be similar. In addition to the remedies recommended to be employed in the last number, there are a few others which appear more specially useful in eradicating this worm.

Finely granulated tin has been of much service in many cases which have recently come under our observation: it acts mechanically, as does the cow-hage. Some have supposed the efficacy of this remedy to depend on the minute quantity of arsenic with which tin is usually combined: this view must be erroneous, as the metal is more effectual when it is administered in its purest state. Granulated or finely powdered tin may be given in doses of one, two, or three drachms; even as much as an ounce has been employed. It should be taken early in the morning, on an empty stomach; and within two or three hours the patient should take a brisk purge; or it may be given thus:—

Take, Granulated tin, six ounces;
Carbonate of iron, one ounce;
Conserve of wormwood, three ounces.

Mix. Take two table-spoonfuls early every morning, in a sufficient quantity of lime-water.

As the tin possesses no medicinal properties, and acts only as a mechanical agent, it will always be necessary to prescribe some purge to remove the worms it may have destroyed, or compelled to leave their resting place.

Powdered tin was the chief ingredient in a worm nostrum that had some repute three or four years ago.

Concentrated sea-water, or a briny solution of sea-salt in spring-water, has been recommended by very high authorities, and has been found in many instances highly advantageous. It acts as a double irritant; first goading and destroying the vitality of the worm; secondly, stimulating the bowels to expel them. The acrimony of sea-salt is troublesome to every variety of intestinal worms. In sheep it is the best remedy for the prevention or removal of the worm that frequently infests them, called *fluke*. There is a striking example of the benefit of sea-salt recorded by Mr. Thomas in the first volume of the *Medical Transactions of the College*. The patient is stated to have been reduced to a condition of great danger, and to have suffered from worms, almost without intermission, for five years, perpetually wishing for death to put an end to his tortures. He was cured by the accidental recommendation of this remedy of salt-and-water, which was stated to have wrought wonders in a similar case. He accordingly swallowed two pounds (!) the next morning, dissolved in two quarts of spring water: he was vomited and purged violently, and discharged by both apertures a prodigious quantity of worms involved in mucus. He suffered at the same time much from the common effects of so large a portion of sea-salt, and particularly from *strangury* (difficult and painful discharge of the urine); but finding that he had now obtained an engine with which to move the invading host, he repeated the same dose a few days afterwards, and with the same effects, both good and bad. In a few days, however, he lost every painful symptom, and gradually recovered perfect health.

The quantity of salt taken in the above case appears excessive; two table-spoonsful may be considered an average dose.

Of the efficacy of turpentine we shall speak in our next, when we describe *Tape-worm*.

COMPASSION.

Compassion is an emotion of which we ought never to be ashamed. Graceful, particularly in youth, is the tear of sympathy, and the heart that melts at the tale of woe. We should not permit ease and indulgence to contract our affections, and wrap us up in a selfish enjoyment; but we should accustom ourselves to think of the distresses of human life, of the solitary cottage, the dying parent, and the weeping orphan. Nor ought we ever to sport with pain and distress in any of our amusements, or treat even the meanest insect with wanton cruelty.—*Dr. Blair.*

THE WESLEYAN TIMES.

THE following paragraph is copied from *The Wesleyan Times* Newspaper of Monday, April 1st, 1850.

"An advertisement was inserted in this Journal on the 11th ult., without the knowledge of the Editor and Publisher, reflecting on the professional reputation of Dr. Yeoman. The advertisement belonged to a Dr. de Roos, who certainly took unwarrantable liberty with our columns by sending such advertisement Dr. Yeoman, of Lloyd-square, has written to us on the subject; and we have very great pleasure in saying, from the inquiries we have made, that his professional character is unimpeachable. We have rejected Dr. de Roos's advertisement in consequence."

A SIMPLE PROCESS FOR DETECTING THE PRESENCE OF FREE SULPHURIC ACID IN VINEGAR.

VINEGAR, when used in moderation, is an excellent promoter of health; when conjoined with the fresh lettuce, as it is in our salads, it is cooling and refreshing. The difficulty of procuring genuine vinegar is great; within the last few days we were almost burnt by a fluid sold as vinegar, which was found, on examination, to owe all its acidity to sulphuric acid—oil of vitriol.

The ordinary vinegars of commerce are frequently adulterated with powerful mineral acids, especially with sulphuric acid, and hitherto it is only by a somewhat minute and tedious process that it has been possible to prove with certainty a sophistication of this nature; in fact, the ordinary re-agents, such as the nitre and acetate of barytes, are here of no service, since almost all the vinegars contain small quantities of sulphates, which are readily detected by the addition of the above re-agents. Now the process proposed by Prof. Runge, which consists in demonstrating by means of a solution of sugar the presence of free sulphuric acid in vinegar, proves perfectly successful in the hands of an experienced chemist; but it is too long and too little certain for the manufacturer and persons unacquainted with chemistry. We believe, therefore, that the following process, which is as simple and easy of execution as it is certain, will be received with some interest. We observed that all the vinegars, without exception—vinegars made from wine, brandy, cider or beer, no matter which—are, notwithstanding the small quantity of sulphates they may contain, perfectly indifferent to the action of a concentrated solution of *chloride of calcium*. If, consequently, a few drops of a concentrated solution of chloride of calcium are added to any unsophisticated vinegar whatever, not the least turbidness is evident, still less the formation of a precipitate, because the total quantity of the sulphates which occur in ordinary vinegar is so small that it does not decompose a saturated solution of chloride of calcium, either at the ordinary temperature or at that of ebullition. Now the result is very different when free sulphuric acid is present in the vinegar; for instance, if to about two drachms of vinegar, which has been purposely mixed with scarcely a thousandth-part of free sulphuric acid, a fragment of chrystallised chloride of calcium about the side of a nut is added, and the vinegar then heated to boiling, it is seen, as soon as it has become perfectly cold, to exhibit a very considerable turbidness, and soon afterwards to deposit a very abundant precipitate of sulphate of lime. This never happens, as we have stated, when ordinary vinegar, which has not been adulterated with sulphuric acid, is employed for the experiment. If the proportion of the sulphuric acid in the vinegar is larger than one-thousandth (it always exceeds this when vinegar has been purposely adulterated by the greedy manufacturer or shopkeeper), this precipitate, or at least a turbidness, is found to appear in the vinegar, even before it has become perfectly cold. In case a vinegar should contain free *tartaric acid* or *bitartrate of potash*, or had been purposely mixed with these substances, the same treatment with chloride of calcium would not furnish any similar reaction. It is known, indeed, that neither free tartaric acid nor the bitartrate of potash are able to decompose chloride of calcium even at boiling heat; thus the reaction above recommended for the detection of free sulphuric acid would be neither less manifest nor less certain, even with the presence of tartaric acid or of the bitartrate of potash in the vinegar.

ADVICE TO THE FAIR SEX.

Women should be unacquainted that beauty has any charms, but the inward one of the mind, and that a gracefulness in their manner is much more engaging than that of their persons; that meekness and modesty are the true and lasting ornaments; for she that has these is qualified as she ought to be for the management of a family; for educating her children; for an affection for her husband; and submitting to a prudent way of living. These only are the charms which render wives amiable, and give them the best title to our respect.—*Epictetus.*

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

HARTSHORN AND OIL.—In the proportion of one-third of the hartshorn to two-thirds of oil, is a very good stimulating liniment for stiff-neck and lumbago.

ELDER-FLOWER OINTMENT.—Is the mildest, blandest, and most cooling ointment, as the old women call it, which can be used, and is very suitable for anointing the face or neck when sun-burnt. It is made of fresh elder-flowers stripped from the stalks, two pounds of which are simmered in an equal quantity of hog's lard till they become crisp; after which the ointment, whilst fluid, is strained through a coarse sieve.

GNAT BITES.—Although gnats are sucking insects, yet, according to Kirby and Spence, they "instil into the wound made with their mouth a poison, the principal use of which is to render the blood more fluid and fit for suction." The grievous smart which these insects' bites produce most persons have experienced; and not unfrequently, if the eyelid be bitten during the night, it swells so much that the eye can scarcely be opened in the morning. The musquito is another species of the same kind, and is still more bloodthirsty than the gnat. Smearing the part with olive oil is the best remedy for these bites.

BOILS.—As most people are aware, are great plagues, not only from the severe pain which accompanies them, but also from their frequent recurrence for weeks, or even months, after having once made their appearance. They are generally in themselves of no great consequence, except when, from their great size, the setfast, core, or slough which is formed by them is very large, and its separation causes much constitutional excitement, as in a carbuncle, which is only a very large boil: or when, from their situation near the opening of the lower bowel, they produce, as they commonly do at that part, a fistula. *Treatment*:—Bathing with warm water and poulticing should be employed, and a cut with a lancet through the inflamed skin which covers the core should be early resorted to, as it relieves the pain, by getting rid of the pressure of the unyielding skin and allowing the escape of any fluid collected beneath, whilst at the same time it hastens the separation of the core. As boils and carbuncles especially show signs of a weakened constitution, the health should be improved and generous diet allowed.

DIETARY, WHOLESOME AND ECONOMIC.

BUBBLE AND SQUEAK.—Boil a few greens, or a Savoy cabbage (which has been previously well washed), in plain water until tender; then drain quite dry in a cullender or sieve; put it upon a trencher, and chop it rather fine with a knife; then for a pound of salt beef you have in slices put nearly a quarter of a pound of butter into a frying-pan, in which *sauté* the beef gently, but not too dry; when done, keep it hot, put the cabbage into the frying-pan, season with a little salt and pepper, and when hot through, dress it upon a dish, lay the beef over, and serve. Endive or cabbage-lettuces may be used instead of cabbage, but care must be taken to drain off all the water.

A RELISH.—Take a small quantity of very fresh cream cheese; put it into a basin or a marble mortar; add some salt, pepper, and a little mustard; beat it well up until it is of the same consistence as butter; if too hard, add a little of the latter; and use it as a butter on the bread, with slices of meat between. Or, make it into salad sandwiches; cover the bread as before, and have ready some mustard and cress and water-cresses well washed and dried; put into a bowl with Mayonnaise sauce, and when ready to serve, place it neatly between the bread.—*M. Soyer.*

TO BROIL PIGEONS.—After cleaning, split their backs; pepper and salt them, and broil them very nicely; pour over them either stewed or pickled mushrooms in melted butter; and serve as hot as possible.

RHUBARB TART.—Cut the stalks in lengths of four or five inches, and take off the thin skin; if you have a hot hearth, lay them in a dish, and put over a thin syrup of sugar and water; cover with another dish, and let it simmer very slowly an hour; or do them in a block-tin saucepan; when cold, make the rhubarb into a tart; and when the crust is sufficiently baked, the rhubarb will be sufficiently tender.

FRYING HERBS, AS DRESSED IN STAFFORDSHIRE.—Clean and drain a good quantity of spinach-leaves, two large handsful of parsley, and a handful of green onions; chop the parsley and onions, and sprinkle them among the spinach; set them all on to a stew-pan, with some salt, and a bit of butter the size of a walnut shake the pan when it begins to grow warm, and let it be closely covered; over a slow fire till done enough; it is served with slices of broiled calves' liver, small rashers of bacon, and eggs fried; the latter on the herbs, the other on a separate dish.

LEMONADE.—Take the rinds of six lemons pared very thin, and put them in a pan, with about twelve ounces of sugar, and a quart of pump water made not too hot; let it stand all night; then squeeze the juice of your lemons into it, with one spoonful of orange-flower water; and run it through a bag till it looks clear.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided, without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

WE have now fulfilled our promise to recent subscribers—all the back numbers are re-printed, and may be had of our publisher. Parts 1, 2, and 3, are also ready.

ERRATUM.—In No. 12, page 95, article SPRING PHYSIC, first line—*for* two ounces and a-half, *read* ten ounces and a-half.

JAMES PATTISON.—We cannot tell you how to remove the "spitting of phlegm," without we know the cause of its secretion. Your letter is imperfect in detail.

A. R. E. (London).—We do not advise in such cases. If your hair will not curl naturally, be content with it as it is. We are certain you are sufficiently good-looking: if we are in error, get "cut and curled for 6d."

UN ANGLAIS.—"The red pimples around your mouth which burst and spread into one mass," may be the result of cold and imperfect digestion—"heat of the stomach." Remove the one, improve the other.

J. T. (Strand).—Take—Tincture of hops, six drachms; infusion of calumbo, nine and a-half ounces; mix. Dose: two table-spoonsful three times a-day. Diet, plain, dry, and nutritive; exercise daily; the animal spirits to be roused by cheerful society and light reading.

EVERARD.—We never *hazard* an opinion; and never prescribe for, or direct a patient through our columns, unless the history of the case furnished to us is so clear and decided that a *doubt* as to the proper treatment cannot exist.

ROLLO (Tamworth).—For thread-worms the infusion of quassia may be advantageously used as an enema; in the same manner as lime-water was advised in our last number.

R. S. P. (Shacklewell).—Few diseases require the attention of the physician more than those of the liver. It may be inflamed, congested, either with blood, or bile; it may contain tubercles or hydatids; it may be fatty; it may be enlarged, or diminished. See answer to EVERARD.

DOUBTFUL.—Remove your doubt. You are in bad hands.

W. S. (Temple-bar).—Use a tooth-powder prepared as directed in page 42, No. 6.

C. E. (Brentford).—The cause of the wound on the leg not healing, and becoming, as it now has done, "an ulcer," is in all probability the result of general derangement of the health. See page 43, in the Editor's tract on Indigestion.

W. W. W. (London Institution).—They are entirely different. *Coca* is the leaf of the *Erythroxylon coca*, a plant in extensive use among the Indians of the Andes for the purpose of producing intoxication and stupor. *Cocoa* is produced from the seeds of the *Theobroma cacao*, or chocolate tree.

JAQUES.—The creatures are not medical men; they are Jew-quacks. See VICTIM'S letter in No. 2.

SENEX (Liverpool).—Pumice-stone is a light kind of lava thrown out from volcanoes.

W. S. T.—The best disinfecting agent with which we are acquainted is that sold by the name of "Humphrey's Disinfecting Powder."

P. S. (Stepney).—Pain in the right arm, especially at and around the elbow-joint, is not an uncommon symptom of diseased liver; the presence of piles is another sign that this organ is the cause of many other symptoms to which you allude. We must see you.

A YOUNG CHEMIST (Lambeth).—Dr. Kane, of Dublin, has written "on Peat;" his works may be obtained from Messrs. Fannin, in that city.

A YOUNG ONE.—*Nictitatis* is a twinkling of the eye-lids—winking. It occurs as a symptom in amaurosis.

L. W. N. (Salisbury).—Take a wine-glassful of the compound decoction of gentian twice a day.

RUPTURE.—Apply to Mr. Smith, 1, High Holborn. We have before said, he is the only bandage-maker and surgeons'-mechanic that we have employed during the last eight or nine years.

WILLIAM BLATCH.—The "chappy" state of your hand is caused in all probability by your occupation; "low-priced" bakers and grocers are liable to it; it is called *psoriasis palmaris*, or tetter, or dry scall. We never prescribe for skin diseases without seeing the patient.

S. A. H.—Act gently on the bowels by repeated laxatives, as the compound rhubarb pill; a plain and nutritive diet; a tepid bath twice a-week; and take fifteen drops of *Liquor Potassæ* three times a-day. Table-beer is the best vehicle for liquor potassæ; it completely disguises its caustic, soapy taste.

T. B. H. (Southwark).—You appear to be in a deplorable condition; we we will not hazard your safety and our reputation by hazarding an opinion, without seeing you.

CAUSIDICUS.—Mc Dougall is not a quack; but we doubt if he knows more about the matter than do the quacks. *Moral medicine* only can cure such debility and nervousness.

A PORTER (Cheapside).—If you are not careful, the joint of the knee will become diseased. We must see you.

R. T. EYTON.—See Chapter II., Book III., Volume IV., of SUDOR; three lines from the bottom of the first column, you will see a cure for your "nasty" feet.

WILLIAM HODGSON (Bayswater).—Your whole system appears to be tainted with scrofula; improve your general health; let your diet be plain and nutritious; take five grains of the iodide of potassium in water three times a-day; act moderately on the bowels with the compound rhubarb pill, and take sufficient exercise out of doors.

F. P. F. (Kingston).—An ulcer is a purulent or ichorous sore, dependent, in nine cases out of ten, on some morbid or diseased condition of the general health. All local means are useless until the state of the system, on which depends the ulcer, is improved.

ROBERT SNAPE (Bedale).—Take of the extract of dandelion, one drachm; nitrate of potash, one scruple; treacle, two table-spoonsful. Mix well together, and take two tea-spoonsful every morning.

THOMAS HIGGINBOTHAM.—Your last letter has not changed our opinion, nor induced us to alter our decision.

THOMAS NOVELLO (Pimlico).—Do not again lose an ounce of blood: it is the stomach, not the head, that is in fault.

JOSEPH.—You appear reckless of your health, and in years yet to come you will reap the reward of your folly. We should apprehend the decadence of the faculties of your mind, as well as the enervation of your constitution. You are already an *old man* for all the purposes of life.

CASINO.—You are suffering from the secondary symptoms of the disease you wot of. We cannot publish the instructions you require.

MARGARET.—Music *has* the soothing power you attribute to it. A French physician gives an account of the singular benefit which his sick child derived from it. His infant laboured under some malady that occasioned incessant pain and continual cries: at night, an air, generally melancholy, slow, and in the minor key, alone succeeded in inducing sleep. Music is a constant and powerful agent in establishments for the insane, conducted on the principles of Pinel, Esquirol, and Conolly. Many a weary and excited man has been charmed to rest and tranquillity by a simple air. Music is one of the *materia* in our laboratory of moral medicine.

S. C. O. (Long Milford).—"Dizziness in the head," "depression of spirits," "languor," "cold feet," all betoken a serious amount of disorder, if not disease. Purgative medicines will add fuel to the fire: your health is shattered—"used up." How can you expect advice that can be beneficial to you, when you send an account of your present and past condition which is so vague. Your age, occupation, previous state of health, habits?

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—E. NICHOLAS (Birmingham). JAMES TAYLOR (Birmingham). H. T. W. MERLIN. W. R. (Bridgewater). R. S. T. (Windsor). EBENEZER (Bishopstoke). FAITHFUL. MARIANNE (Sudbury). PHILLIP QUAIL. WILLIAM JACKSON (Wapping). JAMES BOULDER. A POOR SHOEMAKER (Northampton). MRS. DUPREZ. F. R. S. (Soho). WILLIS (Oxford-street). MEXICO. A CLERK (Temple). EXPERIENCE. A MARINER (North Shields). FREDERICK SMITH (Merthyr).

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—A. Y. (Stoke Newington). DESPARD (Hungerford Market). RUEBEN WALTERS. MRS. OLIPHANT. ABEL (Tower Hill). CYMON (Pimlico). A JUNIOR CLERK (Moorgate-street). T. H. S. (Mile-end-road). ROBERT WILSON (Haggerstone). FIDELIS. W. R. (Horsley-down). W. CASPAR. CHARLOTTE (St. George's-in-the-east). X.Y.Z. (Water-lane). SYLVESTER. PAN. MRS. DODD'S INFANT. A CRIPPLE.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 16.—Vol. I.] SATURDAY, APRIL 20, 1850. [ONE PENNY.

HOW TO MAKE HOME UNHEALTHY.

We copy the following admirable satire from the *Examiner*. We hope there is not a single reader of our Journal who requires to be told that it must be read by the "rule of contrary."

Emperor Yao (very many years before Christ,) established a certain custom which was followed, we are told, by his successors on the throne of China. The custom was this:—Outside the hall-door of his palace he suspended a tablet and a gong; and if one among his subjects felt himself able to suggest a good idea to his ruler, or wished to admonish him of any error in his ways, the critic paid a visit to the palace, wrote what he had to say upon the tablet, battered at the gong, and ran away. The Emperor came out; and then, unless it happened that some scapegrace of a schoolboy had annoyed him by superadding a fly-away knock to a contemptuous hieroglyphic, he gravely profited by any hint the tablets might convey. Not unlike honest patriarchal Yao is our British public. It is summoned out to read inscriptions at its door, left there by all who have advice to give or faults to deprecate. The successors of Yao, finding upon their score so many conflicting tales, soon substituted for the gong five instruments of music. It was required then that the monitor should distinguish, by the instrument upon which he performed his summons, what particular department of Imperial duties it might be to which he desired to call attention. Now, not five, but fifty voices summon our royal public. One man courts attention with a dulcet strain, one brays, one harps upon a string, another drums. Among those who have of late been busiest in pointing errors out, and drumming at the public's door to have them rectified, are they who profess concern about the public health.

For the writer who now proposes to address to you, O excellent public, through our columns, a series of practical hints as to how to make home unhealthy, we would not have you think that he means to be in any respect so troublesome as those sanitary instructors. The lion on your knocker gives him confidence; he will leave no disconcerting messages; he will seek to come into your parlour as a friend. A friend he is; for, with a polite sincerity, he will maintain in all his arguments that what you do is what ought always to be done. He knows well that you are not foolish, and perceives, therefore, what end you have in view. He sees that you are impressed deeply with a conviction of the vanity of life; that you desire accordingly to prove your wisdom, by exhibiting contempt for that which philosopher after philosopher forbids a thoughtful man to cherish. You would be proud to have unhealthy homes. Lusty carcases, they are for coarse folk and for the heathen; civilisation forbids us to promote animal development. How can a man look spiritual if he be not sickly? How can a woman—is not Paris the mode? Go, weigh an elegant Parisienne against a peasant girl from Normandy. It is here proposed, therefore, to honour your discretion by demonstrating publicly how right you are. Some of the many methods by which one may succeed in making the home unhealthy will be here detailed to you, in order that as we go on you may congratulate yourself on feeling how extremely clever you already are in your arrangements. Here is a plain purpose. If any citizen, listening to such lessons, think himself wise, and yet is one who, like good M. Jourdain in the comedy, *n'applaudit qu'à contretemps*, to such a citizen it is enough to say, "May much good come of his perversity."

No. 1. HINTS TO HANG UP IN THE NURSERY.

In laying a foundation of ill health it is a great point to be able to begin at the beginning. You have the future man at excellent advantage when he is between your fingers as a baby. One of Hoffman's heroines, a clever housewife, discarded and abhorred her lover from the moment of his cutting a yeast dumpling. There are some little enormities of that kind which really cannot be forgiven, and one such is to miss the opportunity of physicking a baby. Now I will tell you how to treat the future pale-face at his first entrance into life.

A little while before the birth of any child, have a little something ready in a spoon, and after birth be ready at the first opportunity to thrust this down his throat. Let his first gift from his fellow-creatures be a dose of physic—honey and calomel, or something of that kind; but you had better ask the nurse for a prescription. Have ready, also, before birth, an abundant stock of pins, for it is a great point, in putting the first dress upon the little naked body, to contrive that it should contain as many pins as possible. The prick of a sly pin is excellent for making children cry, and since it may lead nurses, mothers, now and then even doctors, to administer physic for the cure of imaginary gripings in the bowels, it may be twice blessed. Sanitary enthusiasts are apt, to say that strings, not pins, are the right fastenings for infants' clothes. Be not misled. Is not the pincushion an ancient institution? What is to say, "Welcome little stranger," if pins cease to do so? Resist this innovation. It is the small end of the wedge. The next thing that a child would do, if let alone, would be to sleep. I would not suffer that. The poor thing must want feeding; therefore waken it and make it eat a sop, for that will be a pleasant joke at the expense of nature. It will be like wakening a gentleman after midnight to put into his mouth some pickled herring; only the baby cannot thank you for your kindness as the gentleman might do.

This is a golden rule concerning babies—to procure sickly growth let the child always suckle. Attempt no regularity in nursing. It is true that if an infant be fed at the breast every four hours, it will fall into the habit of desiring food only so often, and will sleep very tranquilly during the interval. This may save trouble, but it is a device for rearing healthy children:

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we discard it. Our infants shall be nursed in no new-fangled way. As for the child's crying, quiet costs eighteen-pence a bottle; so that argument is very soon disposed of.

Never be without a flask of Godfrey's cordial, or Daffy, in the nursery; but the fact is, that you ought to keep a medicine chest. A good deal of curious information may be obtained by watching the effects of various medicines upon your children.

Never be guided by the child's teeth in weaning it. Wean before the first teeth cut, or after they have learned to bite. Wean all at once, with bitter aloes or some similar devices; and change the diet suddenly. It is a foolish thing to ask a medical attendant how to regulate the food of children; he is sure to be overrun with bookish prejudices; but nurses are practical women who understand thoroughly matters of this kind.

Do not use a cot for infants, or presume beyond the time-honoured institution of the cradle. Active rocking sends a child to sleep by causing giddiness. Giddiness is a disturbance of the blood's usual way of circulation; obviously, therefore, it is a thing to aim at in our nurseries. For elder children swinging is an excellent amusement, if they become giddy on the swing.

In your nursery a maid and two or three children may conveniently be quartered for the night, by all means carefully secured from draughts. Never omit to use at night a chimney-board. The nursery window ought not to be much opened; and the door should always be kept shut, in order that the clamour of the children may not annoy others in your house.

When the children walk out for an airing, of course they are to be little ladies and gentlemen. They are not to scamper to and fro; a little gentle amble with a hoop ought to be their severest exercise. In sending them to walk abroad, it is a good thing to let their legs be bare. The gentleman papa, probably, would find bare legs rather cold walking in the streets of London; but the gentleman son, of course, has quite another constitution. Besides, how can a boy, not predisposed that way, hope to grow up consumptive, if some pains are not taken with him in his childhood?

It is said that of old time children in the Balearic Islands were not allowed to eat their dinner until, by adroitness in the shooting of stones out of a sling, they had dislodged it from a rafter in the house. Children in the British Islands should be better treated. Let them not only have their meals unfailingly, but let them be at all other times tempted and bribed to eat. Cakes, and sweetmeats of alluring shape and colour, fruits and palatable messes, should, without any regularity, be added to the diet of a child. The stomach, we know, requires three or four hours to digest a meal, expects a moderate routine of tasks, and between each task looks for a little period of rest. Now, as we hope to create a weak digestion, what is more obvious than that we must use artifice to circumvent the stomach? In one hour we must come upon it unexpectedly with a dose of fruit and sugar; then, if the regular dinner have been taken, astonish the digestion while at work upon it with the appearance of an extra lump of cake, and presently some gooseberries. In this way we soon triumph over nature, who, to speak truth, does not permit to us an easy victory, and does try to accommodate her working to our whims. We triumph, and obtain our reward in children pale and polite, children with appetites already formed that will become our good allies against their health in after life.

Principiis obsta. Let us subdue mere nature at her first start, and make her civilised in her beginnings. Let us wipe the rose-tint out of the child's cheek, in good hope that the man will not be able to recover it. White, yellow, and purple, let us make them to be his future tricolour.

DISEASES OF THE HEART.

BY THE EDITOR.

No. II.

(*Continued from page* 118.)

The Blood.

The Blood is the most important fluid in the animal machine; from it all the solids are derived and nourished, and all the other fluids are secreted; hence, it is the basis or common food of every part. As it is the source of general health, so it is also of general disease. In inflammation it takes a considerable share, and exhibits a peculiar appearance. The infection or miasm of fevers is harmless to every other part of the system, and only becomes mischievous when it reaches the blood. If it is imperfectly elaborated or manufactured, or has a disproportion of some of its constituent principles to the rest, the whole system partakes of the evil; and a diathesis, or diseased or morbid habit is the certain consequence. And if it become once impregnated with a peculiar taint, it is wonderful to remark the tenacity with which it retains it, though often in a state of dormancy or inactivity for years, or even entire generations. As every germ and fibre of every other part is formed and regenerated from the blood, there is no other part of the system so liable and so able to become the seat of such taints, or the predisposing cause of constitutional disorders.

Blood is found, in the living state, in all the cavities of the apparatus of the circulation, and in two conditions—namely, *venous* and *arterial* blood. The first, of a modena or purple hue, exists in the systemic veins, in the right auricle and ventricle of the heart, and in the pulmonary artery; the second, of a florid vermilion colour, is confined to the *pulmonary veins*, the left auricle and ventricle of the heart, and systemic arteries.

To speak minutely of the constituent principles of the blood would carry us too far into the regions of animal chemistry; we shall, therefore, confine our remarks to the following brief analysis, for which we are chiefly indebted to the elaborate memoir of MM. Parmentier and Deyeux. Blood, then, contains:—1. A peculiar aroma, or odour, of which every one must be sensible who has been present at a slaughter-house on cutting up the fresh bodies of oxen. 2. Fibrin, or fibrous matter, frequently also called coagulable lymph. 3. Gelatine. (This is denied by Berzelius, who says that wherever gelatine is found in the animal frame, it is produced by a decomposition and recombination of the particles of the blood.) 4. Albumen. 5. Red colouring matter. 6. Iron. 7. Sulphur. 8. Soda. 9. Water. Still minuter and more exact experiments have since been made upon portions or the whole of the blood, especially by Dr. Marcet, Dr. Bostock, and Berzelius, which confirm the greater part of the above results. The analysis which is now received as the most correct is that of M. Le Canu, and is as follows. In every thousandth part there are—

Water	786.590
Fibrin	8.565
Albumen	69.415
Colouring matter	119.636
Crystalisable fatty matter	4,300
Oily matter	2.270
Extractive matter soluble in alcohol and water.	1.920
Albumen combined with soda	2.010
Chlorurets of sodium and potassium, alkaline phosphate, sulphate and subcarbonates	7.304
Subcarbonate of lime and magnesia, phosphate of lime, magnesia, and iron, peroxide of iron	1.414
Loss	2.566
	1000.000

When flowing from the blood-vessel of a living subject, it appears to be a fluid of a homogeneous quality, of a red colour, of a viscid consistency, and of a peculiar fleshy odour. When

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seen moving in the capillary vessels of a living animal, it appears like globules swimming in a transparent medium. When drawn off from the body, it soon loses its homogeneous appearance, and separates into two parts; one of which assumes the solid form, the *clot* or *crassamentum;* and the other, which remains fluid, is yellowish and transparent, and usually called the *serum* of the blood.

The *crassamentum* consists of two parts, essentially distinct—1st, of extremely minute particles—the *globules* of the blood; and 2nd, of fibrin — a peculiar substance bearing some resemblance to muscular fibre, and on which the coagulation of the blood depends. In the human subject, the red particles are not perfectly round; in fact they are not *globules*, but *circular flattened disks* of about 1-4000th part of an inch in diameter, and each is composed of an external envelope, from which the colour of the blood is derived, and of a central colourless *nucleus*, less soluble than the envelope. The crassamentum contains the earth, from which the bones derive their earthy supply; and it is *probable* that the red particles of the blood contribute to the strength of animals to whom they are *natural*, and that the strength of such animals is in proportion, or nearly so, to their number.

The *serum*, or liquid part of the blood, consists of much albumen, and a little fibrin, both combined with soda, and all dissolved in water. It also contains a small portion of a few other saline and animal substances. By the application of heat, the serum is resolvable into two parts: first, into a concrete portion —albumen; and second, into a fluid that remains uncoagulated, which drains off from the albumen, and is called the *serosity* of the blood.

It is difficult to determine by what means the iron, or the sulphur, or the elementary principles of calcareous earth, obtain an existence in the blood. If these materials were equally diffused throughout the surface of the earth, we might easily conceive that they are introduced through the medium of food. But, as this is not the case—some regions, like New South Wales, at least on this side the Blue Mountains, containing no limestone whatever, and others no iron or sulphur, while all these are capable of being obtained apparently as freely from the blood of the inhabitants of such regions as from that of those who live in quarters where such materials enter largely into the natural products of the soil—it is perhaps more reasonable to conclude that they are generated in the laboratory of the animal system, by the all-controlling influence of the living principle. What may be the aggregate quantity of any of these minerals in the mass of the blood belonging to an adult, has not been determined with accuracy. The amount of the iron has been calculated by Parmentier and Deyeux at seventy scruples, or very nearly three ounces, estimating the average of blood in the vessels of an adult at twenty-four pounds, which is certainly something short of the mark.

With respect to the actual quantity of blood contained in the entire system, our means of determination are so unexact, and consequently the calculations, or rather the conjectures, that have been offered upon the subject are so strikingly discrepant, that it is not easy to reach a satisfactory conclusion. Muller and Allen estimated the weight at little more than 8 pounds; Harvey, at 9; Borelli, at 20; Planch, at 28; Haller, at 30; Riolan and Dr. Young, at 40; Hamberger, at 60; and Keil at 100. Blumenbach states the proportion in an adult healthy man to be as 1 to 5 of the entire weight of the body. Yet, little reliance can be placed on this last mode of determination, on account of the great diversity in point of bulk and weight of adults, whose aggregate quantity of blood is, in all probability, nearly alike. The mean numbers, as those of Haller and Young, making the amount 30lb. to 40lb., appear most reasonable; and perhaps they fall not far short of the sum intended by Blumenbach.

(To be continued).

MR. BARON ALDERSON'S DECISION IN A CASE OF QUACKERY.

In our last number, page 117, we reported a brief account of the trial of John Siddall, of Oldham, at Liverpool, on the 23rd ultimo.

Our contemporary the *Medical Times* has made this trial the text for the following admirable remarks:—

An important dictum has lately been delivered by Mr. Baron Alderson, at the Liverpool Assizes for the present spring. Any change or progress of the law of manslaughter, where death has been caused by mal-practice, must always be regarded with interest by the medical profession, both in its relations to the licensed practitioners and to quacks.

In ancient times, the law, while it regarded an accidental failure of practice terminating fatally as mere misadventure, in a regular practitioner, visited with great severity, in like circumstances, the unlicensed quack, holding him guilty of manslaughter in every case. About the time of Lord Hale, a different principle came into operation, and "a person, whether he was a regular practitioner or not, who honestly and *bonâ fide* performed an operation, or administered a potion, which caused the patient's death, was not held guilty of manslaughter; but if he were guilty of criminal misconduct, arising from gross ignorance or guilty inattention, he was then guilty of manslaughter;" and, in a modern case, Lord Lyndhurst has held, "That in these cases there is no difference between the licensed and unlicensed. In any case, if a party, having competent knowledge and skill, by mistaken practice causes death, he is not thereby guilty of manslaughter; but, if a person totally ignorant of medicine administers a violent and dangerous remedy, and causes death, proper medical assistance being at hand, he is guilty of manslaughter."

Thus, in modern times, considerable immunity has been extended to non-professional persons. The late dictum of Baron Alderson is nearly to the same effect. The following is the report:—

"George Winterbottom was indicted for the manslaughter of John Siddall, at Oldham, on the 10th of February last.

"Mr. Monk appeared on behalf of the prosecution, and Mr. J. Pollock for the prisoner.

"The prisoner, it appeared, was an ignorant man, and a cotton-spinner by trade, who, finding the trade of quack doctor more lucrative than his own, for the last two years had practised in the latter capacity on the good people of Oldham. He set up a shop in Boyton-street, Oldham, and placed a sign over his door describing himself as an "herbalist," and advertising that he had medicated and renovating baths in his establishment. The deceased, it appeared, was in an advanced stage of consumption, and went to consult the prisoner, who recommended him to try his baths. This he did, and had several times hot vapour-baths, and immediately afterwards cold shower-baths, which appeared to give him some relief. On the 10th of February last the deceased had a hot vapour and cold shower-bath as usual, after which the prisoner prepared an emetic for the deceased, which he took. He became sick and lay down. The prisoner told the deceased's uncle, who came with him, that he was in a fine sleep. On endeavouring shortly afterwards to awake him, however, it was found that he had taken his last sleep, for he was dead.

"Several medical gentlemen attended a *post-mortem* examination of the deceased, who all agreed that the treatment he received in his then state of health had caused his death.

"At the close of the learned counsel's opening, his lordship stopped the case. There did not appear to him to be such a *mala fides*, or such an amount of ignorance as would amount to a *mala fides* on the facts opened, as would justify a verdict of guilty against the prisoner. If people were to be tried on the judgment of old practitioners for acting contrary to received notions, there would never be any improvement in medicine. The prisoner appeared to have acted *bonâ fide*, and; that being so, a late case had decided that the prosecution could not be sustained.

"Verdict—Not Guilty."

Apprehensions having been expressed that the above case will give quacks an immunity to slay, kill, and experiment at pleasure, we shall now point out that it does not materially alter the law.

In a conversation with the prosecuting counsel in the course of the trial, the judge recognised the right of regular practitioners to try experiments in *hopeless* cases, with the *consent of the patient*, holding the practitioner free from blame if death ensued. The above case simply extends this immunity to the quack faculty. We do not think that this has the effect of giving an unlimited immunity to quacks. The case must be hopeless, and the patient's consent must be given. In the above case the patient was far advanced in consumption. An opposite decision would have furnished a possible precedent against the profession itself. A physician making an improvement in medicine, of necessity tries an experiment; he acts on principles or reasoning unknown or foreign to the profession; he is in that behalf an empiric; and thus any decision against empirics might be retorted on him. But Mr Baron Alderson's decision proceeds on old legal grounds; he says there is no *mala fides*. Nor can we suppose any. Any man going to a quack in a desperate case knows that he is submitting to experiment; his hopes may be disap-

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pointed, but he cannot be said to suffer under bad faith. If an unlicensed practitioner represents his practice as experience when it is only experiment, that is *mala fides*, and punishable. An unlicensed practitioner using a successful system, might be properly punished for want of a license, but it would be unjust to found the crime of manslaughter upon an unsuccessful issue.

We do not see that this case gives any occasion for fear. If quacks were to be so severely visited, that every fatal case should be cause of punishment, quackery would gain ground by an assurance provided by law against any unsuccessful practice. The regular practitioners would be regarded as the experimenters, and the quacks as acting on safe experience. The best cure for quackery would be not an immunity, but encouragement to kill, provided humanity could look calmly on.

BATHING.

Most people are aware of the old adage, "cleanliness is next to godliness;" but comparatively few persons, and young folks especially, who have first escaped from the washings and scrubbings of the nursery, attend to it as carefully as its importance requires. A hasty wipe of the face, "a lick-and-a-promise," as it is often not inaptly called, and a careless rinsing of the hands, is too frequently all the cleanliness which boys, at best, think necessary, though far from sufficient, even if this washing be well performed.

In summer time, or warm weather, washing the whole body by bathing in a stream or in a plunging-bath, should be regularly practised twice or thrice a-week, or oftener. But if this cannot be conveniently enjoyed, then a shower-bath immediately on getting out of bed may supply its place with great advantage.

The old-fashioned shower-bath is a cumbrous and expensive piece of furniture; but in the present cheap and utilitarian times forty shillings will furnish a very useful and convenient apparatus, which has the advantage of occupying little room in the bed-chamber. And a still cheaper substitute may be obtained for four or five shillings, at Slack's in the Strand, immediately opposite Somerset House. But should even this sum be of consequence, a very good make-shift is ready at hand in almost every house in the shape of a culender. This, however, requires an assistant, who must hold it over the head of the bather with one hand, whilst with the other a jug of cold water is poured through it.

Bathing must not be commenced or persisted in carelessly, or it may do great mischief. If the bather do not feel a glow or genial warmth after leaving the water; or, if in a shower-bath, when the water has ceased to fall; or if he have headache, or feel languid and weary, or chilly, after the use of either, then he may be sure that bathing does not agree with him, and he must not go on with it. Care should also be taken as regards the temperature of the water in which the person bathes. Very cold spring-water is unfitting for the purpose, as the shock it gives the constitution is very severe. A running stream, which by its exposure to the air acquires much of its warmth, is best, and affords a refreshing cooling. If a shower-bath be used in winter or in spring, it is generally necessary to add at the onset a little warm water to take off the chill, and this may be gradually lessened in quantity as the constitution becomes accustomed to the shock.

When neither plunging nor shower-bath can be conveniently employed, then, immediately on getting out of bed, sponging the body, the chest more especially, and the arms, is a very good substitute.

Whatever the kind of bathing may be, it is indispensably necessary to rub dry with a hard towel, until the person feel a little glow, which may be increased by a good polishing with a flesh-brush as hard as a horse-brush, which will soon not only be borne without inconvenience but will afford actual enjoyment.

SWOLLEN VEINS.

Labouring people, especially women, and often those who are careless of their bowels, allowing them to be continually costive, are liable to have the veins of one or both legs become very large and swollen. If left alone, the whole leg, and sometimes the thigh up to the groin, become more or less completely covered with a net-work of these swelled vessels, which run in wavy directions and sometimes are seen to cross each other. After long standing, about and towards evening the veins become enormously swollen, render the limb heavy and painful, and walking wearisome and difficult. Very commonly the skin inflames on some part of the leg, and an ulcer forms, which occasionally bleeds, and is always very difficult to be cured. Sometimes, without any ulcer, one of the veins suddenly bursts, and the person loses a large quantity of blood, and naturally becomes much alarmed.

TREATMENT.

Very rarely can swollen veins be cured: if they have existed for a length of time, all that can be done is to prevent their greater enlargement; and even this cannot always be prevented.

It is absolutely necessary that the bowels be properly moved every day, so that there should not be any lodgment in them, the pressure of which prevents the free passage of the blood from the limb. Five grains of rufous pill every night, and three grains of blue pill occasionally, answer the purpose very well. Some persons, indeed, are able to keep their bowels regular by merely drinking a tumbler of cold water directly after getting out of bed, and before taking any food. This being attended to, the limb must be rolled, with a long roller of at least six yards' length, beginning from the toes and continued above the knee, if the veins of the leg only be enlarged; but if those of the thigh be also, the roller must be continued up to the groin, and two or three turns made round the hips, to prevent it slipping down. The roller should always be put on before getting out of bed, as the veins being then but partly filled, the roller affords most support; but if the limb be not rolled till some time after the person has been up and about, it is comparatively of little use.

Sometimes, instead of a roller, a laced stocking is used. This consists of a long jean gaiter with a foot, fitted to the limb as high as may be required, but which, instead of buttoning, is open along its whole length, each edge furnished with eyelet-holes, and kept together with a lace passed through them from one to the other and from the foot upwards. This stocking also must be put on before the person leaves his bed.

When the stocking fits, which it rarely does once in twenty times, it is certainly much better than the roller, as it makes and preserves more equal pressure, and is less likely to slip. But it is an expensive article, and not often within the means of the poor to pay for; and a roller, with a little practice, may be properly put on, and serves the purpose required very well.

When an enlarged vein bursts, the blood sometimes spirts out smartly, and a good quantity is very quickly lost. It may, however, be immediately stopped by putting the finger on the bleeding part, and laying the person down flat, either on the ground or on a bed. A little pad of lint is then to be put on, and bound fast with a roller, which should first be applied upon the foot and rolled up over the pad and above the knee, or higher, according to circumstances. The person should be kept lying in bed for a few days, in which time the wound heals, and the pad may then be removed, having first soaked it for a few hours in a wet poultice, A small piece of plaister may afterwards be put on, and the leg rolled as before.—*John F. South.*

Next to being well with his own conscience, the friendship and attachment of a man's family and dependents seems to me one of the most comfortable circumstances of his lot.—*Horne.*

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INTESTINAL WORMS.

No. IV.

(Continued from page 118.)

THE TAPE WORM:—*Tænia Solium.*—The distinguishing character of this species of worm consists in the oscula, or mouths, being situated upon the margin of the joints.

The head of this worm is at the smallest end, and the joints increase in length as well as breadth as they approach the tail, which is a rounded joint. Each joint contains its proper viscera, and appears to be a complete animal though incapable of propagating its species. In shape they differ very much from each other in the same worm. They are generally square or oblong: and the detached joints resemble large cucumber seeds, from which circumstance the earlier medical writers considered these separate joints distinct worms, to which they gave the name *Cucurbitini*, or gourd-worm.

On the margin of each joint, near the middle of it, is a mouth—it often happens, two, three, or four mouths—and in general the next joint has its mouth situated on the edge of the opposite side of the worm. But this order is seldom preserved throughout the whole length of the worm; for they are sometimes on the same side for several joints together, but they are never situated on the flattened surface: hence, the mouths being on the margin, is the essential character of this species.

The joints are very easily separated from each other while the animal is alive. This separation, which appears to be taking place almost incessantly, is effected either spontaneously or by the incessant motion of the intestines by which the useless part of our food is carried out of the body, termed the *peristaltic* action of the bowels. Each joint thus separated from the parent worm has the power of retaining its living and sensitive principle for a considerable time; but is incapable of retaining its situation in the intestine, as it can offer but little resistance to the movements of the bowel and its contents, and is consequently carried downwards and evacuated; or, as sometimes occurs to persons afflicted with these horrible enemies, they crawl out during sleep, or even whilst walking.

A great and unfortunate peculiarity in this worm is its power to reorganise itself from the smallest nucleus—as a single joint—and with invariable certainty whenever the head remains. When, in consequence of the employment of proper remedies, all the joints have been voided except the head, in a very short time new joints are generated, and the patient is as much troubled with them as before. The head is very small, not exceeding the size of a grain of mustard seed, and the joints nearest the head are not more than one-eighth of an inch in breadth, and one-sixteenth of an inch in length: they continue of this small size for about the first twenty or thirty joints, then gradually increase in length and breadth until they arrive at their full size.

This worm, although called *tænia solium*, is not always *solitary*, as has been supposed, though one is quite sufficient to cause great distress. In length it is often twenty feet, and Boerhaave says he has seen one "thirty Flemish ells in length, and one that had 21,600 joints!" The seat, or usual situation of the tape-worm, while it continues whole, is most commonly in the small intestines, where it may sometimes occupy so large a space as to give a sensation of a large ball or weight falling from one side to the other, as the patient turns in bed. It feeds on the chyle and juices already animalised; in fact, upon the very nutriment of the human body: hence, in a very great degree, the emaciation of a person suffering from this worm may be accounted for. Sometimes they are found in the stomach, and Mr. Law, of Penrith, has recorded the case of a young woman, who in the course of eight or nine months passed in her urine one thousand two hundred and thirty-nine joints. This case is so well authenticated, and has been so carefully examined by Drs. Elliotson and Carswell, that the possibility, however rare it may be, of a tape-worm being capable of existing in the bladder, cannot be questioned.

THE BROAD TAPE-WORM:—*Tænia lata.*—This worm consists of a head, a chain of articulations, and a tail formed of a round joint. The head is like that of the last species, but the joints are far more uniform; they are short and broad, having a pore or mouth in the centre of each, which is not situated on the margin, but in the middle of the flattened surface and only on one side, throughout the whole extent of the worm. The separation of the joints in this species is very rare, contrary to that which occurs in the long tape-worm, the number seldom exceeds three or four, and the length is seldom more than five yards, though Boerhaave assures us that he succeeded in discharging a worm of this kind from a Russian, that measured three hundred ells; and Rudolphi states that he had a specimen the joints of which were an inch in breadth.

It inhabits the small intestines only, and appears to feed alone on the pure chyle, which ought to go to the nourishment of the human body; and hence it is that this tape-worm produces a greater degree of weakness, emaciation, and sallowness of complexion, than any of the other species.

This kind of worm is not very common in England, but appears to be very prevalent amongst Russians, Poles, Swiss, and the natives of the northern parts of France.

In our next, we shall detail the symptoms and treatment of Tape-worm.

(To be continued.)

PHARMACOLOGY.

No. VII.—EXPECTORANTS.

(*Continued from page* 117.)

Myroxylon Toluifera:—Balsam of Tolu. This warm, sweet, fragrant, solid stimulant balsam is procured from the *Myrospermum Toluiferum*, a native of South America. It is used in coughs and chronic pulmonary complaints. The preparations of Tolu are—the *tincture of the balsam*; dose, half a drachm to two drachms; the *syrup of tolu*; dose, one drachm to three drachms. It may be thus combined to make an expectorant cough mixture:—Take—tincture of the balsam of tolu, two drachms; mucilage of gum arabic, one ounce; add gradually four and a-half ounces of distilled water; paregoric, three drachms; syrup of tolu, three drachms; mix. Dose, two table-spoonsful three times a day. When the cough is troublesome in chronic catarrh, unattended by inflammatory symptoms, it may be thus prescribed:—Take—mucilage of gum arabic, and of syrup of tolu, of each four drachms; oxymel of squills, six drachms; tincture of opium, twenty drops; mix. Dose: a tea-spoonful when the cough is troublesome.

Myrospermum Peruiferum:—Balsam of Peru. Possesses similar properties to tolu. It is more frequently used as an external application to recent wounds. There are two kinds of balsam of Peru; the brown balsam, extracted by incision from the stem of the Peruvian bark, which is fragrant, aromatic, and bitter; this is very rare, and is imported in the husk of the cocoa-nut, and hence called balsam *en coque*: and the black balsam, obtained by evaporating the decoction of the bark and branches of the tree. In chronic bronchitis, balsam of Peru may be thus administered:—Take—balsam of Peru, one drachm; mucilage of gum arabic, two drachms; syrup of white poppies, one drachm; emulsion of white almonds, two drachms. Mix for a draught to be taken three times a day.

Benzoinum: Styrax Benzoin:—Benzoin. This acrid resinous substance is a secretion from the bark of the benzoin laurel, a native of the East Indies. It is brought to Engand in *tears* and in *masses*. The acid exhaled from benzoin is known as *benzoic acid*, and its salts are called *benzoates*. The London Pharmacopœia orders the *compound tincture of benzoin*, commonly known as "Friar's Balsam."—It may be thus ordered as an expectorant:—Take—compound tincture of benzoin, thirty drops; mixture of gum ammoniacum and almond emulsion, of each five drachms. Mix for a draught to be taken every five hours. Friar's balsam is frequently applied with much advantage to cuts and wounds. The following is a good formula for administering benzoic acid:—Take—benzoic acid, five grains; ipecacuhana wine, half a drachm; cinnamon water, one and a-half ounce. Mix for a draught to be taken night and morning.

Senega: Polygala Senega:—Rattlesnake-root, Snake-root (see page 76). The decoction of senega is an exceedingly valuable remedy in the latter stages of bronchial or pulmonary inflammation occurring in aged, debilitated, and torpid constitutions. It appears to re-establish a healthy condition of the mucous lining of the air-passages, and to give strength to the system generally. The decoction of senega is thus ordered to be prepared:—Take—senega root, ten drachms; distilled water, two pints; boil down to a pint. Dose: a wine-glassful two or three times a day. When there is an accumulation of mucus in the bronchial tubes the decoction of senega may be ordered, as in the following mixture:—Take—decoction of senega, six ounces; gum ammoniac, half a drachm; syrup of tolu, half an ounce; mix. Dose: a table-spoonful every two hours.

Assafœtida:—*Teufelsdreck*, or *Stercus Diaboli*: Devil's Dung. *Cibus Deorum*: Food of the Gods. Assafœtida.—A gum-resin obtained from the roots of the *Ferula Assafœtida*, a native of Persia. It has an acrid, bitter taste, and a strong smell of garlic and onion. Although these properties render it exceedingly offensive to many persons, yet among the Asiatics it is frequently used as a condiment for flavouring their sauces and food, and is even eaten alone. Two kinds of assafœtida are met with in commerce, one in lumps, which is more or less mixed with impurities, the other in tears. The fresh-cut surface of assafœtida is at first milk-white, or nearly so, but it soon acquires a peach-blossom colour from the action of the air. The London Pharmacopœia directs a *tincture of assafœtida*, the dose of which is half a drachm to a drachm; this preparation is rendered turbid when mixed with water, owing to the precipitation of the resinous matter; a solution of gum arabic prevents this. In the Edinburgh Pharmacopœia the pill assafœtida is ordered. It is an admirable remedy in some nervous spasmodic affections of the larger air-tubes. It is thus prepared:—Take—of assafœtida, galbanum, and myrrh, of each equal parts; confection of roses, sufficient to form a mass; mix, and beat well together. Dose: five to ten grains twice or three times a day.

(To be continued.)

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SHERINGHAM'S VENTILATOR.

Now that public attention is so strongly directed to the sanitary deficiencies of our dwellings, any invention tending to facilitate and improve the means of ventilation will be regarded with interest. Differing from others who have directed their ingenuity to this subject, Mr. Sheringham applies himself more immediately to the introduction of fresh air than to the getting rid of foul—and, again differing from his predecessors, he brings his column of cool air into the top of the room and from the outside of the house, instead of into the lower part of the room, and from the hall, passage, or staircase. Its effects are grateful and salutary beyond anything that could have been anticipated; and, as far as one experiment goes, the beneficial working of the invention may be said to be complete. The ventilator contrived by Mr. Sheringham is as follows:—A flap, with quadrant ends at right angles to it, is constructed to fit into a frame in the form of a parallelogram; to each lower corner of the flap is a pin, which pin works in corresponding sockets at the lower corners of the opening of the frame. The flap, by mechanical arrangements, is susceptible of being thrown outward to an angle of about sixty degrees, or pulled up to any less angle, or the opening may be entirely closed by the flap, when it is desired to do so; one line for the regulation of all the above operations is brought within reach of the hand. The flap proposed for a room about ten feet square is about nine inches long by about three inches deep, working in a suitable frame. A perforation is to be made in an external wall, fully as large as the ventilator, the upper part of which should be from four to eight inches below the ceiling of the apartment to be ventilated. Mr. Sheringham's ventilator may then be fixed in the opening from within, so that the flap of the ventilator, when pulled into the frame, may be on the same plane as the inner surface of the wall. The whole face of the ventilator may be papered or painted in the same manner as the piece of wall which is removed for its introduction, but so that the flap may fall freely within the room whenever an inlet of air is desired. The oblique direction which is given to the flap of the ventilator when opened will induce an upward direction to the in-coming current of air admitted by it, and this upward direction will be retained a sufficient time to enable it to become warmed and dispersed through the warmer air within the apartment before it reaches the occupants; and hence there will be removed from such in-coming current of air, in sufficient time, all the injurious characteristics and tendencies of a cold current of air, frequently felt from an open window. Mr. Sheringham's ventilator may be left open in temperate weather, day and night, in reception-rooms, dormitories, and other internal structures, not only with perfect impunity, but with great comfort and advantage to health.

CHLOROFORM ON THE FIELD OF BATTLE.

The recent expedition against Rome has afforded, probably, the first opportunity of testing the effects of chloroform in cases of operations performed on the field of battle. In some very interesting letters, published by the *Gazette Médicale*, from one of the surgeons attached to the expeditionary army, we have many curious facts relating to military surgery, and, amongst others, the experience acquired relative to the use of chloroform. After the murderous affair of the Villa Pamfili, in which the Romans displayed a courage worthy of their ancestors, MM. Pasquier and de Santi made numerous efforts to obtain insensibility with chloroform, but failed. The occurrence of so great a degree of nervous agitation that several assistants were hardly able to control the wounded patient, compelled the military surgeons to abandon the remedy. Its use appears incompatible with the excitement produced by a recent combat. In one case, after the third inhalation, the patient was seized with violent agitation, which continued for half-an-hour, and then terminated in death. For secondary operations, the chloroform was used with success; but even then it required to be administered with great caution, for the nervous excitement still continued in many patients. Among the curious cases recorded by the author, the two following appear worthy of notice:—A Roman artillery officer exhibited the greatest bravery in the defence of his battery, at which he was cut down. His skull was literally smashed by twelve sabre wounds; he had ten bayonet wounds in the body, and a double fracture of the arm and fore-arm; yet he soon recovered. The other case presented one of those miraculous cures which nature sometimes effects to show, as it were, her omnipotence. A soldier was struck by the fragment of a shell in the iliac fossa; the bones were smashed to fragments, the intestines lacerated, and the projectile, having traversed the pelvis, lay beneath the skin at the back. A quantity of excrementitious matter escaped through the wound, yet this patient likewise recovered; and, what is more, without a trace of fistulous opening. Well might we exclaim with the great Paré,—"*Je le pansai, Dieu le guérit*,"—"I dressed the wound, and the Lord cured it."

THE LONDON PHARMACOPŒIA.

Napoleon, talking of medicine, said, "Water, air, and cleanliness, are the chief articles in my Pharmacopœia." But if Napoleon had lived in London, his Pharmacopœia would have been very badly stocked; for neither its air nor its water can be recommended, from their excessive purity, for cleanliness; though, at the same time, we must confess that the water of the Thames is, in its way, "*a perfect drug.*"—*Punch.*

CHLOROSIS. ITS EFFECTS ON THE APPETITE OF YOUNG FEMALES.

Looking over an odd volume of the *Spectator*, we met with the following letter. Its truth and quaintness need not an apology for transferring it to our columns. It may be read as a chapter on the Diseases of Women:—

"Mr. Spec.—I grew tall and wild at my mother's, who is a gay widow, and did not care for showing me, till about two and a-half years ago; at which time my guardian uncle sent me to a boarding-school, with orders to contradict me in nothing, for I had been misused enough already. I had not been there above a month, when being in the kitchen, I saw some oatmeal on the dresser; I put two or three corns in my mouth, liked it, stole a handful, went into my chamber, chewed it, and for two months after never failed taking toll of every pennyworth of oatmeal that came into the house; but one day playing with a tobacco-pipe between my teeth, it happened to break in my mouth, and the spitting out of the pieces left such a delicious roughness on my tongue, that I could not be satisfied till I had champed up the remaining part of the pipe. I forsook the oatmeal, and stuck to the pipes three months, in which time I had dispensed with thirty-seven foul pipes all to the bowls: they belonged to an old gentleman, father to my governess. He locked up the clean ones. I left off eating of pipes, and took to licking of chalk. I was soon tired of this. I then nibbled all the red wax off our last ball tickets, and, three weeks after, the black wax from the burying tickets of the old gentleman. Two months after this, I lived upon thunder-bolts, a certain long round blueish stone, which I found upon the ground in our garden. I was wonderfully delighted with this; but thunderbolts growing scarce, I fastened tooth and nail upon our garden wall, and which I stuck to almost a twelvemonth, and had in that time pecked and devoured half a foot towards our neighbour's yard. I now thought myself the happiest creature in the world; and I believe in my conscience, I had eaten quite through, had I had it in my chamber; but now I became lazy and unwilling to stir, and was obliged to seek food nearer home. I then took a strange hankering to coals; I fell too scrunching them, and had already consumed as much as would have dressed my wedding dinner, when my uncle came for me home; I was in the parlour with my governess when I was called down. I went in, fell on my knees, for he made me call him father; and when I expected the blessing I asked, the good gentleman in a surprise turns himself to my governess, and asks whether this (pointing to me) was his daughter? "This," added he, "is the very picture of death. My child was a plump-faced, hale, fresh-coloured girl; but this looks as if she were half starved, a mere skeleton." My governess, who is really a good woman, assured my father I had wanted for nothing; and withal told him, I was continually eating some trash or other, and that I was almost eaten up by the green sickness, her orders being never to cross me. But this signified but little with my father, who presently in a kind of pet, paying for my board, took me home with him. I had not been long at home, but one Sunday at church (I shall never forget it) I saw a young neighbouring gentleman that pleased me hugely; I liked him of all men I ever saw in my life, and began to wish I could be as pleasing to him. The very next day he came with his father a visiting to our house: we were left alone together, with directions on both sides to be in love with one another; and in three weeks time we were married, I regained my former health and complexion, and am now as happy as the day is long. Now Mr. Spec., I desire you would find out some name for those craving damsels, whether dignified or distinguished under some or all of the following denominations: to wit, trash-eaters, oatmeal-chewers, pipe-champers, chalk-lickers, wax-nibblers, coal-scrunchers, wall peelers, or gravel-diggers; and, good Sir, do your utmost endeavour to prevent (by exposing) this unaccountable folly, so prevalent among the young ones of our sex, who may not meet such sudden good luck as,

Sir, your constant reader,
and very humble servant,
SABINA GREEN,
now SABINA RENTFREE.

DEATHS FROM ABORTION.

Nottingham, Tuesday.—A case has just come to light similar to the one for which the prisoner Sansome was tried at the late assizes, and who now remains under sentence of death. It appears that a young woman named Ann Tollington, aged 27, a few weeks ago, being pregnant, went to a Mrs. Whyatt, residing in St. James's-street, in Nottingham, and having told her of her situation, Whyatt gave her some medicine to procure abortion. This not producing the desired effect, when Tollington saw Whyatt again the latter used certain instruments for that purpose. The child was born soon afterwards, but was dead: and the unfortunate mother, after lingering a few days, and suffering the most intense agony, died also. In the meantime Whyatt made her escape, and remains still at large, but the police are in active pursuit. An inquest was held on the body of Tollington yesterday, but was adjourned until Thursday, by which time it is hoped Whyatt will be apprehended. There can be no doubt that child-murder by means of abortion is prevalent to a frightful extent in this neighbourhood; and the sentence which was passed upon Sansome, a fortnight ago, for the same offence, seems not to have deterred others from the like detestable practices.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

ABERNETHY'S APERIENT MIXTURE.—Take—Glauber salts, four drachms; manna, two drachms; tincture of senna, two drachms; infusion of senna, six drachms; peppermint-water, one ounce; common water, two ounces; mix. Dose: a wine-glassful every morning, or a wine-glassful every two hours until it operates as an aperient.

WHEN CHILDREN are allowed to cry till their strength is exhausted, they sink into long and unwholesome sleep. It should be remembered that their violent efforts to get relief equally spoil their temper and disorder their constitution, and that when a child's turbulent passions are so early awakened and exercised, there is reason to fear they will materially influence its future disposition.

So frequently does it happen that the assistance and advice of a regularly educated and well-informed medical man is deferred till procrastination, ignorance, and empiricism have done irremediable mischief, that the treatment of the diseases of children and infants has become a bye-word and a reproach—a reproach to the parents and guardians of helpless childhood and feeble infancy, and a source of the greatest annoyance and mortification to the members of a life-prolonging, health-restoring profession. By the adoption of prompt and active measures, most of the acute diseases of children may be arrested at a very early period, and brought to a favourable termination: for want of the employment of suitable and efficient remedies in the first stage of infantile complaints, they often, in a very short time, get altogether beyond the reach of remedies, or entail on the sufferer painful and protracted indisposition.

IF a mother would take the trouble to examine the dress when a child cries, if she would inquire into the state of its gums and bowels, she would often find that the removal of a pin, or some coarse or rough article of dress irritating its delicate and sensible skin, or the lancing of the gums, or the administration of a little gentle aperient medicine, would remove the cause of its distress.

DIETARY, WHOLESOME AND ECONOMIC.

APPLES AS AN ARTICLE OF HUMAN FOOD.—The importance of apples as food, has not hitherto been sufficiently estimated in this country nor understood. Besides contributing a large portion of sugar, mucilage, and other nutritive matter, in the form of food, they contain such a fine combination of vegetable acids, extractive substances, and aromatic principles, with the nutritive matter, as to act powerfully in the capacity of refrigerants, tonics, and antiseptics; and when freely used, at the season of ripeness, by rural labourers and others, they prevent debility, strengthen digestion, correct the putrefactive tendencies of nitrogenous food, avert scurvy, and probably maintain and strengthen the powers of productive labour. The French and Germans use apples extensively; indeed, it is rare that they sit down in the rural districts without them, in some shape or other, even at the best tables. The labourer and mechanic depend on them, to a great extent, as an article of food.

MUSTARD.—Prior to the year 1720, there was no such luxury as mustard in its present form at our tables. At that time the seed was coarsely pounded in a mortar, as coarsely separated from the integument, and in that rough state prepared for use. In the year mentioned, it occurred to an old woman of the name of Clements, residing in Durham, to grind the seed in a mill, and pass it through the several processes which are resorted to in making flour from wheat. The secret she kept for many years to herself, and in the period of her exclusive possession of it supplied the principal parts of the kingdom, and in particular the metropolis, with this article. George I. stamped it with fashion by his approval. Mrs. Clements regularly twice a year travelled to London and the principal towns throughout England for orders, the same as any tradesman's rider of the present day; and the old lady contrived to pick up not only a decent pittance, but what was then thought a tolerable competence. From this woman's residing in Durham, it acquired the name of "Durham mustard."—*Literary Gazette.*

SHEEP'S HEAD.—Though this may be seen in every part of London inhabited by the working classes, and may be procured ready cooked, I prefer always to prepare it at home, and very good it is. I choose a fine one, as fat as possible, and put it into a gallon of water, to disgorge, for two hours; wash it well, saw it in two from the top, take out the brain, cut away part of the uncovered portion of the skull, and also the ends of the jaws, wash it well, put it into the stewpan, with two onions, one carrot, two turnips cut in slices, a little celery, four cloves, a *bouquet* of four sprigs of thyme, a bay-leaf, one ounce of salt, a quarter of an ounce of pepper, three quarts of water; set on the fire: when near boiling, add half a tea-cupful of pearl or Scotch barley, let it simmer for three hours, or till tender, which try with a fork; take out vegetables, cut in dice, remove *bouquet*, skim off the fat, and pour all into tureen; or, lay the head on a dish, and serve with either onion sauce or parsley and butter, or any sharp sauce; or, egg and bread-crumb it over, put it in an oven for half an hour till getting a nice yellow colour, and serve with sharp sauce under. Or, with the brain, thus: having boiled it for ten minutes in a little vinegar, salt, and water, cut it in pieces, warm it in parsley and butter, season it a little, and put it under the head, and serve.—*M. Soyer.*

ADVERTISEMENTS.

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London: published by the AUTHOR, 26, Lloyd Square, Pentonville; and sold by GEORGE VICKERS, Strand, and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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London: SAMPSON LOW, 169, Fleet Street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly: and all Booksellers.

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THOMAS SMITH'S LONDON DIGESTIVE SAUCE possesses exquisite piquancy and aromatic flavour for Fish, Game, Wild Fowl, Steaks, Hashes, &c.; and is of the greatest utility in assisting digestion, and promoting the appetite. Its stomachic virtues are held in high estimation by the faculty, who highly recommend its use. It can be obtained of Chemists, Grocers, &c., in any Town in England, Ireland, and Scotland; and wholesale only of the Proprietor, THOMAS SMITH, 11, Goswell-road, London, in Half-pint Bottles, price 1s.; and Pint bottles, 2s. each.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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JOHN MILES (LATE BUTLER AND Co.) DISPENSING CHEMIST, 78, Gracechurch Street, respectfully informs the public that the most vigilant care and attention is always paid by him to the selection of the purest and best Drugs and Chemicals. The too frequent dangerous adulteration and careless preparation of Medicines, upon the exact action of which depend the health and safety of our fellow-creatures, induces J. MILES to pledge himself that every article sold at his establishment is genuine, and that all prescriptions are dispensed by well-qualified assistants, under his own immediate direction.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant. Invalids resident in the country, and others desiring the opinion of the Editor, who are unable to consult him personally, can have, on application, a series of questions proposed to them, and by attention on their part, in giving answers thereto, the necessity of a personal interview, in many instances, may be avoided, without detriment to the successful issue of the required treatment. Notes of every case submitted to the Editor will be recorded in his private case-book for the facility of reference at any future period.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

WE have now fulfilled our promise to recent subscribers—all the back numbers are re-printed, and may be had of our publisher. Parts 1, 2, and 3, are also ready.

IT appears that one amongst the thousands of readers of the *Weekly Dispatch* has inquired whether WE are identified with the person who has dared to assume our name. The editor of the *Dispatch* thus removes such an idea, in his Notice to Correspondents, April 14:—* * * "The Dr. Yeoman, of Hand-court, Holborn, who professes to cure consumption, is not in the slightest degree connected with Dr. Thomas Harrison Yeoman, of Lloyd-square, Pentonville, whose name appears in the Medical Directory. The latter gentleman is the only individual of that name in London identified as a medical man."

G. R. (Halesworth).—We will answer your question in detail in our next number.

CHARLES BOND (New Inn).—We are obliged by the postcript to your note. Write to us again.

NOVICE (Nelson-square).—Poverty obtains our pity—meanness our contempt.

HENDERSON (Denham, New Cross).—There can only be one opinion as to what the "the little specs of whitish streaky matter" are. You must communicate privately.

SABINA (Hull).—The temperature of a hot-bath is from 98 degrees to 106.

P. O. J. (Ramsgate).—You will find a suitable prescription for a gargle in No 3, page 23.

R. P. H. (Retford).—Nitrate of silver is always sold in the solid form.

F. M. C.—Relate the cause; we may then suggest a remedy.

J. CARR (Rotherhithe).—We recollect your case; but do not understand the meaning of your note. We must see you.

N. O. P. (Cheapside).—It is curable.

J. S. (Glasgow).—It is impossible we can afford you the advice you require in the few lines we can devote to each correspondent.

J. S. B. (Eastgate-street).—Palliatives are worse than useless; extraction, by means of the forceps, is the only radical cure. The operation is by no means dangerous in the majority of cases, and the pain, though severe, is but of short duration. A personal friend of ours recently had a polypus extracted from his nose, by a lately-deceased surgeon; he suffered little at the time, and is now well.

DEATH OF DR. PROUT.—This amiable and intelligent physician died at his house in Sackville-street, on the 9th instant. He will long be remembered for his scientific knowledge and general medical attainments. His work on "Calculus Diseases," and the Bridgwater Treatise entitled "Chemistry, Meteorology, and the Digestive Function, considered in relation to Natural Theology," are, and will remain, standard books.

JEFFERY HOLMES.—Water-cresses are most wholesome, radishes are not so; lettuces are wholesome, celery is not so.

ARTHUR DARBY (Leicester).—Take—sulphate of quinine, twelve grains; compound extract of colocynth, and compound rhubarb pill, of each a scruple; oil of cloves, two drops; mix, and divide into twelve pills: Take one every night.

WHISPER.—All our literary arrangements are complete: the articles you propose would be ineligible for our Journal. Accept our thanks for your very kind offer.

WILLIAM WOOD.—In all probability the swelling of the bone is only a callus resulting from the old fracture. Leave it alone.

A POOR MAN.—It is impossible; you cannot be cured by the means you name. You have parted with your money very foolishly; and, although it was obtained from you by fraud, you are without redress.

ESTHER.—Take eight drops of the tincture of iron, in a wine-glassful of the compound decoction of aloes, every morning early.

AN ARTISAN (Glasgow).—It is the *whiskey*, we fear, that destroys your appetite. Practise moderation, and commence a course of moral, medical, and dietetical training.

H. KLEIN (Southampton).—Verjuice is a kind of rough vinegar, made of the expressed juice of the wild apple or crab. Verjuice was formerly much esteemed as a cooling astringent medicine; it is still occasionally used as an external application.

WILLIAM STEWART (Dover).—Taraxacum coffee is prepared from the root of the dandelion; they are well cleaned, dried and powdered, and mixed with coffee and succory.

ZENO.—See answer to DESPONDENCY, in No. 11.

L. GLASS (Skipton).—Remove the cause of the "impurity," whatever that cause may be. Take an aperient, as a wine-glassful of the decoction of aloes; or six or eight grains of the compound rhubarb pill; use plenty of exercise; go to bed early; rise early; a vegetable diet; a shower-bath occasionally; and, *if it can be procured*, a tranquil and cheerful mind.

CLARA (Islington).—We must see you.

ESPERANCE.—See answer to A TRAVELLER, in No. 5; also VICTIM'S letter in No, 2. The persons you mention are brothers, assuming different names.

A. POTTER (Kidderminster).—*Phlebitis* is inflammation of the veins.

A MOTHER.—If the porter agrees with you, take it; if it affects the child, discontinue it.

A CLERK.—The article on "Constipation" was published in No 6; and also forms a chapter in the editor's small work on Indigestion, &c.

W. DANCE (Tring).—We fear, from your account, that your wife is labouring under *ovarian dropsy*. As she cannot travel, let her consult some respectable and able medical man in your own town.

W. W. W. (Oxford-street).—The "firm" is an off-shoot of the tribe Jordan. Fearful Jew quacks.

SARAH (Wandsworth).—We fear little can be done for the wound on your leg until your general health is improved. Your great age must prevent any heroic treatment; keep the limb in an horizontal position; keep the wound perfectly clean, and let all local applications be as simple as possible; at night, apply a bread poultice, during the day, dress it with the elder-flower ointment. Live generously, and take five or six grains of the extract of hyosciamus every night.

G. BARTON (Hackney-road).—See the article on "Sick or Bilious Headache," in No. 12, page 90.

M. R. M.—Artificial teeth may be so adapted as to answer all the purposes of the natural teeth; unless very clumsily made and affixed, they will not "fall out." Do not trust yourself in the hands of any of the advertising dentists. Mr. Smart wrote some clever papers on the teeth, in the early numbers of our Journal.

A CRITIC.—We really cannot please all tastes; we fear we cannot devote any part of our Journal to scientific chemistry. It is our aim to make the PEOPLE'S MEDICAL JOURNAL as practical as possible. Occasionally, we shall insert an article on Physiology and Anatomy.

JACOB FAITHFUL.—Your question is answered in detail, in No. 7.

MIRIAM.—You had much better wean the child; in your present state of health, it is impossible you can afford any nourishment to your infant. Send your address.

CAROLUS.—We really cannot tell you any specific means to adopt, to prevent you continuing the disagreeable habit of biting your nails; your own resolution will be the best remedy.

J. U. P. (Tooley-street).—Commence the bathing season with a tepid-bath. Remember, friction after the bath is as beneficial as the water.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—M. GOOD (Glasgow). W. R. S. (Cheltenham). MARIANNE (Trowbridge). WILLIAM HARPER (Leeds). GEORGE PALMER (Stockport). A GROOM (Belgrave-mews). WHISTLING WILLIE (Stirling). P. M. (Finsbury). AN ADMIRER: change your signature. ELIZA JANE. AN ENEMY TO QUACKERY. W. FOSTER (Lucas-street). FRANCIS HODSON (Beverley). RUPERT (Chester)

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—I. THOMPSON (Half-moon-street). BEPPO. J. T. S. AN ENGINEER (Lambeth). T. WILKINS. RICHARD KEELEY. JACOB FAITHFUL. MARGARET. A POOR NEEDLEWOMAN. JOSEPH TRIGG. DELTA (Thavies Inn). ANN (Stepney-green). MRS. ENGLISH'S INFANT. OSCAR. WILLIAM ROBERTS (Newington-causeway). A WEST INDIAN. WILIFRED. ONE WHO HAS REPENTED. H. A. R. MARY COX (Whitechapel). DONALD MC. DONALD (York-road). A TROJAN.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 17.—Vol. I.] SATURDAY, APRIL 27, 1850. [ONE PENNY.

THE PROGRESS OF MEDICAL SCIENCE.

A question very frequently asked, is this:—has any good resulted from the medical discoveries of the present age? To this interrogatory we say that it can be demonstrated, by a reference to statistical documents, that, in proportion as the different branches which, from the foundation of the science of medicine have been improved, so in proportion has the duration of human life been increased.

It is, in fact, capable of demonstration, that since the healing art reached that point of cultivation which has entitled it to rank among the sciences, disease has been gradually decreasing, both in frequency, malignancy, and fatality: and it is equally capable of demonstration, that the degree of perfection with which anatomy has been studied at any successive periods, may be safely taken as the rule by which the progress of all the branches of medicine may be ascertained. And on what else should it depend?—how much does a watchmaker know about a watch by counting its beats and looking at the outside? As anatomy has been encouraged, so has medicine progressed; wherever dissection was forbidden, surgery declined; and even in the present day, the schools of medicine in which dissection is most liberally practised send out into society surgeons and physicians who seldom fail to prove in after-life the accuracy of Baillie's assertion, that "the dead body is that great basis on which we are to build the knowledge that is to guide us in distributing life and health to our fellow creatures."

The late Duke of Sussex justly observed, "such is the advantage which has been already derived from the improvement of medical science in the study of anatomy, that, comparing the value of life as it is now calculated, to what it was a hundred years ago, it has absolutely doubled. The most fatally malignant diseases have become comparatively mild in the hands of modern physicians. The entire half of our population were at one time destroyed by one disease alone—the small-pox; the mortality of which at the present time is but partial. Typhus fever was once accustomed to visit this country in annual epidemics, and to slay one out of every three whom it attacked; whereas, in the present day, it is seldom seen as an epidemic, and its average mortality does not amount to one in sixteen. Measles, scarlet fever, hooping-cough, and consumption, are now no longer regarded with the extreme terror in which they were once viewed. From the year 1799 to 1808, the mortality of consumption amounted to about 27 per cent. of those who became ill; from 1808 to 1813 it diminished to 23 per cent; and from 1813 to 1822 it still further decreased to 22 per cent."

As anatomy was more attended to, surgery proportionately advanced; until, in the days of Harvey (who discovered the circulation of the blood, in 1610), bold and important operations were attempted. The extreme clumsiness and cruelty, with which they were then performed, could scarcely be credited had we not in our possession some descriptions of them by those who operated. The preceptor of the immortal Harvey describes what he considers an improved and easy operation, in the following terms:—"If it be (speaking of tumours) a moveable one, I cut it away with a red-hot knife, that sears as it cuts; but if it be adherent to the chest, I cut it without bleeding with a wooden or horn knife soaked in aquafortis, with which having cut the skin, I dig out the rest with my fingers!"

It is little more than fifty years ago, when Mr. Sharpe, one of the most eminent surgeons in London at that time, denied the possibility of the thigh bone being dislocated at the hip joint; an accident which occurs daily, and which the merest bone-setter in the kingdom can now detect.

In the treatment of simple wounds, surgeons were at one time really very cruel. Instead of bringing the edges of the wound together, and endeavouring to unite them by the first intention, as it is practised in the present day, the wound was filled with dressings and acid balsams, or distended with tents and leaden tubes, in order to force the wound into a painful suppuration, which they considered necessary to effect a cure.

In those days, every flap of skin, instead of being re-united, was cut away; every open wound was dressed as a sore, and every deep one was plugged up with a tent, lest it should heal. Tents, sundons, setons, leaden canulas, and strong injections, were among the chief implements of ancient surgery. The lips of a wound were never put together; if it was not large and free, their rule was to dilate it, but never with the knife; with a sort of forceps they tore it open: they seldom made counter openings to let out the matter, and the most simple wounds were often forced into malignant sores. These long tents were thrust into wounds of the neck and cheek, until the neck or head swelled enormously. Even in compound fractures they thrust their dressings betwixt the ends of the broken bones, as if they had been afraid of the formation of callus.

At one period, all wounds were cured by the process of sucking. It was chiefly practised in the army; the drummers of the regiment were the suckers; and the common soldiers submitted to this cure secretly, in order to conceal their quarrels from their officers and priests. The practice of duelling had proceeded to such lengths in France, that even the common soldiers settled their drunken disputes with their swords. A hasty word betwixt soldiers of two regiments in garrison, established a perpetual quarrel between the corps: they went out in the evening to the skirts of some adjacent wood, and fought by scores. When they happened to quarrel in taverns, they fixed their pocket-knives upon the broom and mopsticks; and when their knives and side-arms were taken from them, they fought with sticks sharpened and hardened in the fire, which made more desperate wounds than tempered swords—wounds bruised, livid, and sloughing, like those made by shot. When a party

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went out to the wood, the drummer of the regiment, or some good experienced sucker went along with them. The duel ended the moment that one of the combatants received a wound; the sucker immediately applied himself to suck the wound, and continued sucking and discharging the blood until the wound ceased to bleed; and then, the wound being clean, he applied a piece of chewed paper upon the mouth of it, tied up the limb with a tight bandage, and the patient walked home. The *savoir faire*, or trick, or cunning of this way of cure, consisted in making grimaces and contortions, signing their patients with the sign of the cross, and muttering between their teeth some unintelligible jargon. All their care was to keep this profession among themselves; and it was from this profanation of the name of Christ, and this abuse of the sign of the cross, that there arose a hot war between the suckers and priests; the priests refusing confession, extreme unction, or any sacrament of the church, to those who had undergone these magical or diabolical ceremonies; while the suckers, on the other hand, refused to suck those who had any connexion with the priests. The former, afraid of losing the dues of the church, and the privilege of giving extreme unction and dismissing the soul to heaven (for those who submitted to the secret dressing were usually past all relief before the secret was disclosed to the priest); the latter on their parts were careful to preserve a trade which was not without. Verduc observes, *suxerunt quidem at non sanguinem sed potius annum*:—"they were more skilful in sucking gold than blood."

Contrast this barbarous surgery with the improved and rational principles which guide the surgeons of the present day; and the conviction must be, that the science of healing is in a vastly improved condition.

The art of surgery is not what it formerly was. It does not consist, as it did in by-gone days, in the performance of manual operations. Mere dexterity in using the knife is not an infallible test of surgical skill. The man who, by the application of the principles of his art, can prevent the mutilation of the human frame, is considered to take the highest position in the ranks of his profession.

The improvement in medicine has been equally great. Diseases are more easily detected; the cultivation of morbid anatomy has thrown considerable light on the situation of those structural alterations, which too often baffle the skill of the most able men in the profession; materia medica, chemistry, and all the auxiliary sciences which mutually bear upon and illustrate that of medicine, have proportionally advanced in improvement, and still continue to do so. The application of the stethoscope in the detection of diseases of the chest, has been of the most essential service in enabling the physician to discover, with wonderful accuracy, the early dawnings of affections of the lungs and heart.

If ever the science of medicine be destined to take an elevated position, and hold that rank which it is fully entitled to claim, it must be by the application to the study of its many branches of those unerring principles of induction which the great mind of Bacon has so fully developed in his master production, *The Novum Organum*. Fortunately, the medical practitioner of the present day is not satisfied by merely following a routine of practice; and the high standard of acquirements demanded by the examining bodies of the kingdom, induces us to hope that even an apothecary will merge from a tradesman, and become a man of science. As the people, from their own knowledge of physiology and medicine, are daily more and more capable of judging of the ability of their medical attendant, so, of necessity, must he advance in the scientific and rational practice of his art.

THE PROGRESS OF LIFE.

A man is thirty years old before he has any settled thoughts of his fortune; it is not completed before fifty. He falls to building in his old age, and dies by the time his house is in a condition to be painted and glazed.—*Bruyere.*

ON THE CAUSES OF INTERMITTENT AND REMITTENT FEVERS.

Dr. Gayley, in the *American Journal of Medical Scimes*, states that he has arrived at the following conclusions regarding intermittent and remittent fevers. He says:—

First—That the lungs and the liver are the great decarbonising organs of the body.

Second—That during winter the lungs, from the part they perform in the generation of animal heat, are the more active organs. On the other hand, in summer the liver is the more active.

Third—That exposure to a low temperature repels the blood from the surface to the internal organs. If this exposure takes place in winter, the lungs being then the active organs, the brunt of the congestion falls on some part of the respiratory apparatus; hence we have bronchitis, pleurisy, pneumonia, and catarrh, as the prevailing diseases.

Fourth—But if this exposure takes place in summer, the liver being then in a state of stimulation, the force of congestion falls on it. It becomes deranged, involving all those organs, more or less, whose blood has to pass through the liver to reach the heart. Hence we have bilious affections, as intermittents, remittents, dysenteries, &c., as the prevailing diseases.

Fifth—That the pulmonary diseases of winter and of cold climates, and the hepatic diseases of summer and of warm climates, are both produced by the same agents acting on the system; the different effects being solely owing to the different modifications of the agents, and the different conditions of the system when exposed to their influence: and we might, with as much truth, say that malaria was the cause of the one as of the other.

Nature is simple in all her operations. It is only in proportion to our ignorance that she appears mysterious. The mystery that all admit to hang over the origin of these diseases, and the failure that has hitherto attended every effort to explain it satisfactorily, we think is solely owing to the spirit of inquiry being on the wrong track. The idea of a specific poison, first started by Lancisi, has been embraced by most writers on the subject ever since: as a consequence, their labours have been expended in tracing the origin of a thing, the very existence of which is hypothetical.

Of the truth of this, the Proteus-like appearance that this agent assumes in the hands, or rather the heads, of different writers on the subject is *prima facie* evidence. Thus one describes it as being softened or entirely disarmed by passing over 800 yards of water—(Sir Gilbert Blane). Another thinks it can safely perform the voyage from Holland to England, yea, even to Scotland, a distance of not less than 400 miles—(D. M'Culloch). It cannot ascend to a second-story of a house, and yet it can seize its victims on a mountain-side 400 feet high—(Ferguson). Stygian like, it ascends from the bowels of the earth; and, angel-like, it descends with the dews from heaven. Were it delineated with all its eccentricities attached, I doubt much, says Dr. Gayley, if even its most devoted admirers would be pleased with the picture.

HEALTH UNDERVALUED.

Such is the power of health, that, without its co-operation, every other comfort is torpid and lifeless as the powers of vegetation without the sun. And yet this bliss is commonly thrown away in thoughtless negligence, or in foolish experiments on our own strength; we let it perish without remembering its value, or waste it to show how much we have to spare—it is sometimes given up to the management of levity and chance, and sometimes sold for the applause of jollity and debauchery.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. III.

(*Continued from page* 122.)

The Pulse.

The stroke or beat of an artery, as it is recognised for the most part by applying the finger to the integuments lying over it, is denominated the PULSE.

The physiology of the pulse might be briefly stated to be, the impulse given to the blood by the heart; the subject, however, is too important and interesting to be so hastily dismissed; we, therefore, intend to dwell a short time on the cause of this impulse.

Since the immortal discovery of Harvey, it is universally admitted that the pulse depends immediately upon the action of the heart, which, by its contraction, expels a portion of blood from its cavities into the great arteries. The contraction, or, as it has been termed, *systole* of the heart, must, therefore, correspond, in point of time, with the stroke of the artery; while, during the *diastole*, or dilatation of the heart, the artery returns to its quiescent state. There are several subordinate questions in reference to the continued propulsion of the blood throughout the arterial system, which are still disputed points amongst physiologists. The chief of which is, — do the arteries of themselves possess any contractile power by which they are enabled to co-operate with the heart? The more prevalent opinion may be stated in the words of Muller, who says, "The impulse given to the blood by the heart distends, first, merely the arteries nearest to the chest. These, by their elasticity, again contract, and thus cause the distension of the next portion of the arterial system, which also, in its turn, by contracting, forces the blood into the next portions, and so on; so that a certain interval of time, although a very short one, elapses before this undulation, resulting from the successive compression of the blood and the dilatation and contraction of the arteries, reaches the most distant parts of the system." He then proceeds to compare the pulse to the undulation on the surface of the water; and adds, "The arterial pulse, we may conclude, is the effect of the oscillation propagated along the coats of the arteries, and in the blood itself, in consequence of the pressure exerted upon the column of blood in the aorta by the heart in its contraction." Dr. Parry denies the universal contractility and dilatation of arteries; and in his "Experimental Inquiry concerning the Arterial Pulse" he lays down the following fundamental positions on which his hypothesis rests:—"In the larger arteries, there is no sensible dilatation or contraction—therefore the pulse cannot depend on this alternative. The chief cause of the pulse is a strong and predominant impulse of distension from the systole of the left ventricle, given to the blood as it passes through any portion of an artery forcibly contracted within its natural dimensions." The pulse is felt when the motion of the blood is impeded by the compression of the artery, and it is the resistance to this obstruction which produces the pulse.

The doctrine of pulsation attracted the notice of medical writers immediately after Harvey's discovery; and, in 1707, Sir John Floyer published a work, peculiar in its style and in the opinions which he adopts, entitled "The Physician's Pulse Watch." It has the merit of pointing out a precise mode of ascertaining with accuracy the rate of the pulse, by means of an instrument adapted for measuring short intervals of time. This invention, although awkward in its construction, and inconvenient in practice, deserves to be recorded, as the first step of an important improvement in the practice of medicine.

By the strength or weakness, the slowness or frequency, the hardness or softness, the freedom or oppression, the regularity or irregularity of the beat of the artery against the pressure of the finger, we are now able to determine many momentous facts, relative, not merely to the state of the heart, but of the general system; and, in many cases, to prognosticate upon grounds which were altogether unknown to the earlier cultivators of medicine.

The pulse is influenced indirectly by the general state of the body, but directly by that of the heart, or of the arteries, or of both, or of the quantity of blood which the vessels have to contain.

The number of pulsations is generally greater in proportion as the person is younger.

At birth it is from	130	to	140	in a minute.
At one year	120	...	130	.....
At two years	100	...	110	.....
At three years	90	...	100	.....
At seven years	85	...	90	.....
At fourteen years	80	...	85	.....
At adult age	75	...	80	.....
At first old age	64	...	75	.....
At confirmed old age	60	...	65	.....

In an adult male of good health, and not too corpulent, the common standard of the pulse may be fixed at seventy strokes in a minute; but it varies in different individuals from sixty to eighty, being greatly affected by the temperament, and partly by the habit of life. In the man of a high sanguine character, it rarely sinks below eighty, and is often at ninety; and in the melancholic, it seldom rises above sixty, and sometimes sinks to forty. In some idiosyncrasies the discrepancy is so considerable, and complicated with other changes than those of frequency and tardiness, that there is no reducing them to any rule. Lizarri tells us of a person whose pulse was not more than ten beats in a minute. Dr. Heberden says he once saw a person whose pulse, as he was told, did not number, in the beginning of his illness, above twelve or sixteen a minute; though he suspects, in this and in all other instances where it is below forty, that the artery beats oftener than it can be felt, because such low pulses are usually unequal in their strength, and some of the beats are so faint as but just to be perceived; so that others, probably still fainter, are too weak to make a sensible impression on the finger. In women the pulse is, generally speaking, six or eight strokes in a minute quicker than in men; and hence many women in the enjoyment of good health, and who are of a lively disposition, have a standard pulse of eighty-five. In a weakly frame the pulse is usually rapid; for debility is always accompanied with irritability, and the heart partakes of the general infirmity.

The pulse may be counted with great accuracy up to a hundred and forty in a minute; and if the stroke be equal, and the wrist slender, so that we can take in more than half the artery by the pressure of two fingers, we can reach a hundred and eighty. Professor Frank, of Manheim, gives an instance, in a case of complicated inflammation of the heart, in which he was able to count two hundred; but beyond this there is confusion and uncertainty; and we must therefore receive with great doubt the assertion of Dr. Wendt, who says he has distinguished a pulse of two hundred and forty-three strokes in a minute. Sir John Floyer sets down a hundred and forty as the amount of "as many pulses as can be counted."

(To be continued.)

NEW METHOD OF DIAGNOSTICATING BILIARY CALCULI.—GALL STONES.

In a case of jaundice, M. Martin Solon, found that on pressing the hand below the region of the gall bladder, and, on directing the patient to make two or three expulsive and inspiratory efforts, he could feel the gall bladder impinge on the fingers, and could perceive a sort of crepitus produced by the friction of the gall stones on each other. The crepitus could be perceived also by the stethoscope.—*L'Union Medicale.*

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INTESTINAL WORMS.

No. V.

(*Continued from page* 125.)

TAPE WORM.—The symptoms that denote the presence of this worm in the intestines, include all those we have already described as common to other worms, as well as some which are peculiar to this species. The belly is generally very hard, and tense; the odour of the breath is peculiarly disagreeable, especially in the morning before taking food; the tongue is furred, notwithstanding the increased flow of a disagreeable, tenacious saliva; there is a particular heaviness, or languid blueish appearance about the eyes; the lips, especially the upper lip, are swollen; the nose itches, is pinched up and white; the bowels are irregular, either obstinately costive, or very relaxed; the urine is pale and limpid, in some instances of the colour of whey, or quite white. The pain in the region of the navel is sometimes of a most distressing character; it is of a heavy, nipping, or pinching or grinding character; sometimes it is more acute, and the poor patient will writhe in his severe agony. The appetite is variable; at one time voracious, and whatever food may be taken does not appear to satisfy the cravings of hunger; at other times food produces loathing and sickness. The body is wasted, the animal spirits depressed, and the unfortunate patient is in a miserable plight. If the disease be neglected, the patient is reduced by relaxed mucous stools, and cold debilitating sweats; then may follow convulsions, epileptic fits, palpitation of the heart, frequent faintings, hiccough, hectic fever, and finally death itself.

The weakness, ravenous appetite, paleness, and flatulence caused by this worm, may fairly be accounted for by the deficiency of the chyle, or nutriment necessary to support the body, which is devoured by the worm as soon as it arrives at the place where they inhabit. Their motion, and incessant gnawing and sucking the inner coat of the intestine, must produce an irritation which is sufficient to account for the agony, vomiting, sickness, epilepsy, convulsions, and all the evils connected with nervous affections.

The Treatment.—For destroying tape-worm one of the best remedies is unquestionably oil of turpentine. Its employment is not of very recent date, as it is now ascertained that a secret remedy of some repute in France, in 1781, known as Chabert's nostrum, consisted principally of turpentine. Dr. Fenwick, of Durham, was the first English physician who gave it a fair trial; and he published the result of his practice in the second volume of the *Medico-Chirurgical Transactions.*

Turpentine is usually given in doses of from half a drachm to a tea-spoonful, to a child, and from an ounce to an ounce and a-half to adults, either alone or with a little peppermint or cinnamon-water; for infants, the best medium is milk. These doses, however, in many obstinate cases will require to be considerably increased. A child of ten or eleven years old may take half an ounce without any evil effect, in ordinary cases; in females half an ounce is generally a proper dose to begin with, and it is seldom right to give more than an ounce; but men, if not very delicate and debilitated, may take two ounces with impunity Turpentine should not be taken fasting, as is too commonly directed, as it is then more liable to excite sickness, and thus be lost. Patients had better take it a couple of hours after some meal, and remain perfectly quiet. It seldom remains very quiet on the stomach, and is apt to produce much nausea, uneasiness, and a burning sensation; this is quickly followed by giddiness, paleness of the countenance, and sometimes an alarming state of intoxication. After a time, its purgative action commences; and this is invariably accompanied with vomiting.

We have found the best mode of administering turpentine to be, to give it in a full dose, and at the lapse of two hours to follow it by a full dose of castor-oil; we thus prevent the turpentine remaining so long in the system as to produce any permanent ill effect on the system, and at the same time allow it to exert its powerful action on the worm. During the time of its operation, the patient should drink copiously of tepid barley-water. The dose should be repeated twice a-week, until those symptoms which indicated the presence of the worm have vanished.

In small doses, as half a drachm or a drachm, turpentine is apt to enter into the circulation, and affect more especially the urinary organs, producing great irritability of the bladder, and sometimes inducing a discharge of bloody urine. It frequently occurs that the urine has a peculiar smell of turpentine for several days after it has been administered.

It was proposed by Dr. Kennedy to administer croton-oil for the purpose of completing the expulsion of the worm after it was destroyed by the oil of turpentine. He directed that one drop should be taken in beef-tea, at intervals of two or three days; he says, "the first dose will expel many joints or fragments of the worm, and a little perseverance in the plan will effect a perfect cure." We imagine that the mucous membrane must suffer materially from a succession of such powerful irritants as the turpentine and croton-oil: in our practice castor-oil has fulfilled every good purpose.

The bark of the root of the pomegranate is the most popular remedy for the removal of tape-worm, in India. According to M. Deslandz, it is much used by the negroes of the West Indies, who are great sufferers from this worm, and it is considered by them to be a panacea. Its deadly effect on tape-worm has been proved by the experiments of Gomèz and Mr. Breton. The latter placed some live tape-worms in a decoction of pomegranate-bark, and also in a mixture of the powder in water; and he found that when the worms were plunged in these preparations they died in five minutes. That their death arose from the influence of the bark is evident, as these worms live several hours after expulsion when kept in simple tepid water. The bark of the pomegranate-root may be administered in powder, the dose being from eight grains to a scruple, every other day. The decoction employed in India is made by boiling two ounces of the bark in a pint and a-half of water, down to nine ounces of decoction, of which a wine-glassful is given as a dose every half-hour until the worm is expelled, which is generally in about twelve hours.

Gamboge, the male fern-root, worm-seed (*artemisia santonica*), savine, rue, dittany, angelica, tobacco, hellebore, powdered tin, Harrowgate-water, electricity, and a thousand other known remedies, and as many more secret remedies, have all been lauded as successful vermifuges. In the removal of tape-worm we depend alone on turpentine as the destroyer, castor-oil as the expeller, and renewed strength and tone of the whole system as the preventive.

TO THE EDITOR OF THE "PEOPLE'S MEDICAL JOURNAL."

SIR,—I am one of a numerous class, who work hard and late all the week as a clerk, in a close office; and on the Sunday endeavour rationally to enjoy myself with my family—and am extravagant enough to treat myself to a copy of one of our local journals. About a month since, we were all quietly seated round the fire—the rain was pattering against the window—I had conned the paper through, thrown it on one side; and was engaged in quiet chat with my wife and some of the bairns, when the eldest, a youth of eighteen, touched me softly, and said, "Look at the Reverend Charles" (for so, in idleness, they call a lad of ten)—"actually he is reading the paper! I wonder what he makes of it." Charles over-hearing, replied, "I want to find what pa' was telling us about the Reverend Dr. W—'s speech at the rooms—about missionaries to the little blackamoors; but I can't find it: but this is so funny, pa'—but I can't understand it." "What is it, my boy?" said I—"ask and I will tell you, or put you in the way to learn." "It begins, pa'," said Charley, 'The ———, a medical work on physical disqualifications and impediments to marriage; illustrated by twenty-six anatomical coloured engravings on steel.'"

"Tut tut, give me the paper, boy," said I. My eldest boy could not avoid a laugh; my eldest girl found from the circumstance there was something wrong, and blushed in innocence. What could I say—what do, in such a case? Tom, a lad of fourteen, was also present; and as he is one of those inquisitive, prying lads who, knowing there is a secret, rest not till by hook or crook they are at the bottom of it; I fear a sad blow has been given to the chaste knowledge of my innocents. In the morning I waited on the editor and on the proprietor—told them the case. I remonstrated against their admitting such vile advertisements into a family newspaper; they spoke of the large and certain source of revenue these advertisements brought them in; and, finally, declined making any alteration—evidently viewing that which I feel to have been a moral degradation to my family, as a good joke. This same journal, I would add, is the mouth-piece of certain religious parties in the county; and next to the filthy advertisements (for there were four—one following the other) appeared one for a fancy bazaar in aid of an hospital, with ladies, the first in the county, for patronesses and committee—an advertisement for a church-extension meeting—and one for forwarding some religious purposes (what, I now forget) in Australia How the promoters of such meetings can allow their advertisements to be in juxta-position with those I have alluded to, I cannot understand. One religious man told me I was served right for reading newspapers on the Sabbath; but, Mr. Editor, I attend in my place, with all my family (who are of sufficient age to know what it means) in my usual place of worship, twice on each

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Sabbath (there is no afternoon service there); and I do not think reading the paper so bad as talking scandal, or envying our neighbours or friends.

One thing more, and I have done. In addition to the town I live in, there are three other considerable towns within fifteen miles. The four towns (one is a city) publish together eleven papers weekly, and not one of the eleven but admits this filth into their columns. Verily quackery must be a profitable trade, to fee highly (as the proprietor of the newspaper told me) so many; and venal must be the press, that universally panders to the lying and disgusting quacks who choose to pay their price. I fear this letter will be too long for insertion in your valuable Journal (to which I have had much pleasure in subscribing, though I fear the quantity of valuable matter there contained each week can scarcely be paid for by a penny). For obvious reasons, I do not give my locality; but, for your satisfaction, I enclose my name and address; and am,

Sir, your humble servant,
PATER FAMILIAS.

PLEASURE AND ADVANTAGES OF LABOUR.

The rich man pays dearly for health—the labouring man is paid to be healthy. Exercise is the best physician. Those who have strength and a good pair of legs need not to be drawn about by a donkey, in a cab, a brougham, or a carriage-and-four; nor will they envy those who are. Coaches are fine things for doctors. The more they increase, the more need will there be of medical men and drugs. Were our carriage-folks to walk, or to work, they would save themselves a marvellous degree of weakness and physic. People that never walk make for themselves feeble legs, and those who never work create for themselves weak arms, delicate hands, and infirm or crooked spines. Labour has its joys as well as its sorrows, and a far higher reward than that of wages. If this fact were better understood, no one would be idle. Far better is it to work for no pay at all, than to suffer the ills of having nothing to do. Go and sweep the causeway, mend the road, or relieve yonder poor traveller by carrying half of his burden, rather than sit still. What if there is no pay in pounds, shillings, and pence, there will be health, and the satisfaction of doing good, which, after all, are higher wages than the idle sinecure gains with his 10,000*l.* a year. 'Tis almost amusing to see a strong man or woman, with their faces tied up, going to the doctor's for physic, and walking through mud six inches deep. Why, if they had only scraped or swept the roads, or did a hundred other little odd jobs for exercise, for the public good, and their own comfort, they might have thrown off the bandage from their heads, and sent the physic down the drain to the rats. A good appetite, healthy digestion, and a free circulation of the blood, are among the blessings of labour.

Strange, and passing strange, is it, that the relation between the sexes—the passion of love, in short—should not be taken into deeper consideration by our teachers and our legislators. People educate and legislate as if there were no such thing in the world; but ask the priest, ask the physician: let *them* reveal the amount of moral and physical results from this one cause. Must love be ever treated with profaneness, as a mere illusion? or with coarseness, as a mere impulse? or with fear, as a mere disease? or with shame, as a mere weakness? or with levity, as a mere accident?—whereas it is a great mystery and a great necessity, lying at the foundation of human existence, morality and happiness—mysterious, universal, inevitable as death. Why, then, should love be treated less seriously than death? It is a serious thing. Death must come, and love must come; but the state in which they find us—whether blinded, astonished, and frightened, and ignorant, or, like reasonable creatures, guarded, prepared, and fit to manage our own feelings—this depends on ourselves; and, for want of such self-management and self-knowledge, look at the evils that ensue!—hasty, improvident, unsuitable marriages; repining, diseased, or vicious celibacy; irretrievable infamy, careless insanity; the death that comes early, and the love that comes late—reversing the primal laws of our nature.

DEATH OF A JOCKEY FROM "SWEATING."

An inquest was held on Thursday, at Horndean, Hants, on the body of George Davis, aged 23, a groom in the employ of J. Burrill, jun., Esq., who died that morning. The deceased had in training at Horndean a mare, which was to run at the ensuing races at Portsdown Hill. Deceased was to have been the jockey, and being desirous to decrease his weight, resorted to a practice, we believe not uncommon in such cases, of putting on a great quantity of additional apparel, and then taking walking exercise. Thus attired, and in perfect good health, he set out from Horndean, at a quick pace, and returned in two hours, but so completely exhausted as to render it necessary that he should be placed in bed. He did not rally, however, but soon after was a corpse. Verdict—"Died from exhaustion."

PLEURITIS—PLEURISY—INFLAMMATION OF THE PLEURA—STITCH IN THE SIDE.

BY THE EDITOR.

The pleura is the fine serous membrane which lines the cavity of the chest; it consists of two parts, or bags, each of which is a shut sac, one part lining the inner part of the chest, called the *pleura costalis*, and the other investing the lungs, and called the *pleura pulmonalis*. The office of the pleura is to secrete a bland fluid, for the purpose of lubricating the parts, and allowing the lungs, during expansion and contraction, a free play on the parts with which they come in contact.

Pleurisy signifies inflammation of this membrane. Modern pathology has narrowed the application of the term, which, in the earlier ages of medicine, was employed to express pain in the side, without reference to the seat of the uneasy sensation, provided it was acute in its character, and accompanied with fever. The frequency with which pleurisy is complicated with inflammation of the substance of the lung, led many to suppose that the former was so essentially connected with the latter as to be incapable of an independent existence. It is now, however, clearly established, that although the substance of the lung and its enveloping membrane are often involved in the same inflammation, still there is no necessary connection between the affection of the one and that of the other. As well as being implicated with inflammation of the lung, we occasionally find pleurisy a symptom or result of typhus, catarrh, rheumatism, the eruptive fevers (measles, small-pox, &c.), and of hypertrophy, or enlargement of the heart.

Amongst the *causes* of pleurisy may be enumerated the inclemency of winter; long exposure to cold after violent exercise; the metastasis of gout, rheumatism and cutaneous diseases; blows on the chest; and fractures of the ribs. Among the *predisposing causes*, a slender frame; narrowness of the chest; the immoderate use of spirits; and tubercles in the lungs. In youth and middle life, plethora, violent exercise, intemperance, and cold, frequently bring on pleurisy; but in old persons, and persons of delicate constitution, who take great care of themselves, it is still more frequent. The worst cases, as Laennec truly remarks, occur in the weakest subjects.

Pleurisy presents itself under so many varied forms, that we shall find it difficult to exhibit it in one general description. It may be acute or chronic; it may affect one side of the chest, or both sides; it may be general, involving the whole of one side; or partial, only involving part of one side; it may be simple or complicated; the complication may be either accidental or essential, and in the latter case the pleurisy and its complication stand to each other in the relation of effect and cause.

We now proceed to consider the general symptoms of Acute Pleurisy. Acute pleurisy commences with the usual symptoms of a febrile attack; as chilliness or shivering, succeeded by heat and restlessness. The respiration is hurried, and breathing is performed by a succession of short "jerky" gasps. The pain which is produced by a full inspiration compels the patient instinctively to avoid the perfect expansion of the chest; and the smallness of the quantity of air received into the lungs by each short gasp demands that the respiration should be quickened, so as to compensate for this small quantity. The pain or "stitch" in the side, is of a sharp, lancing character, and is usually felt just above the short ribs, or around the centre of the breast; it is usually restricted to a circumscribed space of very limited extent, corresponding to the seat of the inflammation; it sometimes, however, changes about, and is occasionally met with on the opposite side to that involved in the disease. The pain is generally increased by coughing, and every paroxysm is dreaded by the patient, who endeavours to repress it as much

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as possible; when the attack can no longer be averted, he will firmly press his hands on his side or breast, so as to render the ribs as immovable as possible, and thus to mitigate a part of the tearing and cutting pain. Pressure between the *intercostal* spaces—that is, the soft muscular parts between the ribs, gives acute pain. The patient generally lies most easily on the affected side, or on the back, and cannot turn on the opposite side without a great increase of the difficulty of breathing. There is, however, great difference of opinion amongst the best medical writers about the position in which a patient labouring under pleurisy finds himself most easy. Dr. Law gives it as the result of his observations that, generally, as long as the acute lancinating pain of the side continues, the aggravation of it caused by the pressure makes the patient put himself on the opposite side, or upon his back. When the pain has ceased, and extensive effusion takes place (to which we shall refer hereafter), the position before avoided is now adopted; because the effusion having interrupted the function of one lung, a necessity for greatly augmented action devolves upon the other; and in order to favour this, and to let the muscles have the freshest action on the unaffected side of the chest, the patient lies on the diseased side.

When the pleurisy is caused or aggravated by tubercles in the lungs, the pain in the chest then corresponds with the seat of these foreign bodies; hence when pleurisy attacks a patient in the earliest stage of consumption, the pain is most acute under the *clavicles*, or collar bones, in the hollow of the *axilla*, or armpit, or between the shoulders. This is a very important symptom, and one of much practical value in cases in which pulmonary consumption is suspected; as, whilst the stethoscopic signs are doubtful, pain situated in these parts will enable us to diagnose the real condition of the patient, and direct such treatment as may be preventive of the more formidable affection.

In some cases the pain is confined to the margin of the lower ribs, especially on the right side, so as to cause a doubt whether the inflammation be seated in the abdominal or thoracic serous membrane.

The cough in pleurisy is at first short and dry; after a time it is accompanied with a thin mucus expectoration, and sometimes it is tinged with blood, or mixed with puriform matters. If the expectoration be abundant, and changed in character from mucus, we may then suspect the inflammation has reached the substance of the lungs, or that the bronchial tubes are also implicated. Cough is not always present; many cases of acute pleurisy occur in which this symptom is entirely absent, or is so slight as to attract little attention from the patient.

The febrile symptoms which attend pleurisy are not marked with an uniform intensity, but more generally the fever is urgent. The pulse is strong, *hard*, and frequent; the tongue is loaded with a thick fur; the skin is hot, dry, and harsh; the urine is scanty and high-coloured; the thirst is excessive, and the mouth and throat hot and parched; the patient is restless and dispirited; he is seldom soothed by sleep, and his countenance is flushed, and expressive of considerable *anxiety* and suffering. This anxious expression of the features is most characteristic of the disease, and is a sign seldom overlooked by the physician.

The chief *physical signs* of pleurisy, are, dulness of sound on percussion, or absence of the ordinary resonance of the affected side when percussed; a peculiar modification of the voice, termed *ægophany*, from its resemblance to the voice of a goat; bronchial respiration; and, sooner or later, complete absence of the respiratory murmur, and an observable dilatation of the affected side.

The occurrence of these symptoms precludes all possibility of ambiguity as to the nature of the disease, or the requisite means of relief,

We shall continue this subject next week.

PHARMACOLOGY.

No. VIII.

EXPECTORANTS.—(*Continued from page* 125.)

Ipecacuanha:—(See page 77.) This well-known root possesses three medical properties, as formerly detailed: it is sudorific, expectorant, and emetic. The powder frequently acts on peculiar constitutions as an irritant, and is capable of inducing spasmodic asthma. As an expectorant in cough, asthma, and bronchitis, it is generally combined with squill and other substances. The following are some useful prescriptions in which this drug is the active ingredient. 1. *For Asthma:* take—Powdered ipecacuanha, ten grains; powdered squills, ten grains; extract of conium, half a drachm; oil of aniseeds, two drops; mix, and divide into ten pills, one of which may be taken twice or three times a-day. 2. *For Cough with Fever:* take—Ipecacuanha-powder, six grains; nitrate of potash, half a drachm; refined sugar, a scruple; mix, and divide into six powders, one of which is to be taken every four hours. 3. *For Bronchitis:* take—Ipecacuanha wine, two drachms; syrup of white poppies, two drachms; nitrate of potash, two scruples; mucilage of gum-arabic, half an ounce; almond emulsion, seven ounces; mix. Dose, two table-spoonsful every two hours. 4. *For Bronchitis in young children:* take—Ipecacuanha-wine, two drachms; syrup of white poppies, one drachm; syrup of lemon, one drachm: mucilage of gum-arabic, four drachms; water, one ounce; mix. Dose: a tea-spoonful every second hour.

Antimony:—(See page 84.) The action of antimony as an expectorant depends in a very great degree on its nauseating and emetic properties. *The compound powder of antimony* is an imitation of the well-known "Dr. James's fever powder," which was brought into notice about the middle of last century: it is a most valuable remedy, in all chest affections in which there is any increase of fever: the dose is usually from three to ten grains. *Antimonial wine* and *tartar emetic* are the two other preparations of antimony used as expectorants. Antimony may be prescribed according to the following forms:—1. *For a recent cough:* take—Tartar-emetic, one grain; nitrate of potash, half a drachm; oxymel of squills, paregoric, of each one drachm and a-half; barley-water, five ounces and a-half; mix. Dose: a large spoonful several times during the day. 2. *For chronic cough in old persons:* take—Antimonial-wine, four drachms; paregoric, four drachms; syrup of tolu, one ounce; mixture of ammoniacum, four ounces; mix. Dose: a dessert-spoonful when the cough is troublesome. 3. *For children in inflammation of the lungs:* take—Antimonial-wine, one to two drachms; tincture of opium, two drops; syrup of lemons, half an ounce; mucilage of gum-arabic, half an ounce; water, one ounce; mix. Dose: one to two tea-spoonsful (according to age) every two hours.

DIURETICS.

DIURETICS are those medicines which increase the secretion of the urine, either by directly stimulating the kidneys, or by exciting the absorbents to bring a greater quantity of fluid within the sphere of their operation. Some of these agents, such as the carbonate and nitrate of potash, pass unaltered into the urine; others enter into new combinations, or are decomposed, such as iodine, which is converted into hydriodic acid; the tartrates and acetates of potash and soda become decomposed and form the carbonates of the same alkalies.

Armoracia:—Horse-radish. (See page 84.) This is a stimulating diuretic. It may be thus prescribed:—*For elderly persons*, Take—Horse-radish, sliced or scraped, half an ounce; juniper berries, bruised, two drachms; boiling water, a pint; macerate in a closed vessel, and when cold strain; and add sherry-wine, four ounces; oxymel of squills, two ounces; mix. Dose: a wine-glassful every morning. *The Compound Infusion of Horse-radish* is thus prepared:—Take—Horse-radish, sliced, mustard-seeds, bruised, of each an ounce; compound spirit of horse-radish, one ounce; boiling distilled water, a pint; macerate the root and seeds in the water for two hours in a vessel lightly covered, and strain; and then add the compound spirit of horse-radish. This is a valuable stimulating diuretic in paralysis occurring in elderly persons. Dose: a wine-glassful twice or three times a-day. *The Compound Spirit of Horse-radish* is prepared by distilling horse-radish, dried orange-peel, nutmeg, and proof-spirit; the dose is from two to four drachms. It may be thus combined in cases wherein there is an impaired secretion of, and difficulty in passing, urine in old people:—Take—Compound spirits of horse-radish, two drachms; spirits of sweet nitre, four drachms; tincture of squills, two drachms; infusion of calumbo, five ounces; mix. Dose: two table-spoonsful every four or five hours.

Dulcamara:—Woody Night-shade, or Bittersweet. The twigs of the bitter sweet are ordered by the London College to be made into a decoction, by boiling ten drachms in a pint and a-half of water, down to a pint. The dose of which, as a diuretic, is from four drachms to an ounce three times a-day, combined with an aromatic. This well-known climbing-plant, that adorns our hedges and thickets by its gay, tempting berries, is a dangerous narcotic poison; and has occasionally caused serious accidents among children. It is valuable in some skin diseases, as lepra, and psoriasis; but requires to be sedulously watched in its operation.

(To be continued.)

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

FEVER MIXTURE FOR CHILDREN.—Take—Nitrate of potash (saltpetre), one scruple; antimonial wine, half a drachm; carbonate of potash, half a drachm; syrup of lemons, two drachms; water, four ounces; mix. Dose: for a child four years old, a desert-spoonful every three or four hours.

FEVER POWDERS FOR CHILDREN.—Take—Tartarised antimony, one grain; nitrate of potash, half a drachm; white sugar, two scruples. Mix, and divide into sixteen powders; one of which may be taken two or three times a-day.

CHEEG'S WORM LOZENGES.—This celebrated quack nostrum is thus prepared:—The *yellow* lozenge, which is to be taken at night: take—saffron, half an ounce; water, a pint; boil and strain; add white panacea of mercury, (calomel washed in spirit-of-wine) one pound; white sugar, twenty-eight pounds; mucilage of gum tragacanth, sufficient to form a paste. Each lozenge to contain, one grain of panacea. In effect, this advertised remedy consists of a lozenge containing a grain of calomel. The *brown* lozenge, which is to be taken the following morning, is made by taking panacea, seven ounces; resin of jalap, three pounds and a half; white sugar, nine pounds; mucilage of gum tragacanth, sufficient to form a paste. Each lozenge to contain half a grain of panacea. So that the morning dose is half a grain of calomel, and six or seven of jalap.

ALUM GARGLE.—Take—of alum, one scruple; honey of roses, one ounce; infusion of roses, seven ounces; mix. To be used often. (This is very useful in simple relaxation of the throat.)

LABOUR seems necessary to man's bodily and mental health and comfort. Those who do not engage in some useful profession or trade, or, failing that, have not the self-denial and energy to create, as it were, for themselves useful occupation, are apt to fall into great vices of mind and body, or else to lapse into a state of apathy and listlessness, pernicious and despicable.

LONG SLEEP retards the vital movements; diminishes the circulation and the vivacity of the pulse; thickens the liquids of the body, whose thinner parts are lost in internal secretion, and in perspiration. Long waking, on the other hand, enfeebles the functions of the brain, and the nervous and muscular systems in general.

DIETARY, WHOLESOME AND ECONOMIC.

PIGEON PIE.—Line the bottom of a pie-dish with a pound of rump-steak cut into slices not too thin, seasoned with a little salt, pepper, and cayenne, and dipped into flour, have ready picked and drawn a couple of pigeons, cut off the feet, turn the legs in, fold up the pinions of the wings, and lay them breast to breast upon the meat, have the yolks of four hard-boiled eggs, which put at the sides, sprinkle a little pepper and salt over the pigeons, lay a bay-leaf upon the top, pour in a little water, cover with paste, stick the feet in the top, and bake it rather better than an hour in a moderate oven; and serve either hot or cold.

A FAMILY FRENCH SALAD FOR THE SUMMER.—I can assure you that, when in France, during the hot weather I used to enjoy the following salads immensely, having them usually twice a-week for my dinner; they are not only wholesome but cheap, and quickly done. Cut up a pound of cold beef into thin slices, which put into a salad bowl with about half a pound of white fresh lettuce cut into pieces similar to the beef, season over with a good tea-spoonful of salt, half the quantity of pepper, two spoonsful of vinegar, and four of good salad-oil, stir altogether lightly with a fork and spoon, and when well mixed it is ready to serve. For a change, cabbage-lettuce may be used, or, if in season, a little endive (well washed), or a little celery, or a few gherkins; also, to vary the seasoning, a little chopped tarragon and chervil, chopped eschalots, or a little scraped garlic, if approved of; but all in proportion, and used with moderation. White haricot beans are also excellent with it.—*M. Soyer.*

DRIED FIGS are the most nourishing of the dried fruits, and were given to the ancient gladiators as a part of their food.

BOILED CHESTNUTS are used as a substitute for potatoes in many parts of Italy.

OYSTERS are more easily digested when raw than when dressed in any form whatever. They are nourishing, without being heating, and are very proper in consumptive cases, or for patients who are recovering from a fit of sickness, whose weak stomachs will not digest flesh meats. No diet will sooner restore strength than raw oysters eaten with a rump-steak properly broiled.

DR. FRANKLIN had for some time adhered to a diet purely vegetable; but in the course of a voyage he had taken from Boston to Philadelphia, some cod were caught, which were dressed on board, the flavour of which seemed so delicious, that he broke through his vegetable system, and ever after continued to eat like the rest of mankind, recurring only occasionally to his vegetable plan. Some small fish had been found in the belly of the cod, which led him to reason thus: "If you eat one another, I see no reason why I should not eat you."

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at Mr. MILES'S MEDICAL AND SURGICAL ESTABLISHMENT, 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

W. M. M.—First:—See Dr. Franklin's advice to swimmers. We do not believe there is any *certain* means of preventing cramp. Second:—Hooper's is the best, price 21s.

ABRAHAM TURNER (Halifax).—We cannot understand your letter.

HOMO (Lambeth).—Live more generously; take two grains of the trisnitrate of bismuth, and six of rhubarb, one hour before dining, daily.

AN IPSWICH SUBSCRIBER.—We have repeatedly said that we do not give gratuitous advice in cases having a like origin to yours; you should have considered the consequences in the hour of your folly.

JAMES (Liverpool).—For your "little girl," see article on Thread-Worms, No. 14, page 108. The statement of your own case is too indefinite.

J. B. SNENTON.—Apply to a dentist. There is an article on "Stopping Teeth," in No. 9, page 68.

E. C. (Downham).—We decline answering the question. Could we do so favourably to the person interested, we should not hesitate to satisfy your curiosity.

JOHN A—L—S (Stroud).—Two hours before dinner, when the stomach is empty, is the best time to use the warm-bath.

A CITIZEN.—"Chop-house dinners" are not so nourishing as a family dinner. Man is a social animal, and when there is abundance of food he relishes his meals more when he partakes of them in company with others, than when he devours his "chop, and kidney to follow," in a cold, melancholy manner, by himself.

JESSE (Fenchurch-street).—"Prophylactic" signifies to guard against; in medicine, prophylactics are those means which prevent disease, and preserve health. "Psora" is the itch.

JOHN ANDREWS (Clerkenwell).—If the advice be worth having, it is worth coming for. We decline prescribing for you without seeing you.

B. B. C. (Leeds).—Read the Editor's pamphlet on Indigestion. (See page 12.)

S. H. B. (Norwich).—We occasionally receive some letters written for the mere purpose of obtaining "curious" information of an indelicate character, serving no proper purpose; such communications, in nine cases out of ten, are evidently written by persons not so well-educated as you appear to be by the style of your writing. You have now the satisfaction of knowing that you are the "nasticst" scribbler who has addressed us.

FRED. S. (Perth).—They are all desperate quacks.

A MOTHER.—Weakly children ought to be accustomed to a hard bed, and a slight covering; the body will thereby be invigorated. Feather-beds are decidedly improper.

JAMES HARTLEY.—Take—Tartrate of potash, one drachm and a-half; infusion of quassia, two ounces; infusion of senna, four ounces; tincture of senna, half an ounce; syrup of orange-peel, half an ounce; mix. Dose: a wine-glassful early in the morning.

ANDREW B. (Chester).—You will find Nevill's Patent Flour of Lentils the same article as the Revalenta, with this difference, that it is one-third less in cost.

MARGARET JANE (Harwich).—The question whether a physician ought to encourage and cherish *hope* in his patient *to the last*, has been much discussed. Such conduct has, by some, been deemed improper in a religious point of view. Unless, however, it is strongly insisted on by the patient, or his near relations, any intimation of great danger, had better be avoided; for it sometimes happens that the most experienced and sagacious physician is mistaken in his prognostics, and persons recover from the brink of the grave, who, probably, would not have escaped had they been informed that there was but little or no prospect of recovery.

G. R. (Halesworth).—See "Family Prescriptions" in the present number.

JOHN SYMES (Truro).—If you request the gentleman who is now attending you to write to us, we will with pleasure communicate to him our opinion on your case. We decline interfering with the treatment of a patient whilst he is under the care of another practitioner.

A. B. C. D.—Do not be alarmed: there is a great difference between disease and *disorder*. The symptoms of dilatation of the heart are: fluttering of the heart; a full, frequent, weak and irregular pulse; swelling of the veins of the neck; great difficulty of breathing; a dusky skin; a bloated and anxious countenance; drowsiness, and sometimes dropsical effusions.

DAVID WALSHE.—Certainly. We are always "at home" on Sunday until one o'clock.

TOBIAS.—Smith, the truss-maker, in High Holborn, will honestly supply you.

A DEBILITATED MAN.—The helpmates to recover your lost health are, temper, temperance, and sleep. By good-temper the mind is preserved from disease; by temperance, the body; and, when both the mind and the body are exhausted, they are again recruited and restored to their power and strength by a sufficient quantity of sleep.

ALICE JEAFFERSON.—See article on the "Diseases of Women," in No. 6.

S. G. (Ruswarp).—You are wasting valuable time; "spitting blood" must always be considered an alarming symptom. We fear you have been improperly treated. Consult Mr. Wilson, of Whitby, or, if you can travel so far, see Dr. Belcombe, of York.

A REPORTER.—See answer to AN ARTISAN, in last number.

A SHOPMAN.—Sleep on a hard bed; dash the body with cold water daily; take—four drachms of the tincture of the sesquichloride of iron; four drachms of tincture of lyttæ; mix. Dose: fifteen drops, three times a day, in water.

HAROLD.—Unless prevented, the symptoms will rapidly increase; we cannot give you the advice you require in this column.

R. P. (Newtown).—Your anxiety may be removed, if you would religiously follow proper advice.

JAMES JONES (Halifax).—The symptoms in all probability are caused by indigestion. See pages 41, 42, in the Editor's little work on that complaint, and then write again.

JULIUS (Tonbridge Wells).—The "offensive breath," in all probability, arises from disordered stomach, or worms. See answer to CLAUDE MELNOTTE, in No. 4.

GEORGE W. (Strand).—Bathe the feet in a solution of alum; say two ounces of alum to half a gallon of water. We did not receive your former notes.

WHERE IS IT?—St. Mary's Hospital is a noble structure about being opened at Paddington; it is near the terminus of the Great Western Railway. The medical staff is not yet appointed.

HERCULES (Richmond).—See answer to JOHN BAKER, in No. 9. If not better in a week or two, you had better call.

WILLIAM ASH.—Take a warm bath at ninety-six degrees, twice a-week; let the diet, by nourishing, act upon the bowels by a laxative, as the pills prescribed as "Laxative Pills' in No. 14, page 111. The less medicine you take the better.

D. S. L.—Take—Antimonial-wine, one drachm; nitre of potash, half a drachm; Dover's powder, a scruple; syrup of saffron, two drachms; water, four ounces, mix. Dose: two table-spoonsful every four or six hours. This is a useful mixture at the commencement of "cold," or influenza.

JOHN CHAMBERLAIN (Limehouse).—The voyage may be undertaken with safety. Many persons older than your mother have reached India with little annoyance. If sea-sickness be much dreaded, shorten the voyage by the overland route.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—E. X. (Ipswich). COTTON (Liverpool). LUPUS (Chester). A CABINET-MAKER (Pimlico). S. CLARK (Montrose). WILLIAM HERBERT (Leicester). DIPHTHONG (Rochester). A POOR CLERK (Landport). C. DOMINI (Poole). ABRAHAM FARMER (Newport). ANN PAGET (Chichester). B. ROLAND CAXTON, jun. AN OPERATIVE (Crewe). WALTER. EDEN WALSH. THOMAS GARBUT (Birmingham). A PRIVATE TEACHER (Liverpool). W. A. MARTINS.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—CHARLES COLLINS (City-road). W. JACOBS (Bartholomew-close). R. J. O. (Bow-street). A STRANGER. O. R. I. C. SIXTEEN-TWO. T. FARE (Gravesend). A TAILOR. C. I. AN OLD PATIENT. W. NASH. AN EXCISEMAN. A POOR WIDOW. WAMBA. ROBERT JACKSON. WILLIS GARBUT. ALEXANDER MILLER. R. (Stracy-street). A WHARFINGER. DAVID DOUGLAS (Burr-street). J. T. (Globe-road). FRANK PETERS (Camberwell-green). WATERLOO. JAMES TOMKINS (Colet-place).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 18.—Vol. I.] SATURDAY, MAY 4, 1850. [ONE PENNY.

DISEASES OF THE HEART.

BY THE EDITOR.

No. IV.

Palpitation.

(*Continued from page* 131.)

There are few sensations better known, and few that create more uneasiness, than that to which the term PALPITATION is popularly applied; and it is not therefore surprising that medical men should have directed so much of their attention towards it. By some it has been advanced to the rank of an *idiopathic*, or original, affection, and by them has been considered the same as a convulsion. By others, and certainly with more justice, it is viewed merely as a symptom, arising from various causes, — sometimes quite remote and unimportant — but frequently indicating, with other symptoms, disease in one or other part of the body.

The vibratory and irregular action which we denominate palpitation of the heart, is sometimes sharp and strong, in which case it is called a throbbing of the heart; when it is soft and feeble, it is called a fluttering of the heart.

The rebound of so strong a muscle as the heart, against the inside of the chest, must depend for its violence upon the violence of the jerk with which the blood is spasmodically thrown into the aorta; and this, in many instances, is so powerful as to be distinctly heard by by-standers. Castellus has given an example of this sonorous effect; and Mr. Dundas has observed it in various cases. "The action of the heart," says the latter, "is sometimes so very strong as to be distinctly heard, and to agitate the bed the patient is in so violently, that his pulse may be counted by looking at the motions of the curtains of the bed." Schenck relates a case in which the heart palpitated so violently as to break a rib; and Portal mentions an instance of the violence of the palpitation rupturing the ventricles of the heart— the patient dying, absolutely, of a "broken heart."

When the palpitation is permanent, it is always, or nearly always, the result of organic disease existing within the chest; more especially of water accumulated in the cavities of the pleura or pericardium; of ossified valves; or of acute or chronic pericarditis.

When the palpitation is occasional, it may also sometimes indicate structural derangement; but it is far more commonly the evidence of sympathetic disturbance in the action of the heart.

As we shall hereafter have to consider the Organic Diseases of the heart, we shall in this paper confine our remarks to palpitation, as a symptom *of* other disorder of the system, or as sympathetic *with* some other disorder.

Every one must be sensible of the influence of strong emotions and passions of the mind over the actions of the heart; and palpitation from these causes is very frequent. The passions founded on pleasure cause an universal expansion—if so it may be expressed—of vital action. The blood, under their animating influence, flows more liberally to the surface of the body, and plays more freely through the minute blood-vessels, the countenance becomes expanded, its expression brightens, and the whole surface acquires the ruddy tint and genial warmth of health. The body also feels buoyant and lively, and there is a consequent disposition to quick and cheerful muscular motions; to run, to jump, to dance, to laugh, to sing; in short every function would seem to be gladdened by the happy moral condition. The common expressions, therefore, of "the heart is light, or leaps with joy," "to swell with pride," "to be puffed up with vanity," are not altogether figurative; for the heart does bound more lightly, and the body appears literally to dilate, under the pleasurable affections of the mind. Felicity itself, however, if it exceed the bounds of moderation, will oppress and overwhelm us. Extravagant joy increases unnaturally and unequally the circulation, and occasions a painful stricture of the heart and lungs, accompanied with sighing and sobbing, as in severe grief. Under its influence the countenance will turn pale, the blood will flow back to the heart with a rapid and violent action, the limbs will tremble and refuse their support to the body, and, in some cases, fainting, convulsions, hysterics, and even instant death, may ensue. "Excessive and sudden joy," says Haller, "often kills, by increasing the motion of the blood, and exciting a true apoplexy."

Under the active influence of the painful passions, the whole body appears, as it were, to shrink or contract. The blood abandons the surface, and being thus thrown in undue quantity upon the internal organs, then follows that inward oppression, that painful sense of stricture, tightness, and suffocation, and that consequent desire for fresh air, which always mark the intensity of grief, sorrow, or despair. Hence the frequent sighing under severe grief, which act consists in a deep inspiration, succeeded by a corresponding expiration, and so, by freely expanding the chest, and affording a larger supply of air, it alleviates, in some measure, the heart and lungs of the suffocative load. What human being, unless privileged beyond the rest of his species, but must be acquainted with that dreadful sense of tightness, and weight, and palpitation—that panting and struggling for the breath, which denotes sorrow in its graver forms? In anger, the motion of the heart is feeble, laboured, irregular, and always painful. In fear, the heart is oppressed and constricted; it flutters, and palpitates violently. Under the influence of shame, the blood rushes to the surface, the "face burns," the heart palpitates and flutters. When startled or surprised, the man even of the strongest nerve experiences some modification of the well-known feeling familiarly called "the heart leaping into the mouth," or "the heart had such a turn over."

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It will now be seen how important it must be to every subject who may be of a delicate or sensitive constitution, or who may have any disease, or any predisposition to disease of the heart, to avoid the risk of such mental excitement as may induce or aggravate palpitation.

Palpitation of the heart frequently arises from certain deranged conditions of the abdominal viscera, and consequently it is a frequent symptom of dyspepsia and diseased liver.

Painful sympathetic affections of the heart are often the most troublesome symptoms that accompany disorders of the stomach, and are always the most alarming to the patient. They appear under various forms, and frequently assume, in a very great degree, all the characters of fixed disease of the heart or larger vessels. The slightest, and perhaps most common form, consists of a momentary feeling of rolling, or a trembling motion of the heart, like that which is produced by a sudden surprise or fright, and is accompanied by an intermission of the pulse. This feeling may occur once or twice, frequently, or only at long intervals; it is sometimes accompanied by a sensation as if the heart were violently grasped. In other cases, the affection assumes the form of continued fits of palpitation, or strong and irregular action of the heart, which continue without any remission for an hour or more at a time, and recur in this manner daily. They are, of course, accompanied by irregularity of pulse when the action of the heart is irregular; but, frequently, there is no irregularity in the action, the affection consisting merely of a strong pulsation, which the patient feels, or hears throbbing in his ear, and can count distinctly by the sound, especially when he is in bed. The affection is always very alarming to the patient, and sometimes perplexing to the practitioner; for, from the permanency of the symptoms, they often assume the character of disease of the heart, and may even exhibit some of the stethoscopic signs, when, in truth, they are caused alone by the disorder of the stomach. Flatulent distensions of the stomach may produce pressure on the aorta and other large blood-vessels, and arrest the flow of blood; and it is in this way that apoplexies after full meals are produced; the blood, in its course to the lower extremities, being impeded by the pressure of a heavy stomach on the aorta, is forced to the superior part of the body, and the carotid arteries too strongly inject the brain.

Palpitation of the heart is frequently idiopathic,—perhaps we had better say, constitutional,—in persons of peculiar temperaments; thus we find individuals of a nervous temperament prone to palpitation from causes which, to one of a lymphatic temperament, would fail to induce any effect upon the heart or the circulation. Next to the nervous, the sanguine temperament offers the greatest number of examples of palpitation—not the result of actual disease.

General debility of the whole frame is always attended with weakness of the heart's action, and we therefore find some degree of tremulous palpitation always attends the convalescence of invalids from other diseases.

Palpitation of the heart is a constant attendant on Hysteria and Chlorosis; it is also a frequent companion of pregnancy.

In examining the heart with a view of detecting the cause of its inordinate or irregular action, the peculiar temperament, the pursuits, and the habits of the patient must not be overlooked. There can be no doubt that before Laennec's ingenious method of mediate auscultation by the stethoscope, that innumerable individuals were doomed to the misery of believing they were the subjects of a diseased heart, when, in fact, that vital organ was only sympathising with, and *not* the cause of, some other, and perhaps remote, departure from the standard of health.

(To be continued.)

Another case of murder by causing abortion has been discovered at Nottingham. The perpetrator has, it is said, made her escape.

BODILY EXERCISE.

Bodily exercise is one of the most important means provided by nature for the maintenance of health; and in order to prove the advantages of exercise, we must show what is to be exercised, why exercise is necessary, and the various modes in which it may be taken.

The human body may be regarded as a wonderful machine, the various parts of which are so beautifully adapted to each other, that if one be disturbed all must suffer. The bones and muscles are the parts of the human frame on which motion most depends. There are four hundred muscles in the body; each one has certain functions to perform, which cannot be disturbed without danger to the whole. They assist the tendons in keeping the bones in their places, and put them into motion. Whether we walk or run, sit or stoop, bend the arm or head, or chew our food, we may be said to open and shut a number of hinges, or ball-and-socket joints. And it is a wise provision of nature, that, to a certain extent, the more the muscles are exercised, the stronger do they become; hence it is that labourers and artisans are stronger and more muscular than those persons whose lives are passed in easy occupations or professional duties.

Besides strengthening the limbs, muscular exercise has a most beneficial influence on respiration, and the circulation of the blood. The larger blood-vessels are generally placed deep among the muscles; consequently, when the latter are put into motion, the blood is driven through the arteries and veins with much greater rapidity than when there is no exercise; it is more completely purified as the action of the insensible perspiration is promoted, which relieves the blood of many irritating matters, chiefly carbonic acid and certain salts, taken up in its passage through the system, and a feeling of lightness and cheerfulness is diffused over body and mind.

We have said that a good state of health depends in a great measure on the proper exercise of *all the muscles*. But on looking at the greater portion of our industrial population—artisans and workers in factories generally—we find them, in numerous instances, standing or sitting in forced or unnatural positions, using only a few of their muscles, while the others remain, comparatively speaking, unused or inactive. Sawyers, filers, tailors, and many others, may be easily recognised as they walk the streets by the awkward movement and bearing impressed upon them by long habit. The stooping position especially tells most fatally upon the health: weavers, shoemakers, cotton-spinners, and dressmakers have generally a sallow and sickly appearance, very different from that of those whose occupation does not require them to stoop, or to remain long in a hurtful posture. Their common affections are indigestion, diarrhœa and dull headache, with giddiness, especially during summer. They attribute their complaints to two causes, one of which is the posture, the body bent for thirteen hours a-day, the other, the heat of the shop.

Besides the trades above enumerated, there are many others productive of similar evils by the positions into which they compel the workmen, or by the close and confined places in which they are carried on; and others, again, in their very nature injurious. Plumbers and painters suffer from the noxious materials which they are constantly using, grinders and filers from dust, bakers from extremes of temperature and irregular hours. Wherever there is physical depression, there is a disposition to resort to injurious stimulants; and "the time of relief from work is generally spent, not in invigorating the animal frame, but in aggravating complaints, and converting functional into organic disease."

But there are others who suffer from artificial poisons and deficient exercise as well as artisans and operatives—the nu-

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merous class of shopkeepers: the author above quoted says, "Week after week passes without affording them one pure inspiration. Often also they have not exercise even in the open air of the town; a furlong's walk to church or chapel on Sunday being the extent of their rambles. When they have the opportunity they want the inclination for exercise. The father is anxious about his trade or his family, the mother is solicitous about her children. Each has little taste for recreation or amusement. . . . The various disorders, generally known under the name of indigestion, disorders dependent on a want of circulation of blood through the bowels, biliary derangements, constipation and headache, are well known to be the general attendants on trade, closely pursued. Indeed, in almost every individual, this absorbing principle produces one or other of the various maladies to which I have alluded. More marked is the effect when anxiety is added. This greatly reduces the functions of the stomach; it produces flatulency, and often diarrhœa; it sometimes affects even the kidneys; it almost always, when long continued, produces permanent disease of the liver. Cancer of the stomach, moreover, and other malignant diseases occur most frequently among the victims of mental depression and care."

The great remedy for the evils here pointed out is bodily exercise of some kind every day, and as much as possible in the open air. An opinion prevails that an occasional walk is sufficient to maintain the balance of health; but if the intervals of inaction be too long, the good effect of one walk is lost before another is taken. Regularity and sufficiency are as much to be considered with regard to exercise as to our meals or sleep. Sir James Clark says, that "the exercise which is to benefit the system generally, must be in the open air, and extend to the whole muscular system. . . . The house-exercises now in fashion, and which have been dignified with fine names, are certainly a degree better, if directed with judgment, than the immovable positions in which girls were formerly kept; but if they are to be made a substitute for exercise in the open air, they will prove highly injurious to the rising race of females. Without regular exercise out of doors, no young person can continue long healthy; and it is the duty of parents in fixing their children at boarding-schools to ascertain that sufficient time is occupied daily in this way. They may be assured that attention to this circumstance is quite as essential to the moral and physical health of their children, as any branch of education which they may be taught."

Exercise, however, must be regulated by certain rules, the principal of which is, to avoid carrying it to excess—to proportion it always to the state of health and habit of the individual. Persons of short breath, predisposed to determination of blood to the head, subject to palpitation of the heart, or general weakness, are not to believe that a course of severe exercise will do them good: on the contrary, many serious results often follow over-fatigue. For the same reason it is desirable to avoid active exertion immediately after a full meal, as the foundation of heart diseases is sometimes laid by leaping or running after eating. The great object should be so to blend exercise and repose, as to ensure the highest possible amount of bodily vigour. It must be recollected that exhausted muscles can be restored only by the most perfect rest.

In the next place, it is a mistake to consider the labour of the day as equivalent to exercise. Work, generally speaking, is a mere routine process, carried on with but little variety of circumstances, in a confined atmosphere, and in a temperature frequently more exhaustive than restorative. The workman requires something more than this to keep him in health; he must have exercise as often as possible in the open air—in fields, parks, or pleasure grounds; but if these are not at his command, the streets of the town are always open to him, and a walk in these is better than no walk at all. The mere change of scene is beneficial, and in walking he generally sets in motion a different set of muscles from those he has used while at work. Although, as will be presently shown, this is not recommended as a perfect means of exercise, it is far preferable to remaining in the dingy cellar and unventilated alley, or frequenting the tobacco-tainted tap-room.

To derive the greatest amount of good from exercise, it must be combined with amusement, and be made pleasurable and recreative. This important fact ought never to be lost sight of, since to ignorance of it alone we owe many of the evils which afflict society. For want of healthful and harmless amusements, millions have fallen victims to licentiousness, drunkenness, and disease. And it would be well if those who have been accustomed to look on social amusements as destructive of the morals of the people, would consider how much good may be done by giving the mind a direction which, while promotive of health, would fill it with cheerfulness and wean it from debasing habits. The character of our sports at the present time, where such exist, partakes but little of the robust and boisterous spirit of our forefathers; but with the refinement of amusements, the opportunity for enjoying them has been grievously diminished. Cheering signs of a better state of things are, however, visible in many quarters, and we trust that the good work will be carried on until the whole of our population shall be in possession of the means and leisure for pleasurable recreation: it cannot, however, be too often repeated, that the realisation of this desirable object depends more on the people themselves than on their rulers. The unanimous expression of a great want, accompanied by an universal desire to improve its gratification, has never yet been made in vain.

It has long been a reproach to the great mass of the working population, that their improvident habits debar them from many pleasures and advantages which they might otherwise enjoy. From the imperfect manner it which they prepare their food, and the little forethought they exercise in providing clothes and other materials of household economy, they may be said, generally speaking, to waste one half of their earnings. Here is a great defect to be remedied before they can reap the full benefit of leisure hours. Meantime, it is in the power of every one, whether male or female, to take some steps towards improvement. In the first place, they should try, by laying out their money carefully, to save a trifle, if it be no more than a shilling every week, which should be at once lodged in the saving's bank, and by this means they would be gradually placed above that pinching want which now hinders them from taking active exercise out of doors, and drives them to seek relief in intoxicating drinks. In the greater number of cases they are entirely ignorant of all that most concerns their true interest. Why do they live in houses unfit for the occupation of human beings? why are they and their children dirty and ragged? why are they wasteful in the expenture of their earnings? Because they want education—such an education as will teach them to think, and to become useful members of society. When they are better taught, they will find out that it is cheaper to live in a good house than in a bad one—that it is cheaper to be clean than to be dirty—that it is cheaper to eat wholesome than unwholesome food—that it is better to pass their leisure hours among their families, or in a public park, than in a public-house.

Still, under present circumstances, more open air exercise may be taken than has hitherto been customary among the working-classes. During the warm and fine season of the year, there is generally sufficient daylight to enable them to walk or play for an hour after work in the evening—as a rule no one ought to have less than two hours' exercise out of doors every day. The mere change of air and of scene is in itself good, and leaving their rooms for an hour or two untenanted, time would be

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afforded for their ventilation, and by the change of air in the dwellings, the sleep of the inmates would be so much the more refreshing.

The greatest philosophers have written in praise of exercise: Plato said it would almost cure a guilty conscience; Bacon considered "games of recreation to belong to civil life and education;" Henry IV. of France, held that manly sports and exercises were the foundation "of that elevation of mind which gives one nature superiority over another;" and in, conclusion, we may say, in the words of an old writer, "Look to your health; and, if you have it, praise God, and value it next to a good conscience, for health is the second blessing that we mortals are capable of.'"

ADULTERATION OF DRUGS.

TO THE EDITOR OF THE "PEOPLE'S MEDICAL JOURNAL."

L——g, April, 1850.

Sir,—It scarcely seems right to address you on the following subject, because I have never applied to you for your professional assistance, although I subscribe to and admire your journal; yet, as you desire to expose medical abuse, I feel bound to lay certain facts before you.

I have suffered from ill-health a considerable time, and finding our medical attendant did not restore me as he had anticipated, I placed myself in the train, and was soon in London, and consulted Dr. B—, who wrote for me;—his prescription immediately I got into Piccadilly I had made up, and took the medicine home with me by the return train; and we all agreed that I obtained considerable relief from it—in fact, that Dr. B— had found out the disease, and had given me the correct remedy. The medicine I had made up in London being expended, I sent the prescription to Jones, the chemist, of the High-street in this town, by whom it was made up several times: but somehow it seemed to lose its effect, and I therefore again saw the kind Dr. B—; he re-examined my chest, and could not account for the failure of the medicine, which he seemed to think was fancy on my part. He desired me again to try the same prescription, and to see him at certain intervals: this time I remained in town with some friends, and on my presenting myself at the appointed time at Dr. B—'s, was enabled to report satisfactorily to him. He now changed my medicine, and gave me a mixture tasting strongly of quinine, and of which I was to take a few drops in water several times a-day. This, of course, was again made up by the Piccadilly chemist, with whom, being so frequent a customer, I had quite established an acquaintance; andagain I took the road home. I now got on famously, and lauded Dr. B— to the skies; but at the end of rather more than a week my quinine mixture was exhausted, and I sent to neighbour Jones, the chemist, the "quinine" prescription. Now, when first I took the quinine it appeared to me very nauseous, but, getting accustomed to the taste, I had learned really to like it, and frequently took the drops when there was scarcely any necessity. Judge, then, my disgust when, instead of my delicious peach-stone-kernel flavour, a filthy acrid bitter, as unlike quinine as possible, met my astonished taste as I tossed off the glassful of the mixture. To spit out as much as possible, to wash my mouth out with water, and to feel that the chemist had made a blunder, and probably poisoned me, and to fly, bottle in hand, to his shop—was but the work of an instant. I rushed in, exclaiming, as I entered, my fears. The chemist, evidently annoyed, begged me to be calm—for there were customers present: he assured me he had dispensed the prescription himself, and that it was all right. I indignantly referred to the taste, as proof positive that it was wrong, and we got to high words; but I got no redress. I secured the bottle, and went off. The prescription, however, I must have made up, and I accordingly went to a chemist's shop that had recently been opened, and there I tasted before paying for it; and, finding it was all in order, I thought myself well off to get what I wanted, though at nearly three times the price I paid in London. When next I saw Dr. B—, I took the mixture with me, and he decided at once that there was not a particle of quinine in the bottle, but that it was made of a cheap substitute called salacine, and that the failure of his first prescription had no doubt arisen either from the age or adulteration of the drugs of which it was composed when made up by my fellow-townsman. Now, Mr. Editor, what can be done in such a case? Had I quietly sat down, considering Dr. B—'s first prescription a failure—had I not had means at command—and a certain determination to see Dr. B— again and again—I had probably been destroyed, not by disease, but by the chemist: and I fear me many a poor fellow has been sent by such means to his grave! Surely there should be some place at which we might be certain of having our drugs correctly put up, and at a fair price.

After paying our guinea for the best medical advice, we ought to be protected from the shark of a chemist who would really give us other drugs than those prescribed; doing so should be, if it is not, an offence at law for which heavy punishment should be inflicted: but I think, Sir, if you and other physicians were to impress on your patients the necessity of getting their medicines dispensed at certain houses, of whose honesty, correctness, and the purity of whose drugs you have assured yourself, the remedy would be easily obtained. This may seem to give a monopoly to some few houses; but if they deserve it let them have it.—Your's, H. M. W.

WOMAN'S POWER.

Those disasters which break down the spirit of a man, and prostrate him in the dust, seem to call forth all the energies of the softer sex, and give such intrepidity and elevation to their character that at times it approaches to sublimity. Nothing can be more touching than to behold a soft and tender female, who had been all weakness and dependence, and alive to every trivial roughness, while treading the prosperous paths of life, suddenly rising in mental force to be the comforter and supporter of her husband under misfortune, and abiding, with unshrinking firmness the bitterest blasts of adversity. As the vine which has long twined its graceful foliage about the oak, and been lifted by it in sunshine, will, when the hardy plant is rifted by the thunderbolt, cling round it with its caressing tendrils, and bind up its shattered boughs, so is it beautifully ordered by Providence that woman, who is the mere dependent and ornament of man in his happier hours, should be his stay and solace when smitten with sudden calamity; winding herself into the rugged recesses of his nature, tenderly supporting the drooping head, and binding up the broken heart. I was once congratulating a friend, who had around him a blooming family, knit together in the strongest affection. "I can wish you no better lot," said he, with enthusiasm, "than to have a wife and children: if you are prosperous, there they are to share your prosperity; if otherwise, there they are to comfort you."—*Washington Irving.*

DEATH CAUSED BY A PIN.

The following fatal occurrence forcibly shows how careful every person ought to be in introducing pins into either mouth or ears. A short time since, Miss Lavinia Downie, niece to Mr. Downie, gardener, Traquair-house, a most amiable and interesting young lady, twenty-four years of age, who had suffered from occasional severe pains in the head, and a considerable degree of deafness since her childhood, and whose health had been gradually declining for the last three years, was in August last seized with most painful inflammation in the left ear, accompanied by occasional bleedings also from the left ear. About the 1st of March, the pain and inflammation greatly increased, and on the 20th ultimo, an ordinary-sized metallic pin was extracted from her left ear, which was enveloped in a firm substance, with numerous fibres attached to it: several hard bodies, in shape resembling the grains of buck-wheat, but of various colours, were also taken out of the right ear. The poor girl endured the most intense pain, which she bore with Christian fortitude till the 4th instant, when death terminated her sufferings. It is believed that the pin must have been lodged in the head for nearly twenty years, as she never recollected having put one in her ear; but she had a distinct remembrance of having, when a child, had a pin in her mouth, which she thought she had swallowed. It is the opinion of several eminent medical men that, in all probability, the one extracted was the same pin. It was found on examination to have been frequently bent and twisted.—*Scotsman.*

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PHARMACOLOGY.

No. IX.—Diuretics.

(*Continued from page* 134.)

Juniperus communis:—Common juniper. The juniper is a large shrub that grows wild in woods and on heaths. The juniper-berry is the part employed medicinally. In operation they are analogous to other substances containing turpentine: they promote the secretion of urine in large quantities, produce irritation of the bladder and heat in the urinary passages, and are supposed to stimulate the womb. They have a peculiar aromatic odour, and a sweetish, pungent, bitterish taste when chewed; in distillation with water they yield a volatile terebinthinate oil of a greenish colour, on which their virtues depend; the flavour and diuretic properties of Hollands depend on this oil. It is also supposed to be used for the purpose of flavouring English gin; but for this purpose the cheaper substitute, oil of turpentine, is used. The berries are sometimes ordered to be given alone, bruised with sugar: the dose is from a scruple to half a drachm. An *infusion of juniper* may be thus prepared:—Take—Juniper berries, bruised, two ounces; boiling water, sixteen ounces; macerate for two hours in a closed jug, and strain; then add compound spirit of juniper, one ounce, and, gradually, one ounce of cream-of-tartar. The following mixtures are proper in cases of suppression of urine in persons of advanced age:—Take—Infusion of junipers, six ounces; dilute nitric acid, one drachm; spirits of sweet nitre, half an ounce; syrup of orange-peel, three drachms; mix. Dose: two table-spoonsful every three hours: or, take—Infusion of junipers, eight ounces; compound spirit of junipers, one ounce; spirits of sweet nitre, one ounce; acetate of potash, three drachms; mix. Dose: two table-spoonsful every four hours. The *oil of juniper* is sometimes given in doses of two to four drops, dropped on a lump of sugar The *compound spirits of juniper* is distilled from juniper-berries, carraway-seeds, and bruised fennel. It is seldom administered alone, but is generally combined with some other diuretic. The dose is from two drachms to half an ounce, or even an ounce.

Praeira Brava:—Literally, Wild Vine:—The root of the *Cissampelos Pareira*; a native of the West Indies. The trunk and root are the parts employed. The *Infusion of Pareira* is ordered in the London Pharmacopœia to be thus prepared:—Take—Pareira, six drachms; boiling distilled water, a pint; macerate for two hours in a vessel lightly covered, and strain. It is employed in cases of irritation of the bladder and catarrh (cold) of the bladder. The dose is an ounce to an ounce and a-half, twice or thrice a day. The activity of the infusion is increased by the addition of the extract. The extract has been much lauded in dropsy and some visceral obstructions. The preparations of pareira may be combined in the following manner, in cases of chronic inflammation of the bladder, and in cases in which stone or gravel may be suspected:—Take—Extract of pareira, two drachms; tincture of henbane, one drachm and a-half; infusion of pareira, seven ounces and a half; mix. Dose: three table-spoonsful three times a-day.

Diosma Crenata.—Buchu or Bucku Leaves. A native of the Cape of Good Hope. This diuretic has been much extolled for chronic disorders of the bladder. It is ordered to be administered as an infusion, which is thus prepared:—Take—Buchu-leaves, an ounce; boiling distilled water, a pint; let it stand four hours, then strain. The dose is from one ounce to two ounces, say a medium sized wine-glassful. In irritable bladders, with a tardy secretion of urine of a clouded, dark-coloured character, the following mixture may be given with advantage:—Take—Infusion of buchu, six ounces and a-half; tincture of cubebs, an ounce; liquor potassæ, one drachm; mix. Dose: two table-spoonsful, three or our times a-day.

Spartium Scoparium:—*Cytisus Scoparius*:—The Common Broom. The young tops of this well-known plant, have been celebrated for their gentle diuretic and slightly aperient properties. In domestic medicine, "broom tea" holds a high rank with many dear old Lady Bountiful's. It may be thus made:—Take—Broom, an ounce; boiling water, a pint; let it stand four hours, then strain. Dose: a wine-glassful, several times a-day. It is an excellent vehicle for other remedies ordered to promote a greater flow of urine in dropsies, and may be thus combined for that purpose.—Take—Acetate of potash, three drachms; spirits of sweet nitre, and spirits of lavender, of each, six drachms; infusion of broom, eight ounces and a-half. Dose: a wine-glassful three times a-day. *The decoction of broom* is made by boiling half an ounce of broom in a pint of water, until it is reduced to half a pint. Two table-spoonsful may be considered a medium dose. The following is an excellent diuretic mixture:—Take—Decoction of broom, eight ounces; spirits of sweet nitre, six drachms: tincture of squills, four drachms: tincture of capsicum, one drachm: mix. Dose: two tablespoons-full every four or six hours. *The Compound decoction of Broom* is prepared by boiling broom, juniper-berries, and dandelion-root, of each, half an ounce, in a pint and a-half of water, down to one pint. Dose: as the last.

PLEURITIS—PLEURISY—INFLAMMATION OF THE PLEURA—STITCH IN THE SIDE.

BY THE EDITOR.

(*Continued from page* 133.)

The Treatment of Acute Pleurisy.—Nothing can be more beautiful, says Dr. Elliotson, than the treatment of an acute case of inflammation; and he has not misapplied the adjective, for the mastery, immediate and decided, which well-directed practice obtains over acute inflammatory disease, *is* beautiful. In acute pleurisy, the darting, cutting pains which, like the plunges of a knife, wrack the side and render respiration torture, forcibly illustrate this remark, as, from imminent peril and excruciating agony and anxiety, the patient is restored to comparative safety and ease.

Perhaps there is no other disease in which bleeding—and profuse bleeding—should be so immediately resorted to. In blood-letting we possess a power of controlling pneumonic inflammation, the efficacy of which has been acknowledged in all ages, and is obvious, indeed, to the most superficial observer; but much depends on the period of the disease at which it is first practised, on the manner in which it is performed, the quantity of blood drawn, and the frequency of its repetition. Above all, in estimating the probable advantage of blood-letting in any particular case, the natural strength of the constitution is to be looked to. In abstracting blood, we must not be guided by quantity, but by the effect produced; and the rule must be to bleed from a *large* orifice in the arm, the patient standing or sitting in the erect posture, until fainting is induced; by bleeding the patient from a large orifice and in the upright position, we are enabled to attain our end—the syncope, or fainting—more readily and with a less loss of blood, than if the blood was allowed to flow slowly and from a small opening in the vein. The pain and fever, in a large majority of cases, subside almost immediately after the bleeding; indeed, many patients will breathe with ease and freedom whilst the blood is flowing; and when this occurs; the vein may be closed even before we have produced the effect on the circulation which is indicated by the fainting. Should the symptoms, however, not yield to the first employment of the lancet, we must not hesitate to resort to it a second, or even a third time; and if, afterwards, the stitch or soreness continue, it will be prudent to abstract blood locally, by means of cupping-glasses, or leeches applied to the side. The blood drawn in this disease has a peculiar thick, yellowish (buffy), tenacious appearance, and is hence specifically distinguished by the name of the "pleuritic eorium or coagulum." Although the presence or absence of "buff" is not to decide our practice as to future bleeding, still, when present, it may often materially assist our judgment. If the blood, besides being buffy, is "cupped," that is, the clot concave, and *fringed* at the edges, we need have little hesitation in repeating the evacuation. Should the blood appear with a flat surface of buff, and the coagulum be loose, further bleeding may indeed be still necessary, but it must be practised with very great caution.

Counter-irritants are of the greatest service after we have reduced the more violent inflammatory symptoms by bleeding; and amongst the counter-irritants, the common blister is the best: the objection which we entertain to the use of blisters in other cases, on account of the irritability—almost fever—which they excite before their remedial effect is produced, does not hold good in pleurisy, as the pain which they cause arises in a great degree from the mobility of the parts to which they are applied: and in acute pleurisy we generally find the ribs on the affected side immovable. The tartar-emetic ointment is a speedy and safe substitute for a blister when there are peculiarities of constitution which forbid the employment of the latter.

Purgatives should be used freely, and the neutral salts are in

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this disease the best of the class; we must not, however, expect the same benefit to be derived from their use as that which attends purging in inflammatory diseases of the head and abdomen: and certainly we must not depend on them alone to subdue the inflammation, without having had recourse to the lancet in the first instance. The medicinal treatment must be that which is adopted in all inflammatory diseases, termed the *antiphlogistic* treatment. Refrigerants, or cooling medicines, containing nauseating doses of tartarised antimony, should be prescribed every second or third hour. In this disease, as well as in inflammation of the lungs, Laennec depends chiefly on antimony; and he states that it speedily subdues the inflammatory action, and obviates the necessity, of repeated or profuse abstractions of blood. The patient should be allowed to drink freely of febrifuge beverages; as nitre dissolved in a weak lemonade, or gum mucilage; and these drinks should be the only things approaching to *diet* which can be prudently allowed, so long as the least inflammation remains.

As well as subduing the active inflammatory action by antiphlogistic measures, we have also to guard against the frequent, we might almost add the constant, result of pleurisy—namely, the effusion of fluid, or coagulable lymph, in or between the two pleuræ; and this we must endeavour to effect by mercury—blue-pill, or calomel. Small doses of the latter, from one to three grains, should be ordered every three or four hours; and if it passes off too freely by the bowels, it must be conjoined with opium.

If acute pleurisy be not quickly checked, serous fluid, or coagulable lymph, is certain to be effused into the cavity of the chest. The quantity thus thrown out varies considerably; sometimes it does not exceed an ounce, at others it amounts to several pints. In many cases the effused fluid rapidly becomes organised and converted into cellular bands of variable length, connecting or glueing the two pleuræ together, so as to prevent all lateral movement between them, and thus obliterating the pleural cavity, or the two surfaces, which are naturally in contact, may be forced unnaturally apart, by a pouring forth of serum between them. When the fluid is considerable, so as to exercise a pressure upon the yielding structure of the lung, it is reduced to its smallest possible dimensions, and is pushed down upon the diaphragm, so as to cause the contents of the abdomen placed below it to be felt lower than in their normal situation; namely, the liver on the right side, and the spleen upon the left. The pressure of the fluid is also directed against the walls of the chest, and causes the affected side to become enlarged and changed in its form. The disease is now designated by the name of *hydro-thorax*, or water on the chest.

When the inflammation of the pleuræ goes on to suppuration—that is, when "matter," or pus, is formed and extravasated in the cavity of the chest—the disease is then resolved into *empyema*. These results of pleuritis, *hydro-thorax* and *empyema*, are of sufficient importance to be treated of separately.

In our next we shall consider *Chronic Pleurisy*.

SUPERSTITION.

Cure for the Hooping-cough.—"I know," said one of my parishioners, "what would cure him, but m'appen you wouldent believe me." "What is it, Mary?" I asked. "Why, I did everything that everybody teld me. One teld me to get him breathed on by a piebald horse. I took him ever such a way, to a horse at ——, and put him under the horse's mouth; but he was no better. Then I was teld to drag him backward through a bramble bush. I did so; but this didn't cure him. Last of all, I was teld to give him nine fried mice, fasting, in a morning, in this way:—three the first morning; then wait three mornings, and then give him three more; wait three mornings, and then give three more. When he had eaten these nine fried mice he became quite well. This would be sure to cure your child, sir." W. H. K.

Drayton Beauchamp. —*Notes and Queries.*

WILL THE CHOLERA RETURN?

If we proceed, as in a formula, from known to unknown quantities, it may be concluded, that a return of the visitation is not only possible, but probable; and you may inform the Corporation of London — if, indeed, they be capable of understanding the bearing of the fact—"that the cholera has broken out for the second time with the greatest violence" in one of the German cities on the miasmatic high-road between India and England. What has happened in Germany may happen in Great Britain, and the conduct of our authorities does not prove that we have done anything to merit exemption from the pestilence. The same wise providence which has sent epidemic disease among us, has, at the same time, provided means of preservation. The Plague has been eradicated from Europe. French medical science has prevented its eruption from Egypt for the last ten years. Marsh fever, just as deadly a complaint as cholera, has been banished from many parts of northen Africa, and will, after some years, have entirely disappeared, despite the climate. Around Rome it has re-appeared, through the neglect of man. With these and many similar facts before us, can any one be so ignorant as to affirm, that it is useless to prepare against the visitations of disease, or so perverse in mind as to insinuate, that the best way of perpetuating an effect is to annihilate its cause? You will, therefore, I trust, persevere in your support of Mr. Simon, and insist on the necessity of hygienic measures. Dropping cases of cholera occur here from time to time—a proof that the peculiar cause of the disease still exists, though in feeble quantity; and rash indeed must be the person who shall declare us free from all danger for the future.—*Paris Correspondent of the Medical Times.*

[We shall return to this most important subject in our next. —Editor.]

PARK FOR THE BOROUGH OF FINSBURY.

In No. 10 we announced that a movement had been made to effect this great and proper work; and we are glad to notice that the project is not likely to slumber, as recently a meeting of the committee appointed to carry out this undertaking took place at the Angel Inn, Islington. Representatives were present from most of the parishes within the borough, and communications were read from others, expressing their concurrence in the proposed undertaking. Mr. Lloyd explained that the entrance to the proposed park should be at Highbury-place, passing along the right side of the Holloway and Hornsey-road to the Seven Sisters' House; from thence taking an easterly direction to the Green-lanes, and from thence proceeding south to the New River, completing the enclosure, a space of 300 acres. In addition, it was proposed to form an esplanade on the banks of the New River which runs through the park fifteen feet in width, commencing at the New North-road and extending to the reservoirs at Lordship-lane—the total cost of the undertaking being estimated at 150,000*l*. This park will complete the chain of parks encircling the metopolis. It is intended to hold an aggregate meeting of the parishes in the borough previous to application to government.

On Tuesday last a meeting took place in the vestry-room of St. Luke's, Mr. Churchwarden King in the chair, when it was stated that the project had already received the approbation of His Royal Highness Prince Albert, Lord Robert Grosvenor, the Earl of Carlisle, Lord Ashley, and other sanitary reformers. Mr. Tyler, the chairman of the Islington committee, said that they had refrained from drawing up a petition until they could obtain the co-operation of the fifteen parishes in the borough. A resolution, approving of the proposed park was unanimously carried, and a public meeting of the borough was determined to be held forthwith.

REAL AND APPARENT DEATH.

M. Legrand proposes applying the reflecting powers of the eye to the solution of the sometimes difficult question, whether death is real or apparent. When the flame of a candle is placed before a healthy eye in the living subject, three distinct images are produced. These images exist for a short time after death; but soon become confused; and, in proportion as the fluids of the eye evaporate, the reflective powers of the organ are modified, until, at length, they cease altogether. Thus, the third image disappears almost immediately after death from loss of clearness in the lens: and the second image also disappears from gradual change of the cornea. Lastly, as the cornea becomes more opaque, and the sclerotic altered in form, the third image also ceases to appear, when the certainty of death may be inferred. MM. Majendie, Andral, and Lallemand are commissioned to examine how far this new sign may be relied on.

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

Compound Rhubarb Mixture.—Take—rhubarb powder, a drachm; carbonate of soda, two drachms; tincture of orange-peel, an ounce and a-half; decoction of liquorice, ten ounces and a-half; mix. Dose, two or three tablespoonsful twice a-day. This is a good stomachic and gentle laxative.

When wine is taken in excess, premature old age is the certain consequence. The wrinkled and dejected visage—the bloated and sallow countenance—the dim eye—the quivering lip—the faltering tongue—the toothless gums—the trembling hand—the tottering gait—are so many external signs of bodily infirmity; while weak judgment, timidity, irresolution, low spirits, trifling disposition, and puerile amusements, discover a mind poisoned by the bowl of excess, not broken by the hand of time.

Spirits are principally of use in three cases:—1st. As a cordial, when the body has been suddenly exhausted of its strength, and a disposition to fainting has been induced. 2nd. When the body has been exposed for a long time to wet weather, more especially if it be combined with cold. Here a moderate quantity of spirits is not only safe, but may be of use to obviate debility. And, 3rd. In those calamitous cases where any exercise that can be obtained is insufficient for resisting cold, wet, &c. Thus we find, in the instance of the men who were in the boat with Captain Bligh, after the mutiny of the *Bounty*, exposed for nearly a month to cold, wet, and hunger, what a powerful effect even one tea-spoonful of rum, daily, had in fortifying them against such hardships. As to spirits being useful in warm weather, the most general opinion is, that whether used moderately or in excessive quantities, they diminish the strength of the body, render men more susceptible of disease, and unfit them for any service in which great vigour or activity is required.

Malt Liquors form the real wine of this country; and, if properly fermented, and well hopped, they are both nourishing and wholesome. Indeed, they often make up for the scarcity and coarseness of the meal.—*Sir John Sinclair.*

Court Plaster, or *Black Sticking Plaster*, is made by brushing pretty thick gum-water over black silk strained tightly. After having been dried, it will keep a long while if not exposed to damp. As is well known, it merely requires moistening with the tongue to fit it for use, and answers very well for slight cuts.

DIETARY, WHOLESOME AND ECONOMIC.

When diseases are cured by medicine, and not by diet, they often leave the body in a weak and emaciated state. Among the means by which the strength can be restored, there is none more likely, both to secure the renovation of health and to prevent the recurrence of disease, than to follow a judicious regimen, accommodated to the circumstances of the case, the age and constitution of the patient, and the nature of the malady from which he has recovered. Indeed, so powerful are the effects of regimen in the restoration of health, that by means of it the whole juices of the body can be altered, and the recurrence of the most dangerous disorders, as the gout, the scurvy, consumption, &c., can in a great measure be obviated.—*Sir John Sinclair.* 1818.

Dr. Currie justly remarked, in his Medical Reports, that the diseases of the poor arise, in general, from their ignorance of the most advantageous mode of cookery, and still more, from their indulging to excess in the use of tea, by which they consume their means, without adding to their sustenance. The money spent on tea is worse than wasted. It is not only devoted to an article that furnishes no nutrition, but to one that debilitates the empty stomach, and incapacitates for labour.

Lettuce, which contains a kind of opium, disposes to sleep, and may therefore make a proper article of supper, to such invalids as are in want of that refreshment. Cucumbers are very cold, and difficult of digestion. It is remarkable, that all nations have concurred in joining oil and vinegar to this kind of food; probably from experience finding that they checked its disposition to ferment and to occasion flatulency.

A Refreshing Beverage.—Slice two oranges and one lemon, which put into a jug, with two ounces of sugar-candy, over which pour one quart of boiling water; stir it occasionally until cold, when drink it a little at a time. This drink is also very excellent for persons in health, especially in warm weather.—*M. Soyer.*

Imperial, a cooling drink for spring. Two ounces of cream-of-tartar, two lemons, juice and peel, four ounces of sugar; place in a stone jug, and pour about six quarts of boiling water; allow it to get cold, and bottle for use; or, instead of sugar, add three table-spoonsful of raspberry vinegar, and six ounces of honey.

Mint Sauce for Lamb.—Take—three table-spoonsful of chopped leaves of green mint, three table-spoonsful of brown sugar, and put into a bason with half-a-pint of brown vinegar; stir it well up; add one salt-spoonful of salt, and serve.

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THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch Street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

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On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

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W. RICHARDS. (Wynyatt Street)—You have described the case clearly. We can prescribe for you with confidence—diet: mutton or beef; not any fish, pastry, cooked vegetables, or soups: take a pint of good beer daily; out of door exercise whenever practicable; a tepid bath once a week; six grains of compound rhubarb pill twice a week; a wine glassful of the compound infusion of Gentian every day, at eleven o'clock. Continue this treatment for a fortnight, then write.

RICHARD VESPER.—Six grains of sulphate of zinc, three ounces of rose-water; Mix. Bathe the eyes night and morning. Act on the bowels by the laxative pill ordered in No. 14.

SARAH H—T.—Engage a monthly nurse.

WALTER RALEIGH (and a dozen other Correspondents).—Smoking *may* be injurious, for these reasons: first, the waste or vitiation of the saliva, which, if lavishly thrown away, removes one of the strongest sources of hunger and digestion; it creates unnatural thirst; it leads to the use of spirituous liquors; it increases indolence; and it confirms the lazy in the habits they have acquired. Frequent and much smoking makes the teeth yellow and black; clay-pipes may produce cancer of the lips, or produce ulcers in the gums. Now *per contra*. It cannot be considered an obstacle to longevity: there are ninety-six old pensioners at Greenwich who smoke, have smoked, and will smoke; thirteen are above ninety, one above a hundred, and the remaining eighty-two above eighty.

AN INVALID.—Asparagus is a very wholesome vegetable; it is easily digested, and acts as a powerful diuretic.

JULIUS (Barnes).—After severe exercise the body should be well rubbed with a dry cloth, or flesh-brush, and the linen changed; few causes act more injuriously than the sudden cooling of the skin and suppression of perspiration.

ANN HARPER (Cheltenham).—We have the authority of Xenophon and Lord Bacon in favour of the water-cress (*nasturtium aquaticum*). It is truly a most valuable vegetable, Let your children partake of it daily.

A WORKING MAN (Manchester).—The Editor is, like yourself, a working man: like yourself, he purchases his loaf, his beef, his broadcloth, with the earnings of his labour; you have your wages—what is the context?

JULES (Liverpool).—Mutton. Sheep are invariably killed too young: the quality of the flesh depends in a great measure upon the nature of the pasture, and the age of the animal. When fed upon a dry pasture, especially if mixed with wild herbs, and kept to four, five, or six years of age, no meat can be more savoury. Lamb, when properly roasted, and of a proper age, that is, from four to six months old, is an excellent food; but house-lamb, the production of modern refinement, is a tasteless and insipid aliment, and cannot be wholesome from the manner in which it is reared.

ALFRED HURST (Liverpool).—We published some general hints on bathing in No. 16.

MARION (Tonbridge-Wells).—Singing and speaking loud are most healthful exercises;—may we suppose that women require less bodily exercise than men, because they are more loquacious?

EMMA SMITH, *alias* Mr. WILLIAM KITTON, of Norwich, takes precedence of S. H. B. of the same city, to whom we replied last week.

GEORGE PRICE (Harley-street).—Mr. Smith, of Southam, has projected "Self-supporting Dispensaries," on a novel plan, to which we shall refer in detail in a future number. His plan, if successful, will elevate the character of the poor, and will be a means, if not *the* means of repelling the inroads made on the medical profession through the agency of the Poor-Law Guardians.

ODIER (Eton).—We have their filthy little green-covered book now before us. They are not qualified medical men; the style of the pamphlet breathes quackery in every line. The complaint is curable. See answer to ROBERT HAWSON, in No. 17.

ZETA (Strand).—We cannot comply with your request in this column. We must see you.

EUSEBIUS.—You will find your question about oysters answered in No. 17 under the head of DIETARY.

J. C. GALEN (Derby).—The mental and bodily infirmities of your friend, occurring at an age so advanced, denote a general breaking up of the system. His diet should be generous, and a small quantity of wine allowed daily.

W. J. (Wisbeach).—One guinea.

BON ACCORD (Aberdeen).—Take the medicine as prescribed in the article on "Cough with expectoration," in No. 4, page 27.

H. H. (A Pharmaceutical Chemist).—The second prescription is good; the first doubtful. Substitute *the citrate of iron* for the "subcarbonate," and you will have a more efficacious and much more elegant preparation.

J. R. LOCK (Fieldgate-street).—"Lumps at the side of the neck" are too serious affairs to be trifled with: they are the result of scrofula. We must see you.

GEORGE P. ——E (Stepney).—Although we do not profess to receive patients, indiscriminately, without fee, our services shall never be withheld from the really honest, industrious invalid. Call in Lloyd-square, and command our best consideration. Your letter is written in a proper, amiable spirit; you require no other introduction.

A WORN-OUT GRINDER (Stratford)—You will see the address of the dentist in question in his advertisement, published in some of the first numbers of our Journal.

N. S. (Lambeth).—You will see by a paragraph above, that we have anticipated your first question. Vol. I., Index and Glossary, will be published in the last week of June. We admit we have made an omission in EXPECTORANTS. We have done so designedly, for a reason that you will discover in a week or two. The *Lobelia* is the panacea of a certain quack; any notice of this drug in our Journal at *this moment* would be injudicious: tarry awhile.

JOHN ANDREWS (Northampton-street, Clerkenwell), "by trade a watch-engraver," wrote to us for advice about ten days since; we answered his communication in our last number. As we did not prescribe for his case, which could only be diagnosed correctly by an examination, this person sent to us on Saturday a vulgar, insolent note—the first, we are happy to say, we have received during a practice of eleven years. Mr. John Andrews must be told, that being a reader of our Journal does not *of right* entitle him to *command* our services; to a courteous request, such as that contained in the note of GEORGE P——E, answered above, we never have, and *never* will, refuse our humble, but zealous assistance. We have reconsidered Mr. John Andrews' case, and now offer him this advice: curb a petulant temper, check arrogance, and practise forbearance; your *digestion* may then be improved.

CIVIS (Dublin).—No.

J. G. (Leith).—Messrs. Robinson, 11, Greenside-street, Edinburgh, are our Agents in that city; they have always a supply of the current number, and you should obtain your copy every Saturday.

SOUTHAMPTON.—The Editor will have occasion to visit this town at an early period: patients resident in the neighbourhood who may be desirous of consulting him, are requested to notify the same without delay.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—J. HASLAM (Manchester). WILLIAM P. (Hull). R. S. F. (Belfast). WILL WATCH (Southsea). A WAREHOUSEMAN (Bread-street). TYPO (Whitefriars). MARY (Clapton). G. (Stratford). JONATHAN (Selby). RESPECTFULLY YOUR'S. ALEXANDER C. A. POOR MAN. S. C. (Liverpool). A. Z. (Rood-lane). DELTA (Air-street). T. JONES (Brewer-street). A DUPE. HUBERT. C. H. (Tring). GEORGIUS (Bury St. Edmunds). T. BUCHANAN (Glasgow).

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—A WEAVER (Brick-lane). T. SMITH (Ratcliffe). A. B. C. (Walworth). ANNE ROBERTSON. ASTREA. FRAILTY. WALTER GAY (Maze-pond). A JUNIOR. W. W——N (Aldgate). A POOR WIDOW. A GARDENER (Plaistow). A YORKSHIREMAN. A SAILOR (St. George's, East). BEAVER.

Printed by WILLOUGHBY AND CO., at their Printing Office, 26, Smithfield; and Published, for the Proprietors, by GEORGE VICKERS, Strand, in the Parish of St. Clement Danes, in the County of Middlesex.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 19.—Vol. I.] SATURDAY, MAY 11, 1850. [ONE PENNY.

THE CHOLERA IS ONCE MORE AT HAND!

The Cholera is once more at hand. A voice is now muttering, which ere long will thunder death to many an aching heart. The cloudlet just visible on the horizon, may in a few weeks darken the whole vault of heaven. It is an unquestionable and appalling fact, that this pestilence is once more abroad, and is ready, on the appearance of the necessary state of the atmosphere, to renew its fearful and fatal attacks.

From the returns of the Registrar-General we learn, that in the week ending March 2, a boy died of English cholera, after an illness of seventeen hours; that in that ending March 16, three persons died of cholera; that in the week ending March 23, a boy died of infantile cholera, after an illness of twenty hours. The latest account we hear is that a girl dies from English cholera, in St. Giles's, after an illness of sixteen hours; and Mr. Simpson, the registrar, mentions that the medical attendant, before certifying the cause of death, called on him to explain *that, if the late epidemic had prevailed at the present time, he would have considered it right to return the case as Asiatic cholera.* Most practitioners, we believe, will admit that, for English cholera, the periods of illness, the season of the year taken into consideration, were somewhat short. This is not so bad as the accounts for the corresponding weeks of the past year; but it testifies to the terrible truth, that the cholera is lurking in the very heart of London, and that probably we shall, ere long, hear something more of it.

Yet nothing is done; with a full knowledge of all this, men seem asleep. With a clear recollection of the sufferings the visitation of last year entailed on this country; with the picture drawn by the press of the miseries endured by the poor, still before their eyes; with half Bermondsey and Lambeth in mourning, and in spite of the gigantic exertions made by Mr. Simon and a host of others, they calmly see the destroyer approach, slumbering on in lethargy till it is too late to resist or to fly. It appears to be the doom of our race to close our ears till the proper time for making preparation has passed away—

> "Whenever yet
> Would man believe, until his dying eye
> Beheld the sun of life and splendour set
> Slowly and sadly down Time's evening sky?"

We know perfectly well that a government bill is to be brought in to create new burying room for the metropolis, and that Public Health Bills are in progress; but the government may break up any moment, and these things cannot, in the proposed plan, be got ready in time. All that is really done is, that *leave has been given to bring in a Bill* for preventing intramural interments. We want something more immediate—more manageable.

There is much, nay still more, material for destruction than even last summer offered. London has grown in bulk, and now sprawls its vast carcase over a few more hundreds of acres. The myriads that the tide of emigration bore from our shores, or that death swept away, have been replaced by fresh supplies from the country, and new births in the town. Fresh victims await the coming of that viewless and annihilating hand, which shall conduct them swiftly and surely over those waters whose tide they never can re-cross. The Thames still rolls a foul and fœtid stream through the centre of the metropolis, charged with the twofold office of poisoning and paralysing the very springs of life by its horrible stench, and acting not less fatally by its waters on those who have no other source from whence to obtain one of the first necessaries of life. It is well known that there is scarcely any such thing as pure water supplied by any one of those enormous monopolies yclept Water Companies; but, bad as is the mess which they dole out, it is like the incorruptible waters of Chittagong, in comparison to those streams of poison which the Thames pours into the reservoirs of Bermondsey, and the ditches of Jacob's Island. There the water *is muddy-coloured, from the sewerage it contains!* It is utter nonsense to tell us, in reply to this, that the Thames' water is the only one which will purify itself, and that on a long voyage it becomes quite sweet. Those for whom we plead are not going on a long voyage, except it be to the other world, and they have no means of purifying their horrible beverage.

Nor is the air less polluted than the water. The ever-swelling number of chimneys, both on land and water, pours forth each year a thicker cloud of smoke, wrapping our streets in one miserable pall, through which pure air can never pass. The bone-boilings of Lambeth, the tan-yards of Bermondsey, the slaughter-houses of Whitechapel, and the reeking filth of Smithfield, still work with dire effect. Intramural interments, the stronghold of pestilence, are not yet stopped, although acknowledged to be a disgrace to humanity. Putrefying bodies are still rammed into the ground to rot, in the close vicinity of those who must, in the natural course of things, one day lie side by side with them. It is, perhaps, instinct which makes the Londoner keep his doors and windows so close—a practice which has often excited the astonishment of those accustomed to the free ventilation of the country. He knows that, foul as is the air within, that which comes from without is, of the two, the more injurious.

One Act, one Bill, should amend the whole; but this we dare not hope. That the Government, if not urged on by an irresistible expression of opinion from the citizens, will do anything towards this state of matters we do not for one instant believe. We have as yet seen but too few instances of a disposition to admit of no medium between the fulfilment of their duty and

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RRESPONDENTS.

for the Editor must be addressed, pre-paid, RD SQUARE, PENTONVILLE. It is indispensa- private answer contain a postage stamp, or on is written the address of the applicant. ry day until one o'clock; and on the evenings and Friday, from Seven till Nine. rch Street, on Mondays, Thursdays, and Satur- ree o'clock.

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already completed in the published numbers of L JOURNAL:—
ses, Symptoms, and Rational Treatment; Nos. 1
uenza, and Bronchitis; Nos. 1 to 11.
: Advertising Consulting Surgeons; Nos. 2, 4,
l Management of the Teeth; Nos. 5 to 9.
Women and Children; Nos. 3 to 6, and No. 16.
Nos. 8 and 9.
to 13.
os. 12, 13, and 14.
Nos. 13 to 17.
art; No. 15, and now in continuation.
L JOURNAL will be published half-yearly as a volume,
rds, cloth; each volume will contain an index, and
ill be ready July 1st.
shortly published—HEADACHES, their Causes, Symp-
Treatment. By the Editor of this Journal. Price 3d.
tt Street)—You have described the case clearly. We
ou with confidence—diet: mutton or beef; not any
d vegetables, or soups: take a pint of good beer
exercise whenever practicable; a tepid bath once a
of compound rhubarb pill twice a week; a wine glass-
nd infusion of Gentian every day, at eleven o'clock.
atment for a fortnight, then write.
Six grains of sulphate of zinc, three ounces of rose-
athe the eyes night and morning. Act on the bowels by
ordered in No. 14.
age a monthly nurse.
(and a dozen other Correspondents).—Smoking *may* be
ese reasons: first, the waste or vitiation of the saliva,
ly thrown away, removes one of the strongest sources of
gestion; it creates unnatural thirst; it leads to the use of
ors; it increases indolence; and it confirms the lazy in the
ave acquired. Frequent and much smoking makes the
nd black; clay-pipes may produce cancer of the lips, or
s in the gums. Now *per contra*. It cannot be considered
longevity: there are ninety-six old pensioners at Green-
oke, have smoked, and will smoke; thirteen are above
bove a hundred, and the remaining eighty-two above eighty.
sparagus is a very wholesome vegetable; it is easily digested,
powerful diuretic.
—After severe exercise the body should be well rubbed with
r flesh-brush, and the linen changed; few causes act more
an the sudden cooling of the skin and suppression of

eltenham).—*We have the authority of* Xenophon and Lord
ur of the water-cress (*nasturtium aquaticum*). It is truly a
vegetable, *Let your children* partake of it daily.
(Manchester).—*The Editor* is, like yourself, a working
self, he purchases his loaf, his beef, his broadcloth, with
his labour; you have your wages—what is the context?
-Mutton. *Sheep are invariably* killed too young: the
h depends in a great measure upon the nature of the
age of the animal. When fed upon a dry pasture,
n be more savoury. Lamb, when properly roasted,
, that is, from four to six months old, is an excellent
b, the production of modern refinement, is a tasteless
and cannot be wholesome from the manner

l).—*We published so* ...general hints

—*Singing and* ...
se that ...
loo ...

GEORGE PRICE (Harley-street).—Mr. Smith, of Southam, has projected "Self-supporting Dispensaries," on a novel plan, to which we shall refer in detail in a future number. His plan, if successful, will elevate the character of the poor, and will be a means, if not *the* means of repelling the inroads made on the medical profession through the agency of Poor-Law Guardians.

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N. S. (Lambeth).—You will see by a paragra... cipated your first question. Vol. I., Ind... in the last week of June. We admit "... PECTORANTS. We have done so d... discover in a week or two. The ... quack; any notice of this drug in... injudicious: tarry awhile.

JOHN ANDREWS (Northampton-... engraver," wrote to us for ad... communication in our last n... which could only be diagno... sent to us on Saturday a... to say, we have received ... Andrews must be told, t... right entitle him to com... that contained in the ... never have, and ne... We have reconsid... advice: curb a p... ance; your die...

CIVIS (Dublin).—...

J. G. (Leith).—M... Agents in t... and you sh...

SOUTHAMPTON. ... early per... desirous ... delay.

THE FOLLO... son. ... R. ... (Bro... JON... POO... stre... (T...

PRE...

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CHICORY.

appeared in *The Times* of the 2nd inst:—

TO THE EDITOR.

how far it is proper to permit the admix-
coffee, we ought not to forget that chicory
ter, and capable of producing very inju-
rvous system.

of Vienna, the most celebrated German
inced of this that he has enumerated chicory
causes of amaurotic blindness.

n of coffee is a matter which interests the
than the rich, who can have coffee ground in
, and deserves in an especial manner to attract
temperance societies. They have a right to
Lords of the Treasury to exert all the powers of
protect the industrial classes from every fraud and
n the preparation of coffee.

I remain, Sir, your obedient servant,
A PHYSICIAN.

CHRONIC PLEURISY.

BY THE EDITOR.

(*Continued from page* 142.)

form of the disease may exist as the continuation or sequel
ute pleurisy, and, paradoxical as it may appear, it may
exist as an original disorder—that is, chronic from the
mencement, and never exhibiting those symptoms of intense
er, acute pain, or energy of reaction, which characterise the
ute disease.

Pleurisy, in its essentially chronic form, creeps on slowly and insidiously, without much acceleration of the pulse, heat of the skin, or other sign of high fever. When there is any unusual sensation at the side, it is seldom acute or lancinating in its character; sometimes it does not amount to more than a mere soreness; and in other cases the patient feels a dragging or tearing pain at some particular part of the side. The difficulty or hurry of breathing is not so oppressive or painful as in the acute form; indeed, it is sometimes so inconsiderable as not to attract the individual's attention. If a catarrh co-exist, or a fresh cold be caught whilst the patient is labouring under the chronic pleurisy, the difficulty of breathing is of course greatly aggravated. Cough, if it be present at all, is usually dry, or attended with a scanty mucous expectoration. An observer is struck with the patient's unhealthy, pallid appearance; the features are "pasty" and blanched; the skin looks as if it were the covering to fluid matters, rather than what should be solid flesh; the countenance is anxious and languid; the body is emaciated, the appetite gone, and the strength exhausted. Towards night, symptoms of fever come on; the skin is then hot and dry; the pulse is quickened; the cheeks burn and flush, and at this time all the symptoms present a hectic character. During the course of the disease, the patient is unable to lie on the ***healthy*** side.

Chronic pleurisy approaches closely to consumption of the lungs in many of its most notable symptoms, especially the night sweats, wasting, and uneasiness (scarcely pain) in the chest. It is true that the two diseases may exist at the same time in the same individual; but in many cases which we have examined, we have found the tubercles in their crude state—that is, before they have advanced to ulceration—whilst the cavity of the pleura was filled with serous or purulent matter.

The anatomical characters of chronic pleurisy are—effusions of various kinds in the sac of the pleura; coagulable lymph thrown out on the surface, and in various stages of organisation; solid secretions, becoming organised, and forming a matrix for various malignant diseases. Extensive adhesions, or bands of

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resignation of office. In vain do we look among them for the patriotism of a Napoleon, a Nelson, or a Wellington, who would rather have perished than ruled on the condition of sacrificing those interests they considered themselves entrusted with.

"Aide toi, et le ciel t'aidera,"

must be our maxim; and every engine should be set at work to prepare for, and ward off, the ravages of the cholera. Those who have most to hope for from its coming, to whom it can only bring emolument, should, for the sake of humanity, be the most active in taking means to prevent the outbreak, and thus shame others into movement. We speak in the name of those who have no friend but in the philanthropist, the medical man, or the Liberal Press; who have no other hope or chance of escape or defence. The rich may fly to the country or the sea-coast; the poor must stay, and be mowed down, or perish of hunger by the road-side, like the ill-fated serfs of Russia. Means should be organised to grapple with the disease before it breaks out. Now is the moment to begin the work. A properly constituted Board of Health ought to be commissioned; and men of science, physicians, and surgeons of eminence invited to give their opinions as to the best method of relieving and preventing the ravages of the disease. The board should be armed with the powers of search for the purpose of arresting and removing everything likely to be seriously prejudicial to the health of the community. From their inspection no place should be exempt; the palace of the noble and the garret of the artizan, the church, the theatre, and the factory, ought to be equally laid open. The sewerage of the towns ought to fertilise fields, instead of poisoning human beings; the bone-houses, smoke, slaughter-houses, and similar pests, should be swept away at once and for ever; and then London may assume the rank of a habitable city, and cease to be a mighty sepulchre.—*Medical Times.*

NATIONAL VACCINE ESTABLISHMENT.

The report from this establishment for the year 1850 has just appeared. The commissioners state that during the past year 172,944 charges of the vaccine matter have been distributed, and 9,089 children have been vaccinated by the surgeons appointed in the London districts, the board having likewise received returns of 114,190 cases vaccinated with lymph supplied from the establishment. Regret, nevertheless, is expressed that vaccination is not more universally resorted to, with which neglect the frightful amount of small-pox still existing in the United Kingdom is inevitably connected. In the metropolis alone the total mortality from this pestilence amounted in eight years to 7,039, and was mainly dependent, as the commissioners believe, upon the neglect of vaccination, in support of which their report for 1817 is quoted, where it is stated that, from the year of its foundation, 1809, 34,369 persons had been vaccinated within the bills of mortality, of whom only four had the small-pox. The report of the Registrar-General for 1845 is also adduced in support of the efficacy of vaccination. The Registrar remarks in this report that few of the victims of small-pox had been vaccinated; and that in one city, Norwich, between 200 and 300 persons were allowed to perish through the negligence of their parents in failing to avail themselves of the protection discovered by Jenner and placed at their disposal by the legislature. It is complained that through the inattention of the public sufficient statistical returns are wanting, notwithstanding repeated requests, to enable the board to judge accurately of the extent of vaccination in the United Kingdom. A report to the Poor Law Commissioners is referred to, however, in confirmation of what they have advanced; from which it appears, that taking 627 unions and parishes in England and Wales, in the year ending September, 1848, the number of persons under one year who were vaccinated, exclusive of those vaccinated at the cost of their parents, amounted to no more than 33 per cent. of the total births registered in the same period. Finally, attention is drawn to the absence of efficient measures of medical police calculated to check the progress, or, if possible, extinguish this fatal disease; and especial notice is called to the fact "that the contagion, in a vast majority of instances, is carried throughout this country by the wandering Irish, it being feared that no care, however great, can be successful in eradicating small-pox whilst the neglect of vaccination and the practice of variolous inoculation are permitted in Ireland." The report concludes by a reference to the more rapid progress of vaccination in foreign countries, owing to the municipal measures or legislative enactments there adopted to promote its dissemination, urging that unless a similiar course be followed in England it can never hope to be freed from its frightful scourge.

DISEASES OF THE HEART.

BY THE EDITOR.

No. V.

(*Continued from page* 138.)

ARTERIAL PALPITATION.

The same alternating spasmodic motion into which the muscular substance of the heart is occasionally thrown, by one or other of the causes to which we have referred in the preceding essay, frequently takes place in some of the larger arteries, giving rise to that fluttering or throbbing in different parts of the body which may be called ARTERIAL PALPITATION.

During the healthy and ordinary flow of the blood through the arteries, it is very well known that there is no sensible series of contractions and dilatations whatever; but when any morbid irritability exists in one part of the course of an artery, a like partial irritability is given to the artery itself, and in some phlegmonous inflammations—even in a common whitlow—we become sensible of this irritability, which is accompanied with a throb, or that alternating spasm and relaxation which constitute what is meant by palpitation.

In very irritable habits, in which there is a morbid sensibility throughout the whole of the sanguineous system, the palpitation will not unfrequently shoot sharply from one artery to another; and one or two cases are given in the "Ephemerides of Natural Curiosities," in which it appears to have been universal. It was so, indeed, in the very irritable constitution of that singularly constituted character, Jean Jacques Rousseau, if we may credit the account he gives of himself in relation to this subject; for he tells us, that after a peculiar paroxysm of high corporeal excitement, he became, all of a sudden, sensible of a pulsation in every part of his body, which from this time accompanied him without intermission: and he adds, that the throbbing was so distinct and strong, that he was often capable of hearing as well as feeling it.

The temporal arteries are peculiarly liable to this throbbing, or palpitation; indeed, some persons are seldom free for any length of time from a jerking, flickering, sensation at the temples, which is always attended with a greater or less degree of headache. Occasionally the carotid arteries are similarly affected, and then the patient experiences a distressing sensation, or palpitation, at the sides of the neck. Mr. Dundas has observed that this affection of the carotids is most common to persons in the prime of life, and that it exists in connection with enlargement of the heart, without increase of its muscular power.

It is highly curious and interesting, in a medical point of view, to notice the ramifying chain of disordered actions of which the heart sometimes forms the first link. Similar cases to the following, related by the late Dr. Good, will readily come to the remembrance of every observant physician:—he says—I had lately a lady under my care, of delicate constitution and highly nervous habit, in the third month of pregnancy, who had for several weeks been uniformly attacked in the evening with a violent palpitation in the heart, that continued for nearly an hour or upwards; it was then transferred to the temple, which throbbed with as much violence and for as long a period of time; giddiness followed with a tendency to fainting, immediately after which there was a general reaction in the system: the skin became heated, and at first very dry; but the dryness at length yielded to a general perspiration, which terminated the disordered action; for the patient, at that time becoming tranquil, dropped into a sound and refreshing sleep, and woke free from all these symptoms in the morning.

Arterial palpitation, although not so frequent in the epigastric region, is still far more alarming when it exists in the neighbourhood of the stomach, than when in the temples or neck. The increased pulsation appears to proceed from some particular

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excitement of the aorta, or one of its branches, supplying the intestines with blood, as the superior mesentric, or the cœliac artery. It is more commonly, and certainly more violently, felt at that part known as the pit of the stomach, at about a hand's breadth below the breast-bone. When a paroxysm of palpitation comes on, it shakes the whole frame; there is an overpowering sensation of exhaustion and sinking, with dread and anxiety; the breathing is oppressed, the patient is restless, he sighs heavily, and presses the hand firmly to the seat of his uneasiness. We have, in our own family too frequent opportunities of watching this most distressing affection of the circulation, which are only rendered tolerable by the conviction that the attacks are unconnected with organic disease. From the peculiarity of the beat, or pulsation, when thus situated, it may be, and in many instances has been, mistaken for aneurism, to the great terror of the patient, and consequently to a considerable increase of the disease. By care the distinction between the two affections may be clearly made. When unconnected with the more serious disease—aneurism—the palpitation is diffused, and there is not any circumscribed pulsatory tremor, that can be ascertained by a pressure of the finger; the stroke or beat returns with irregularity, by which alone palpitation may be distinguished from pulsation. In some cases, indeed, the line of the affected artery can be distinctly felt and followed up to a considerable length; and the vibration has occasionally been so strong as to be visible to the eye, even at some distance, when the surface of the abdomen has been exposed to view. "From a good deal of experience upon this subject," says the late Dr. Bailey, "I am enabled to say, that the increased pulsation of the aorta in the epigastric region, very rarely depends upon any disease in the aorta itself, or of its large branches in that place." This distinguished pathologist tells us further, that he has had an opportunity of examining the state of the arteries in the epigastric region after death, in two persons who had this pulsation very strongly marked, and who died from other diseases. In both cases all the arteries were perfectly free from every appearance of diseased structure. The same authority adds:—"It is, perhaps, difficult to ascertain, in many instances, the causes of this increased pulsation of the aorta in the epigastric region; but in most cases it will be found to be connected with an imperfect digestion and an irritable constitution." And hence, whatever may improve the digestion, and render the constitution less irritable, will be of use in mitigating the complaint: and, above all, it will be found highly serviceable to remove the patient's anxiety on the subject, whenever it can be fairly done.

(To be continued.)

THE LUNGS.

Dr. Southwood Smith, in his "Philosophy of Health," gives a description of the functions of the lungs, which also demonstrates the great importance of pure air. It appears that when respiration is performed naturally, there are about 18 respirations in one minute, 1,080 in the hour, and 25,920 in the 24 hours. By each inspiration a pint of air is sent to the lungs—that is, 18 pints in a minute; in the hour more than 2 hogsheads, and in the 24 hours more than 57 hogsheads. When the body is in a state of health, there will be 72 pulsations of the heart in one minute. Every pulsation sends to the lungs two ounces of blood. Thus, 146 ounces, about an imperial gallon, are sent to the lungs, for the purpose of arterialisation or purification every minute. In one hour there are sent 450 pints, in 24 hours nearly 11,000 pints. The blood performs a complete circuit in the system in 110 seconds, and 540 circuits in 24 hours. There are three complete circulations of the blood in every eight minutes of time. The object of this beautiful arrangement is to ventilate the blood. A constant supply of fresh air is an absolute necessity of our nature. If we are deprived of it we die at once. If the air is vitiated we suffer languor, which very often results in disease.

SMALL-POX is said to be prevalent in St. Lucia, St. Christopher, and Montserrat, West India islands. In the last-named locality the most appalling scenes of disease, destitution, and misery, present themselves on every side. Cultivation has, in consequence, been almost entirely suspended

CHICORY.

The following letter appeared in *The Times* of the 2nd inst:—

TO THE EDITOR.

SIR,—In considering how far it is proper to permit the admixture of chicory with coffee, we ought not to forget that chicory is of a narcotic character, and capable of producing very injurious effects on the nervous system.

Professor Beer, of Vienna, the most celebrated German oculist, was so convinced of this that he has enumerated chicory coffee as among the causes of amaurotic blindness.

The adulteration of coffee is a matter which interests the poor much more than the rich, who can have coffee ground in their own houses, and deserves in an especial manner to attract the attention of temperance societies. They have a right to call upon the Lords of the Treasury to exert all the powers of the law to protect the industrial classes from every fraud and imposition in the preparation of coffee.

I remain, Sir, your obedient servant,

A PHYSICIAN.

CHRONIC PLEURISY.

BY THE EDITOR.

(*Continued from page* 142.)

THIS form of the disease may exist as the continuation or sequel of acute pleurisy, and, paradoxical as it may appear, it may also exist as an original disorder—that is, chronic from the commencement, and never exhibiting those symptoms of intense fever, acute pain, or energy of reaction, which characterise the acute disease.

Pleurisy, in its essentially chronic form, creeps on slowly and insidiously, without much acceleration of the pulse, heat of the skin, or other sign of high fever. When there is any unusual sensation at the side, it is seldom acute or lancinating in its character; sometimes it does not amount to more than a mere soreness; and in other cases the patient feels a dragging or tearing pain at some particular part of the side. The difficulty or hurry of breathing is not so oppressive or painful as in the acute form; indeed, it is sometimes so inconsiderable as not to attract the individual's attention. If a catarrh co-exist, or a fresh cold be caught whilst the patient is labouring under the chronic pleurisy, the difficulty of breathing is of course greatly aggravated. Cough, if it be present at all, is usually dry, or attended with a scanty mucous expectoration. An observer is struck with the patient's unhealthy, pallid appearance; the features are "pasty" and blanched; the skin looks as if it were the covering to fluid matters, rather than what should be solid flesh; the countenance is anxious and languid; the body is emaciated, the appetite gone, and the strength exhausted. Towards night, symptoms of fever come on; the skin is then hot and dry; the pulse is quickened; the cheeks burn and flush, and at this time all the symptoms present a hectic character. During the course of the disease, the patient is unable to lie on the *healthy* side.

Chronic pleurisy approaches closely to consumption of the lungs in many of its most notable symptoms, especially the night sweats, wasting, and uneasiness (scarcely pain) in the chest. It is true that the two diseases may exist at the same time in the same individual; but in many cases which we have examined, we have found the tubercles in their crude state—that is, before they have advanced to ulceration—whilst the cavity of the pleura was filled with serous or purulent matter.

The anatomical characters of chronic pleurisy are—effusions of various kinds in the sac of the pleura; coagulable lymph thrown out on the surface, and in various stages of organisation; solid secretions, becoming organised, and forming a matrix for various malignant diseases. Extensive adhesions, or bands of

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organised lymph, joining the two pleura together, are not so frequently found as in the acute form of the disease; in the latter the whole length of the pleura may become adherent; but in the former we usually meet with pus or with loose and unorganised effusions of lymph mixed with serum. This mixture of lymph, serum, and pus, may increase daily, and may so compress the lungs towards the spine as to reduce it to a thin lamina not exceeding a few lines in thickness. This state of things has induced some "careless examiners" to assert that the entire lung was absorbed. Although the office or function of a lung may in this manner be destroyed, it is surprising to what a trifling and disproportionate extent the patient suffers from difficulty in breathing; this is accounted for by the late Dr. Thomas Davis, by the general emaciation of the body and diminution of the blood, requiring a less quantity of that fluid to be sent into the lung than in the healthy state, and consequently less air is required.

The physical signs differ little from those of acute pleurisy, except in being more prominently expressed; and apparently they are so, for this reason—that the disease, from its insidious character, has excited little constitutional alarm, and therefore the individual labouring under it has unconsciously permitted it to go on without seeking medical relief. In general, therefore, when it is presented to the physician it has existed for a considerable time, and we usually observe the following signs; —the affected side is more rounded; the spaces between the ribs are more dilated, they appear "puffy," raised above their natural level, and in some cases a distinct fluctuation of fluid underneath may be felt: the whole of the affected side occasionally assumes an œdematous, or dropsical appearance. When the disease has existed for a long time, the spine is observed to deviate from its natural direction, and to form a curve, with its concavity looking towards the affected side. If the left side be the seat of the effusion, the heart undergoes the same displacement as in acute pleurisy, and produces the extraordinary occurrence of the heart beating on the right side, so that a man thus affected, says Dr. Elliotson, however worthy he may be, has no longer "his heart in the right place."

When effusion has taken place, there is a dead sound, on percussion, and the respiratory murmur can no longer be heard. This is the natural result of the part having ceased to be filled with air, and becoming loaded with fluid, which has driven the lung aside, or upwards, and compressed it below. The respiratory murmur may in general be heard at the upper and back part of the chest, near the spine, even in cases where there is considerable effusion, as the fluid, by its gravity, more constantly oppresses the lower part of the lung. When we come to speak of water on the chest and empyema, we shall have again occasion to refer to this part of our subject.

In the treatment of chronic pleurisy, we have two indications to fulfil:—first, to promote the absorption of the effused matter; secondly, to support the patient's strength. The first indication we must endeavour to fulfil by the use of mercury carried to the extent of affecting the system, or by the continued administration of the hydriodate of potash. When endeavouring to affect the system with mercury, it may, in many cases, be more prudent to employ it externally, in the form of mercurial frictions, as we are then less liable to induce that irritative fever which frequently attends its internal exhibition, and which would soon exhaust the weakened constitution. When hectic symptoms present themselves, we must abandon the use of mercury altogether. Diuretics are of considerable service; the popular combination of squill, digitalis, and calomel, produces an almost immediate effect on the kidneys; but the action cannot be so safely guided as that of the saline diuretics, namely, the nitrate, acetate, and bitartrate of potash, which are always to be preferred in persons debilitated by disease. When purgatives are employed—and they should only be administered when the bowels are constipated, and not as a means of cure—we must use the mildest of the class, the operation of which draws least upon the stamina, as castor-oil, manna, &c.

There is much truth in the remark of Dr. Law, of Dublin, who says, in reference to chronic pleurisy—"Constitutional means, or internal medicines, we must in candour admit, do not assist very much in the removal of the fluid." It is, therefore, upon external application, comprehending the different modifications of counter irritation, as blisters, setons, issues, stimulating liniments, &c., that we must mainly depend. Blisters are unequivocally the means best calculated to promote the absorption of the fluid secreted in the chest, as well as to avert its further secretion. A blister should be applied equal to the extent of surface involved in the inflammation; and when a continuance of its effect is deemed necessary, a second or third blister is much preferable to keeping the blistered surface open by means of irritating substances. Stimulating liniments carry with them the advantages that we can regulate their irritating property *ad libitum*, and that they do not unfit the surface to which they are applied for any future application.

The next indication in the treatment is, to support the patient's strength, and improve the habit of the body. We are not obliged to prescribe the same restricted diet as in acute pleurisy; but whilst we allow the patient a more liberal fare, we must always avoid, with the greatest care, such substances as are calculated to excite febrile excitement, and a consequent acceleration of the circulation. The food should be the lightest and most easily digested; but still possessing some power of nourishing; all stimulating beverages must be prohibited.

Change of air is productive of the most decided benefit, and often effects an almost instantaneous amelioration in the symptoms, so that the night perspirations cease, the appetite improves, the sleep becomes refreshing.

THE SALE OF POISONS.

On Tuesday, the 30th ult., Mr. Standford, in the House of Commons, moved for a select committee to inquire if any restrictions (and if any, what restrictions) should be imposed by Parliament on the sale of poisons. The number of murders which had been perpetrated lately by poison, which could be procured with facility, particularly in the districts where it was used for agricultural purposes, was so great that he was sure the House would agree with him in the necessity of putting a stop to it. Mr. Standford proposed a select committee, that they might examine analytical chemists and medical men, with the ultimate view of introducing a Bill to check the indiscriminate sale of poisons.

Sir G. Grey said the question was one of considerable importance, and the hon. member was right in saying the practice of taking away life by such means had become more frequent than formerly. At the same time, the detection of such crimes was extremely easy; and one advantage of the hon. member's motion was, that it gave opportunity for the expression of an opinion, founded on experience, that the detection of murder by poison was so easy that few of them escaped. The subject, however, was under the consideration of the Government, and a Bill had been prepared on the sale of poisons. (Hear, hear.) If the hon. member had paid attention to the subject, he would know that great difficulty lay in the enumeration of the poisons to be included in the schedule, and he doubted if an inquiry with the object of ascertaining, as the hon. member had suggested, by an examination of chemists, and medical men, what course ought to be taken, would not produce more harm than good, by enabling persons to have recourse to other poisons than those now used to destroy life. Under these circumstances, he hoped the hon. member would not press his motion.

Sir R. Inglis recommended the hon. member to withdraw his motion, after the intimation of the right hon. gentleman that Government had prepared a measure to remedy the evil. He earnestly recommended the hon. gentleman to withdraw his motion after the observations that he had heard from the right hon. baronet. There was no man who possessed such means of judging upon such a subject as the Secretary of State for the Home Department.

Motion by leave withdrawn.

We are glad that a Bill of such vital importance as that which will suppress the indiscriminate sale of poisons will be brought forward as a Government measure; and we hope that the clauses will be stringent and the penalties severe. Mr. Standford has done his country good service by mooting this question.

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PHARMACOLOGY.

No X.

DIURETICS.—(*Continued from page* 141.)

Digitalis.—Digitalis purpurea:—Fox-glove. The name is probably derived from the fanciful resemblance of the flowers to finger cases—*quasi* folks'-glove. This plant is well-known by its purple (sometimes white) flower; it is found in dry situations, particularly on banks, and blooms in the months of July and August. The leaves, *folia digitalis*, are used internally in doses of half a grain to two grains, as a diuretic; they also possess a powerful sedative action. The greatest caution is required in the use of this drug, because it accumulates in the system, and sudden death may be the result of its careless employment. The seeds are used for the same purpose as the leaves, but are less certain in their action. The leaves and seeds of this plant, especially the former, in the state of powder, tincture, or infusion, afford one of the most powerful medicines for the purpose of reducing the action of the heart, promoting the action of the absorbents, as a diuretic, and for producing a specific action over the cerebro-spinal system; it is employed very extensively in fevers, dropsy, inflammation, hæmorrhages, diseases of the heart, and in mania, epilepsy, spasmodic asthma, and the like; it is very remarkable for its power on the system, sometimes accumulating till it suddenly shows itself with irresistible force, to the imminent risk of the life of the patient. The leaves should be gathered when the plant is in flower, and those only which are fresh, selected; the leaf-stalks and mid-rib should be rejected, and the remaining part be dried either in the sunshine or on a tin-pan or pewter-plate, before the fire; or the plant be hung up, each leaf separate, in a warm kitchen. Practitioners ought always to obtain a supply of the recent leaves in the month of July, and dry them themselves, as in the herbshops they are often so ill-dried as to appear black, in which state they are useless. The London Pharmacopœia directs the *Infusion of Digitalis* to be made thus:—Take—Fox-glove leaves, dried, a drachm; spirit of cinnamon, a fluid ounce; boiling water, a pint; macerate the fox-glove leaves in the water for four hours in a vessel lightly covered, and strain; then add the spirit. Dose, as a diuretic, half an-ounce to an ounce, twice a-day. *The Tincture of Digitalis* is made by macerating four ounces of the dried leaves, in two pints of proof spirit for fourteen days, and then straining. The diuretic dose is from ten to thirty drops, gradually increased; if it occasion vomiting or purging, its diuretic powers will be lost; this may be prevented by the use of a small quantity of opium. In dropsies, digitalis may be administered as a diuretic, in one or other of the following forms:—Take—Powdered digitalis, and powdered squills, of each, nine grains; extract of gentian a scruple; oil of juniper, eight drops; syrup, sufficient to form a mass, which divide into twelve pills; one to be taken three times a-day. Or,—Take—Powdered digitalis, twelve grains; calomel, six grains; squill-pill, two scruples; mix, and divide into twelve pills. Dose: one, three times a-day. Or,—Take—Infusion of digitalis, half an ounce; acetate of potash, fifteen grains; spirits of sweet nitre, one drachm; cinnamon water, half an ounce: mix for a draught, to be taken three times a-day. Or,—Take—Tincture of digitalis, ten drops; acetate of potash, a scruple; compound spirit of horseradish, one drachm; compound spirit of junipers, one drachm; camphor mixture, an ounce; mix for a draught, to be taken twice a-day.

Cubeba:—Piper Cubeba:—Cubebs:—Tailed pepper:—Java pepper. Native of Java and Prince Edward's Island. In India it is used in cookery as a spice. This pepper is aromatic, pungent and stimulating. It acts specifically on the urinary passages, and in some cases is a valuable remedy in the treatment of gonorrhœa. The powdered berries may be given in doses of ten grains to two drachms, three times a-day, in barley-water, or a weak solution of gum arabic. Sir Astley Cooper says—"Cubeb appears to produce a specific inflammation of its own in the urethra, which has the effect of superseding the gonorrhœal inflammation. It is a remedy of a most useful and admirable kind, and may be given with advantage even in the inflammatory stages of gonorrhœa, provided the inflammation does not run excessively high. In the early stages, when the inflammation is just beginning, it often succeeds in removing the disease in a very short space of time. Although cubebs are so serviceable alone, the greatest advantage may be derived from combining its use with that of the balsam of copaiba when the latter is beginning to lose its effects." In our practice we prescribe it, in the early stage of gonorrhœa, in fifteen-grain doses, to which we add four or five grains of the nitrate of potash. Should there be great irritability of the urethra, bladder, &c., the eighth of a grain of morphia with each dose is of the greatest service. The *Tincture of Cubebs* is not of such great efficacy as the recent powder, and the *oil* is nearly useless. The former may be thus exhibited:—Take—Tincture of cubebs, one ounce; balsam of copaiba, and spirits of sweet nitre, of each half an ounce; mix. Dose: a tea-spoonful three times a-day. There is, or was, a quack pill, the advertisement for which was headed "Cubebs and Copaiba entirely superseded:" *we know* that these two drugs were the only medicinal agents contained in them. So much for honest quackery!

THE TOOTHACHE.

THIS well-known disease generally arises from the exposure of the branches of the nerve of the tooth to cold air, or acrid matter, in consequence of caries. It is, however, frequently occasioned by inflammation of the membrane lining the socket; in which case the tooth is a little elevated, seldom decayed, very painful to the touch, and attended with a throbbing pain, which often extends to the neighbouring tooth. This latter kind generally terminates in the formation of matter commonly termed gum-boil.

When the tooth is decayed, its extraction may be advisable; which operation, when properly performed, is not attended with more acute pain than a severe paroxysm of the toothache.

When the decay of the tooth is evidently constitutional, its removal is not in all cases to be advised, as the same diseased action will very probably go on in another tooth. It is a prevailing opinion with surgeons and dentists, that a bad tooth will contaminate the one next to it; but in this instance it will be the means of preserving the others sound.

When toothache arises from inflammation—in which case the tooth is generally sound—the cure should be attempted by extracting blood from the gum by leeches or scarification, which, with the use of a purgative medicine (as that prescribed in No. 16, page 127), and a composing-draught, composed of five drops of the solution of acetate of morphia with twenty drops of antimonial wine in a wine-glassful of water, will probably remove the cause: if, however, it should prove obstinate, a blister may be applied behind the ear, and the application of the leeches repeated. Should the toothache be the consequence of exposure to cold, a warm bath may be employed with the greatest advantage.

When toothache is decidedly nervous, and periodic in its visitations, the sulphate of quinine, given in three-grain doses every eight hours, is a valuable remedy; or the angustura bark, in fifteen-grain doses, may be given as a substitute.

The violence of pain may in all cases be mitigated by the application of ether and laudanum, by means of lint. The mouth should be previously rinsed out with warm water, to remove any acrid matter that may be lodged in the cavity of the tooth. A pill of camphor and opium, introduced into the hollow of the tooth, is a popular remedy; as are also the oils of cloves, thyme, and pellitory of Spain. (See PHARMACOLOGY, No. 11, page 84.) The exclusion of the atmospheric air, by filling the cavity with a mixture of gum-mastic and white wax, when the nerve is not inflamed or irritated, will not only prevent the recurrence of toothache, but often suspend the progress of decay. Cotton-wool soaked in chloroform or creosote often affords relief.

The effect of fear on this malady is remarkable; the sight of the instrument for extracting the tooth often giving perfect relief, even when the pain has arisen from a decayed tooth.

"Of all animals (observes Mr. Hertz, in his familiar "Dissertation on the Teeth"), man is the most subject to diseases of the teeth; and it is strange that a decay of this very useful part of the body should take place in young people, apparently in a perfect state of health. The matter that collects on the teeth, termed tartar, is evidently a morbid secretion of the gums, in consequence of their spongy structure, or of their being separated from the teeth, the latter of which is the most frequent cause. The brush and powder employed for the purpose of removing the matter both tend to aggravate the evil, by abrading the gum as well as the enamel of the teeth, and by the spreading of the hairs of a brush the gum is detached from the teeth and irritated. Hence people who are in the habit of using them are under the necessity of repeating the operation every morning in order to keep them clean.

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"The teeth receiving their nourishment from the gums, a diseased state of the gums, or their detachment from the teeth, sufficiently accounts for caries or unhealthy appearance of the teeth. I therefore advise people to pay more attention to the state of the gums; and instead of cleaning the teeth with powder and a hard brush, to wash the gum gently, internally as well as externally, every morning, or three times a week, with equal parts of tincture of rhatany-root and warm water, by means of a piece of sponge fastened to an ivory handle. This, by constringing and strengthening the gums, will not only render the teeth more firm in the sockets, but effectually preserve them from caries and toothache, and prevent the accumulation of tartar. The teeth may also be gently rubbed with the same sponge and diluted tincture of rhatany, with the surface covered with prepared charcoal."

Rickety and scrofulous children are very subject to caries of the teeth. In those cases, local management will be of little avail, unless the state of the constitution be amended. Nothing is so injurious to the enamel of the teeth, and so provocative of toothache, as sugar and sweetmeats.

The following are popular remedies for the toothache:—

Mr. Brande's Tincture—Bruised pellitory, half an ounce; camphor, three drachms; opium, one drachm; oil of cloves, half a drachm; rectified spirit, six ounces; digest for ten days, and strain.

Boerhaave's Odontalgic—Rectified spirit, one ounce; camphor, half an ounce; opium, a scruple; oil of cloves, eight drops; mix.

Righni's Odontalgic—Alcohol, four drachms; creosote, six drachms; tincture of cochincal, two drachms; oil of peppermint, three drops; mix.

Vogler's Paste—Powdered opium, one ounce; mastic, two drachms; sandarach, two drachms; dragon's blood, half a drachm; oil of rosemary, eight drops; spirit, sufficient to form a paste. A small portion to be applied near the affected tooth.

Rust's Paste—Opium, five grains; oil of cloves, three drops; extract of henbane, five grains; extract of belladonna, ten grains; powdered pellitory, sufficient to form a paste.

[Some very useful articles on the management and diseases of the teeth, by Mr. Smartt, surgeon-dentist, were published in Nos. 5, 6, 7, 8 of the PEOPLE'S MEDICAL JOURNAL, to which we beg to refer our readers.]

THE ROUTINE PRACTICE OF MEDICINE.

How often does it happen that a poor invalid, suffering with a multitude of painful and dangerous symptoms, which if properly diagnosed might be all traced to one *cause*, is treated by his "medical attendant" for symptoms alone, whilst the *cause* is forgotten, unknown or uncared for. "Headache, have you?" says the apothecary, and dots down something for the headache. "Sour taste, eh?" dot again. "Thirsty?" another ingredient. "Bowels costive?" a sharp dose of aloes is added. "And the side painful?" that symptom is written for. "Make little water, eh?" in goes a drachm, at least, of sweet nitre. So that each prescription contains a distinct antidote for every bane; which when compounded beautifully neutralise each other, distress the stomach of the patient, and leave him, if not worse, certainly not much better for his "physicking."

Dr. Paris informs us that he was told by a medical practitioner in the country, that the quantity, or rather complexity, of the medicines which he ordered for his patients, for there never was any dificiency in the former, was also increased in a ratio with the obscurity of the disease he was treating. "If," said he, "I fire a great profusion of shot, it is very odd if some of them don't hit the mark."

Sir Gilbert Blane, in his "Medical Logic," has related a somewhat similar anecdote. A practitioner being asked by his patient why he put so many ingredients into his prescriptions, is said to have answered, more facetiously than philosophically, "in order that the disease may take which it likes best."

"Remove the cause, and the effects vanish," should be the golden law of all prescribers. But how few search for a cause; how few look beneath the surface. Alas! how often is it "the bill, the bill, and nothing but the bill" (receipted).

INSANITY CAUSED BY EXCESSIVE DRINKING, FOLLOWED BY DROPSY.

M. BRIERE DE BOISMONT narrates, in the *Gazette Médicale*, the case of a foreigner, fifty years of age, of middle size, and lymphatic temperament, who had contracted a habit of drinking to excess, so that two or three bottles of brandy would be swallowed in a few minutes (!) These repeated excesses brought on an attack of *delirium tremens* eight years ago, which left a weakness of intellect. For some months past he required to be watched every moment; if he was lost sight of for an instant, he escaped, entered the first wine-shop that presented itself, and left his hat, watch, or waistcoat, to pay his expenses. After one of these debauches, he was brought to M. Brière's establishment. His face was thin, his complexion yellow, his eyes dull, and without expression, tongue white, and no appetite. To all questions addressed to him, he replied, "wine, brandy!" and put himself in a passion when he did not get what he wanted. At night he was quiet in bed; his step was firm, and there was no trembling in his limbs. The memory was weak, and he required to be told a thing twenty times before he could remember it. During the first three days he took little food, and coloured water was given him to drink. By degrees he got accustomed to the house, eat like the rest, and no longer asked for drink. Two months after his entrance, his appetite diminished daily. The face became lean, and assumed an earthy colour: he remained motionless in a corner; and his legs became, soon afterwards, dropsical. The horizontal position, nitrous drinks, and purgatives were prescribed, the infiltration began to diminish somewhat, and it then became stationary. The nitrate of potash in large doses and purgatives were given, and compression was also employed, thereby producing some amelioration. The loss of appetite, however, remained the same, and he continued to emaciate. His appearance gave indications of a serious organic attack. The mode of treatment hitherto pursued having produced little good, and the disease progressing, the dropsy was regarded as owing to deprivation of the habitual stimulants; consequently half a bottle of wine at each meal, with a glass of brandy, was prescribed. Scarcely had he been under this treatment eight days, when a most remarkable change was produced in his whole being. The effusion diminished, the countenance improved, the appetite returned, and, without having recourse to bandages, the swelling was radically cured in less than a fortnight. Isolation, and the moderate use of fermented liquors, had a favourable effect on his intellect. This patient, who had been the subject of complete dementia, a year after his admission could converse reasonably, although his ideas upon certain subjects were weakened. His memory, which seemed lost, eventually recovered almost all its strength. He related the events of his life, described the processes which he had observed in the arts, and desired to return to his family. One hallucination remained. Every day at three o'clock he saw his wife come into the room—she spoke to several persons in the house, but never addressed him. He has left the establishment quite cured; but it is pretty nearly certain that his *penchant* for spirituous liquors will occasion a relapse.

IMPORTANCE OF WASHERWOMEN.

Extraordinary as it may appear, it has recently been shown in evidence before the General Board of Health, that the washerwoman's interest in the community is actually greater than that of the cotton-spinner, with all his enormous capital. An instance of this will suffice to show our meaning: a gentleman buys one dozen shirts, at a cost of 4*l.*; three of these are washed every week, the charge being fourpence each, making an annual account of 2*l.* 12*s.* The set of shirts, with careful management, lasts for three years, and has cost in washing 7*l.* 16*s.* The cotton-spinner's interest in the shirts and that of the shirt-maker's combined, did not exceed 4*l.*, while the washerwoman's interest is nearly double. A considerable portion of this amount is unavoidable; but a very large part is due to the excessive charges for washing, rendered necessary by the waste of soap and the increased labour required for cleansing. A family in London, with an annual income of 600*l.*, spends about one-twelfth of the amount, or 50*l.*, in the expenses of the laundry. On an average, every person in London, rich and poor, spends one shilling per week, or fifty-two shillings a-year for washing. Hence, at least five million two hundred thousand pounds is the annual amount expended in the metropolis alone for this purpose. Yet, large as this amount is—and it matters not whether it be represented in the labours of household washing, or that of the professed laundress—it is obvious that the greatest part of it is expended in actual labour, for the washerwoman is rarely a rich or even a thriving person. Hence, it follows, that this labour, barely remunerative as it is, must be made excessive from some extraneous cause; for it is found by experience, that one-half the charge is ample compensation in a country district supplied with soft water. The tear and wear of clothes by the system necessary for washing in hard water is very important in the economical consideration of the question. The difference in this respect, between hard and soft water, is very striking. It has been calculated that the extra cost to ladies in London in the one article of collars, by the unnecessary tear and wear, as compared with country districts, is not less than, but probably much exceeds, 20,000*l.*

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

THE COMPOUND DECOCTION OF ALOES.—This valuable mild cathartic is thus prepared:—Take—extract of liquorice (Spanish juice), seven drachms; carbonate of potash, a drachm; aloes powdered, myrrh powdered, saffron, of each a drachm and a-half; compound tincture of cardamom, seven fluid ounces; water a pint and a-half; boil down the liquorice, carbonate of potash, aloes, myrrh and saffron, with the water, to a pint, and strain; then add the compound tincture of cardamom. Dose: from a table-spoonful to a wine-glassful. Early in the morning is the best time to take it. [A very good old friend of ours, verging on eighty, who for above fifty years was actively engaged as a general practitioner in a rural district, never took any other medicine than this decoction, a bottle of which always stood on his dressing-table. He has frequently attributed his present robust old age to its occasional use.]

THE COMPOUND RHUBARB PILL—than which a more valuable laxative preparation is not to be found in medicine—is ordered by the London Pharmacopœia to be made as follows:—Take—rhubarb powdered, an ounce; aloes powdered, six drachms; myrrh powdered, half an ounce; soap, a drachm; oil of carraway, half a fluid drachm; syrup as much as may be sufficient. Mix the powders, then beat the whole together until incorporated. Dose: from five grains to a scruple.

FRICTION.—When the stomach is disordered, or incapable of performing its functions, rubbing the belly with a brush, or a coarse towel, is of great use. Friction thus applied, for half-an-hour every morning, will strengthen the stomach and organs therewith connected, more than moderate exercise for a whole day. For obtaining such beneficial effects, it must be performed on an empty stomach, or in bed, before we rise, gently and steadilyin a circular direction, and at least for five or ten minutes at a time.

CHILDREN should for some time sleep on their backs, but as soon as they get teeth, begin to live on more substantial diet, their bones and ligaments become stronger, they should be laid to sleep sometimes on one side sometimes on the other, that both may grow alike and become equally strong.

RULES FOR THE PRESERVATION OF HEALTH.—1st. Breathe pure air. 2nd. Use a moderate proportion of liquid food. 3rd. Consume no more solid food than the stomach can easily subdue. 4th. Preserve the organs of digestion in good order. 5th. Take regular exercise without incurring fatigue. 6th. Sleep as many hours as may be necessary to restore the strength of the body and mind. 7th. Control your passions, and bear with fortitude the disappointments of life.—These are the most effectual means of preserving health, of enjoying life, and of attaining longevity.

DIETARY, WHOLESOME AND ECONOMIC.

COFFEE AS MADE IN INDIA.—Take a quarter of a pound of coffee roasted and ground, put it into a jug, and pour over it seven or eight cupsful of water, boiling; stir it for some minutes until the froth is gone, then cover the jug up close with a towel folded several times to keep in the steam, and let it stand twelve hours; then pour it off, when it will be quite clear, and may be heated as required, but never boil it. It will keep several days. Note: It is best to have a jug that holds the quantity of water, and then pour it out of the kettle, boiling, on the coffee. The grounds are an acceptable gift to the poor.

CURRY POWDER.—The recipes for "True Indian Curry Powder" are numerous, and vary much in the number and proportion of the ingredients. The *true* curry is said to be thus made: coriander seed, six drachms; turmeric, five scruples; ginger, four drachms and a-half; cummin seeds, eighteen grains; black pepper, fifty-four grains; poppy-seed, ninety-four grains; garlic, two heads; cinnamon, a scruple; cardamom, five seeds; eight cloves; one or two chilies; half a cocoa-nut grated. All the ingredients are to be of fine quality and recently ground. We insert the above to oblige a correspondent. Good curry-powder may be so easily procured at any respectable Italian warehouse that it is scarcely worth the trouble of preparing. We obtain ours at Finch's, Ludgate-hill.

LEMON PICKLE.—Slice six lemons, rub them with salt, lay them in a stone jar, with two ounces each of allspice and white pepper, and a quarter of an ounce each of mace, cloves, and cayenne, and two ounces of horse-radish and mustard-seeds; pour over them two quarts of hot distilled vinegar; and after standing a few hours, strain. Some add garlic or eschalots.

ANCHOVY PASTE.—Pound the fish in a mortar, and rub the pulp through a fine sieve, put it into pots, and cover with clarified butter. POTTED BLOATER may be made by preparing red-herrings in the same way.

FLAVOURING ESSENCE.—Take—oil of bitter almonds, eight drops; essence of lemon, twelve drops; oil of cinnamon, eight drops; oil of nutmeg, four drops, highly rectified spirit, one ounce; mix. A few drops to be added to puddings, custards, &c.

CURD CHEESECAKES.—Take—half-a-pint of good curds, beat them with four eggs, three spoonsful of rich cream, half a nutmeg, one spoonful of ratafia, rose, or orange-water, put to them a quarter of a pound of sugar, half a pound of currants well washed and dried before the fire; mix them all well together, and bake it in petty-pans, with a good crust under them.

ADVERTISEMENTS.

Now ready, price 4d., by post, 6d.

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The Causes, Symptoms, and Rational Treatment.

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"An excellent little tract upon those disorders so incidental and so common to us that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st*, 1850.

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HEADACHES. Their Causes, Symptoms, and Rational Treatment.

London: published by the AUTHOR, 25, Lloyd Square, Pentonville; and sold by GEORGE VICKERS, Strand, and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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"There is no assumption or quackery in this little volume—it is just such a work as might be anticipated from an intelligent and experienced physician. The suggestions and recommendations of Dr. Yeoman are extremely valuable, and may be unhesitatingly and advantageously adopted by all who are interested in the health and well-being of the rising generation."—*Morning Herald*, Oct. 23, 1848.

Also, by the same Author, price 2s.,

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

"The perusal of the publication before us, which turns upon four of the most prevalent evils to which flesh is heir in these lands, cannot fail to prove most beneficial to sufferers among all persons of sense, and to further successful medical treatment."—*British Banner, March* 21, 1849.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. YEOMAN is well known by his work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: SAMPSON LOW, 169, Fleet-street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly: and all Booksellers.

MILES'S DISINFECTING POWDER.—For the Fumigation and Disinfection of Sick-Rooms, Clothing, Linen, Cesspools, Drains, &c., and the effectual destruction of offensive smells and malaria; thereby preventing the communication of Infectious Diseases, Influenza, Cholera, Typhus and other Fevers, &c. The gradual elimination of free Chlorine from this compound, when exposed to the action of the air, renders it the most convenient agent for the above purposes. In Bottles, 4d. 6d. and 1s. each: sold by JOHN MILES, 78, Gracechurch-street, and all respectable chemists in the kingdom.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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Sold Wholesale by NEVILL and Co., 16A, Chichester Place, Gray's Inn Road, London; and Retail by T. CARRICK, 127, Crawford Street; T. SHARP, 44, Bishopsgate Street Within; MILES, Gracechurch Street, City; and may be obtained from all respectable Shopkeepers in the Kingdom, in Packets, 6d. and 1s. each, and 6 lb. and 12 lb. canisters, 5s. 6d. and 10s. 6d. each.

THOMAS SMITH'S LONDON DIGESTIVE SAUCE possesses exquisite piquancy and aromatic flavour for Fish, Game, Wild Fowl, Steaks, Hashes, &c.; and is of the greatest utility in assisting digestion, and promoting the appetite. Its stomachic virtues are held in high estimation by the faculty, who highly recommend its use. It can be obtained of Chemists, Grocers, &c., in any Town in England, Ireland, and Scotland; and wholesale only of the Proprietor, THOMAS SMITH, 11, Goswell-road, London, in Half-pint Bottles, price 1s.; and Pint bottles, 2s. each.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

Pleurisy; Nos. 17, 18, and 19.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index, and glossary. Vol. I. will be ready July 1st.

IN the press, and will be shortly published—HEADACHES, their Causes, Symptoms, and Rational Treatment. By the Editor of this Journal. Price 4d.

P. E. M. (Gateshead).—The "disqualification" may be only temporary; everything will depend on your own resolution and perseverance. We accede to your offer.

OLIVER.—When the weather is milder use a shower-bath every other morning. Live well; add a scruple of quinine to a bottle of sherry, and take a wine-glassful every day at eleven o'clock.

HARRIET JACKSON.—All the symptoms are referable to hysteria. Send your address.

JOSEPH COYNE (Newcastle-on-Tyne).—We forwarded a private letter to the address you gave; it has been returned marked "not known."

JAMES JONES (Halifax).—You can have the work on Indigestion transmitted to you by remitting six stamps. We cannot spare the space in this column to give you all the information you ask for.

A PORTFOLIO.—We have received from Mr. Evans, 90½, Holborn-hill, a self-binding portfolio, which is admirably adapted to keep a series of numbers as securely as if bound in a volume. The price is as low as 1s. 6d. We wish every subscriber had one; our Journal would then be preserved neat, clean, and complete.

WILLIAM S——T (Dover).—You had much better submit yourself to a personal examination; the "cheap trains" will now permit you to do so economically.

THOMAS BELLOND. CHARLES A. S. D.—We repeat, that such cases as yours do not merit *gratuitous* advice, and will not receive such at our hands.

EXONENSIS.—Will find his question answered under the head of "Dietary," in the present number.

EDWARD SOUTH.—Take—Sulphate of iron, two grains; extract of hyosciamus, and extract of gentian, of each four grains; mix, and divide into two pills, which take every night for a fortnight.

W. R. S. (Stockport).—The age you mention is remarkably early for our climate. Dr. Usiglio relates the case of a young Maltese who was a mother in her thirteenth year.

WM. WEST. (Eton) says, "Will you do me the favour to inform me in the next number of your Journal, the best prescription for 'bleeding of the nose,' and you will oblige, &c." Now, our friend West does not say whether the prescription he requires is to cause or avert bleeding at the nose. Sometimes bleeding at the nose is an effort of Nature to relieve herself, and as such should be encouraged. Plethoric persons having a "determination of blood to the head," as it is improperly called, young girls at a critical age, and gross, "full-blooded" free-livers, are frequently spared a severe illness by this spontaneous loss of blood. When *epistaxis* happens in debilitated persons, or when it occurs too frequently and the loss is injurious, it may be arrested by the person sitting upright, bathing the nose with cold water, or inserting a piece of ice in the nostrils; if it continue, a moderate pinch of powdered alum may be put into a couple of table-spoonsful of water, and thrown up by means of a syringe; or a plug of lint dipped in this wash may be passed into the bleeding nostril. If the loss of blood be great, apply ice to the side and nape of the neck.

T. H. (Blackburn).—You say the pain is confined to a space "as big as an oyster"—do you mean a "native" or a large French or Cornwall oyster?—a button, or a cart-wheel? Wear a flannel roller, and take a dose of castor-oil occasionally.

A SCHOOLMASTER.—As well for economy as for health give your boys a pudding at least once a-week, prepared with Nevill's Patent Flour of Lentils.

A PORTER.—They are all impostors; if by sad misfortune you require a truss, go to Smith's, High Holborn.

SYNTAX.—Certainly.

E. COULSTON.—Such a communication as your's cannot proceed from the father of a marriageable daughter. Let your wife write. To tell you the truth, we think you must be trying to deceive us: we therefore object to comply with your request.

SARAH (Whitby).—See Diseases of Women, No. 6, page 43.

A STUDENT.—We know of none better than the *Dublin Dissector*, and "Harrison on the Arteries."

OMEGA (Lincoln's-Inn).—You are either a careless or only an occasional reader of our Journal, otherwise you would know that we do not give "gratuitous" advice in any case originating in "vice, folly, or indiscretion."

H. FORD (Derby).—Pain in the part you name, loss of flesh, loss of strength, pale complexion, all denote some serious amount of indisposition: you do not say if there be cough, expectoration, perspiration, or loss of appetite. You must apply privately.

H. SWEETENBURGH (Goswell-road).—The "unfermented bread," prepared as ordered in No. 2, page 15, is the most wholesome, and for you, the most proper.

J. D. (St. John-street).—We should be loth to advise a second operation under the circumstances you mention; such cases are, in many instances, curable without "the knife." We dare not give any opinion on the case without examining for ourselves.

B. J. L. (Chelsea-walk).—We are much pleased at your amendment; you have every encouragement to "follow up" the benefit you have already derived. Call either in Lloyd-square or at Gracechurch-street.

SHRUB (Whitechapel).—You will find an answer to a part of your question in this number, article "Toothache;" the information you seek for is given in the articles on the Teeth, published in Nos. 5, 6, 7, 8. A Treatise on the Diseases and Management of the Teeth, for four-pence! Think of that, Master Brook!

ALPHA (Swinton-street).—We are much obliged by your very kind order. We are not apothecaries, nor druggists, therefore, we are unable to send you "a box of pills."

W. S. P. (Scotland-road, Liverpool).—Take a warm-bath at ninety-six degrees, twice a-week. Avoid all salted meats, fish, and pastry. Take a wine-glassful of the "aperient mixture" ordered in No. 16, page 127; and as well, take fifteen drops of the *liquor potassæ*, in water, twice a-day.

W. H. O.—Improve the general health by a strengthening diet; take 4 or 5 grains of the citrate of iron twice a-day; place the ankle under a stream of cold water daily; elevate the heel of your boot, so as to remove the strain from the muscles and tendons of the calf and ankle. See page 43, in the Editor's "People's Edition" ON INDIGESTION.

ANN MERRITT.—We shall be very glad to try your "receipts," and if approved, will insert them in "Dietary" agreeable to your wish. It gives us much pleasure to learn you have found the Journal so useful.

A. Z. (Blofield).—The cause of our not inserting your letter was, that it was a trifle too personal. We rejoice in the unity of opinion that exists between us, and shall always be glad to receive your contributions and valuable support. The letter of PETER FAMILIAS in No 17 tells a tale that, we fear, can be told by many anxious parents.

P. S. (Camden Town).—You justly describe your letter; it is truly, an "imperfect statement." We must see you.

FILLON. (Bedminster).—Will find an article on Hair Dyes No. 8, page 62.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—SUSAN (Leicester). AN INQUIRER (Bury St. Edmunds). ALFRED (Grimsby). D. T. C. CHARLES B. (Wakefield). T. R. B. (Maidstone). W. GREEN (Halifax). DESPAIR (Coney-street, York). A CLERK (Trongate, Glasgow). ANNE MATTHEWS (Windsor). A. EASTMAN (Tring). A WEAVER (Sudbury). JOSEPH PHILLIPS (Pimlico). MARY BRUCE (Lanark). PETER SIMPLE (Belfast). A WATCHMAKER (Wilderness-row). D. I. O. (Chester-square). A SHOPKEEPER (Bayswater). HENRY NASH.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—JULIUS (Ratcliffe). D. R. F. (Stamford-street) ONE WHO HAS REPENTED. ASCALON. A POOR PLAYER (Lambeth-cut). WILLIAM ROBERTS. MICHAEL (St. Swithin's-lane). MRS. DUDLEY. ANN MORRANCE'S CHILD. P. M. J. (Strand). JOSEPH JOSEPHS (Houndsditch). CAPT. R. (Burr-street) T. S. T. (Westminster-road). ARTHUR (Moorgate-street). P. T. O. (Dempsey-street, Stepney). RICHARD BARCLAY (Caledonia-road.)

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 20.—Vol. I.] SATURDAY, MAY 18, 1850. [ONE PENNY.

ON POPULAR, OR DOMESTIC MEDICINE.

Works on Domestic Medicine have been censured by many eminent medical men; although the greater number of those whose professional learning, and whose extensive observation demand our respect and attention, have entertained the most favourable opinion of them. Some physicians of the present day censure these works, and allege that they induce individuals who are incapable of forming a correct judgment, "to quack themselves." On the other hand, some of the most enlightened men have spoken and written warmly in their favour.

Dr. Kinglake, in an article on this subject, observes, that "Domestic or popular medicine, judiciously handled, so as to familiarise the public understanding with disease, and the probable means of cure, is of inestimable worth. It supplies the information that is wanting to enable patients to contemplate with useful correctness the nature of their ailments, and justly to appreciate the aid which may be sought for their removal.

"The notion of its having the pernicious effect of multiplying disease, by inducing mismanagement and increasing medical practice, is unfounded, and evinces an illiberal disposition to fetter and restrain the intellectual improvement that is more especially required in duly considering and estimating the causes and treatment of disordered health. Were the community sufficiently cognisant of the origin and course of disease, seasonable caution and appropriate management would be likely to prevail. The medical practitioner would also have a more favourable opportunity of applying the resources of correct science than can be done amidst the ignorance, prejudice, and caprice that are often opposed to liberal and intelligent practice.

"Were political knowledge to be early cultivated in all ranks of society, so as to enable every individual clearly to comprehend at least the outlines of an equitable government, none but enlightened, discerning, and virtuous legislators could become popular, or even tolerated. The parallel strictly holds in medical practice: if the people were sufficiently instructed in elementary views of disease and medicinal agency, practitioners, whether legitimate or illegitimate, would not be countenanced unless their acquirements should bear the competent examination to which they would be constantly subjected. Popular expositions of medicine, therefore, in which undeniable truths are practically inculcated, deserve rather to be regarded as public benefactions of the highest value, than as evils meriting the narrow-minded opposition and reproach with which they have been superciliously and unjustly aspersed."

Dr. Disney Alexander, in a work on Medicine, says:—"If clergymen who live in the country, and gentlemen who reside on their own estates, would devote a small portion of their time to the study of medicine, it is incalculable how much good they might render to the poor families in their respective neighbourhoods. The timely exhibition of a few doses of physic, in the beginning of disease, with a few plain directions concerning cleanliness, regimen, &c., would be no degradation to their characters, and might frequently prevent the extension of those infectious fevers to which the lower classes of people are sometimes subject; and which frequently, from neglect and inattention, prove fatal to the youngest, most robust, and most useful part of the community."

Mr. South, surgeon to St. Thomas' Hospital, says, in the preface to his admirable little work, "Household Surgery":—"I need scarcely remind my readers how many of the ablest persons in science and art have held it no degradation to their high standing to render their particular branch of knowledge accessible, not only to adults but even to children, by cheerfully-written works in simple language, often accompanied with homely illustration."

The Editor of this Journal explained the object he had in view in becoming a writer on Popular Medicine in the preface to his work on "Asthma, &c.:" he therein said:—"Without affecting greater philanthropy than is common to my profession, I may yet claim the endeavour to simplify the description and treatment of some most painful maladies. My aim, however, is not to make every one his own doctor, but to furnish so much information to the invalid and the friends of the invalid, as will enable them to second the efforts, and go hand-in-hand with the physician; and that, by knowing what ought to be done for their cure or alleviation, they may have confidence and hope in what is done."

How far the Editor has succeeded in this purpose and in his endeavours to lessen the "Mystery of Medicine," may be estimated by the critical notices which the reviewers have bestowed on his Journal; a few of which are here subjoined:—

"'The People's Medical Journal'" is an agreeable and much-wanted Family Physician. Its articles have the merit of being divested of technical terms, and are so plainly written that all may understand them."—*Sherborne Journal.*

"This work is written in a very popular style, and in strict accordance with its title, for it appeals to common-sense, and that is more generally distributed among mankind than the erudite philosopher is willing to believe. There is one article in the eleventh number, headed 'Medicine not a Mystery,' well worthy of perusal, especially by the medical profession. Its object is to abolish the barbarous dialect called by the profession 'the language of the Romans,' and to use plain English, in order that every man who may be doomed to swallow the nauseous dose may have the satisfaction of knowing of what it is composed, without having toiled through the Pharmacopœia either of London or Edinburgh."—*Portsmouth Guardian.*

"This periodical is intended to diffuse a more general knowledge of sanitary precautions and aids to health and longevity. The articles are well and cleverly written, by one well acquainted with the phenomena of life, health, and disease. The exposure of the real character of quack medicines and quack doctors is most complete, and must be attended with the best results."—*Cheltenham Journal.*

"As a specimen of the extremely interesting and popular manner in which dry medical subjects are treated, we quote the following passage from Dr. Yeoman's paper on "Indigestion."—*Weekly Times.*

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"There was a want of such a publication conducted by a sound practitioner, and the *desideratum* is now supplied. There is some good information on the 'ills that flesh is heir to;' and not a few of those who batten in the metropolis on the gullibility of the masses are soundly taken to account."—*Cambridge Advertiser.*

"A weekly publication, intended to expose quackery, and to be of inestimable service to the health and happiness of the community. It is edited by Dr. Yeoman, a popular medical writer, in London. Already some of the most elementary diseases have been investigated and explained with a sympathy and a force which recommend the publication to the most humble capacity."—*Stockport Advertiser.*

"The high price of medical works of authority has long been complained of. The issues of weekly and monthly series have varied from 6s. to 1s.; but here we have one before us at one penny each weekly issue. The editor, Dr. Yeoman, is favourably known, and this work will immensely augment his popularity among the people. Many of the articles are at once philosophical and popular, learned and simple."—*Glasgow Examiner.*

"As we observed on a former occasion, if this work has no other claim on public notice it is at least valuable as a counter-irritant to the ruinous advertised quackeries which meet our view at every turn.—*Poole Herald.*

"This periodical, under the able superintendence of Dr. Harrison Yeoman, the well-known author of several treatises on Consumption, Asthma Indigestion, &c., has supplied a long-felt want, that of a cheap and trustworthy Medical Adviser for the people. The older medical serials, besides being expensive, are all written for the guidance of professional men, and are, therefore, out of the reach, and above the comprehension, of the poor and the unlearned; but Dr. Yeoman, taking a liberal view of the case, seeks to enlighten the minds of the public as to the nature of the diseases for the cure of which they are compelled to 'call in the doctor.'"—*People's and Howitt's Journal.*

As this number completes our twentieth weekly issue, we trust our readers will not consider we have wasted space in thus reporting progress.

THE SENSES.

BY THE EDITOR.

No. I.

Five senses are generally attributed to the most perfect animals; namely, hearing, sight, smell, taste, and touch; of which the eye, the nose, the tongue and palate, the ear, and the skin or general surface of the body, are considered the appropriate organs. Every animal possesses one or more of these faculties, which enable it to maintain its connexion with the external world, and being deprived of which, it would, in fact, cease to be an animal. Were the animal void of sensations, it would want every incentive and all stimulus to action; for thought and motion are both action, and both would, therefore, be extinct; the animal would be fixed to the spot and unconscious of, and incognisant of all the objects by which it was surrounded—it would cease to be an animal, it would only exist as a plant. On the contrary, the more sensibility an animal possesses, the more energetic and frequent are its movements: the oyster, which in its perceptions is extremly limited, scarcely ever leaves the same place; its movements being chiefly confined to such muscular contractions as take place within its shell; while the bird, endowed with sensibility in a higher degree, is always in action. It has even been thought by some physiologists that the same distinction might be extended to man, and that those who receive very lively impressions from their senses, exhibit also a greater portion of energy and activity: the modifying causes, however, become here so extensive and numerous, as to make us extremely cautious how we admit any general rules.

THE SENSE OF HEARING.

The general organ of hearing is the ear, but not always so; for in some animals who hear by the eustachian tube only, it is the mouth: in the whale tribes, it is the nostrils or blow-hole. In all the more perfect animals, the ear is the organ, of this sense, and it is usually divided into three portions; first, the external ear, or *lobe*, which collects and serves as a sort of conduit to the sound; the *middle ear*, in which, it is said, the sound is in some way modified or prepared for striking on the third portion, or the *internal ear*, which answers to what may be more particularly named the vital part of the organ—that in which the auditory nerve is expanded, and in which the last corporeal change necessary to perception takes place. Of each of these we shall briefly speak. The lobe, or external ear, is constructed for the obvious purpose of collecting the rays of sound, which, like the rays of light, uniformly diverge from a central point, and, like them, may be made to alter their direction, or be brought to a focus. It is more usual, however, to speak of sound as being propagated by undulations or vibrations, than by rays; that is, that sound is dependent on corpuscules, which vibrate or oscillate within a given distance, and so communicate their motion to the next series of particles, but have not themselves an actual progressive movement. In effect, the vibrations of sound may be compared to the circles or rings formed by throwing a stone into water. Sound, like light, diffuses itself in right lines, and may be *reflected* by bodies which refuse to transmit it; on this property depends *echo*, and this principle is always attended to in the construction of ear-trumpets, which, as is well known, are always of a funnel shape, so as to approach the form and construction of the human external ear. The external ear has a conical tube, named the *auditory passage*, which concentrates and reflects the sound collected in the lobe of the ear: in this passage, the cerumen or wax of the ear is formed, which, with the fine hairs that grow round its entrance, seems destined to prevent the admission of minute insects, dust, or other offending bodies. The external part of the ear terminates at the end of this passage, being separated from the middle ear by a membrane, between which and the *membrana tympani* there is a little cavity, commonly known by the name of *the drum of the ear*. And this cavity is, in some respects, not unlike a drum: it has at one end the membrane we have just named, which may be compared to the drum-head, and is usually called *membrani tympani*, though in common conversation it is not unfrequently spoken of as being *the drum*. But this is incorrect; the drum is the cavity beyond it, and when people talk about having the drum of the ear broken, they really mean a rupture of this, the first membrane. The other, or innermost side of the drum, has another membrane, and this serves to form the partition between the middle and internal ear, which is situated yet deeper. Here occurs a very nice and accurate point of resemblance; a drum would give but a very faint sound, unless an aperture were left in its side, through which the vibrations might be communicated from the air within to the exterior air; such an aperture, therefore, is constantly left; and in like manner, the side of the drum of the ear is perforated by a long tube, called the *eustachian tube*, which comes from the upper part of the *pharynx*, at the back part of the mouth, and affords a free passage for air into the cavity of the drum, and so allows its membranes to vibrate, and the impression to be transmitted to the internal or properly sentient part of the ear. The communication of the eustachian tube with the middle ear may be readily comprehended by placing a small watch in the mouth, when the sound of the *tick* may be more distinctly heard than if the watch were placed at a short distance from the external ear. In the act of listening as well, the listener instinctively opens his mouth, so as to collect the vibrations at the orifice of the eustachian tube, and he breaths easily, or "holds his breath," so as not to disturb the undulations of air coming towards the mouth. The existence of the eustachian tube is curiously exemplified in persons who have had the *membrana tympani* ruptured, as such persons can cause smoke which they have inhaled with their mouths to pass out through their ears, for which purpose it is only necessary to allow it to reach the back of the throat (without swallowing it), when it will pass through the eustachian tubes into the drum, and then out through the

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ruptured membrane, with as much ease as, in ordinary cases, it is passed through the nostrils; a feat which almost every habitual smoker is able to perform. The deafness accompanying a cold and sore throat is another proof of the existence and use of these tubes, as it merely arises from the inflammation stopping up their openings, and so preventing the entrance or exit of air to or from the drum of the ear, in consequence of which its membranes can no longer vibrate to slight noises. In "throat deafness," as it is termed, arising from obstruction of the tubes or chronic inflammation, the practice of injecting the tubes is occasionally resorted to.

The drum of the ear has superadded a distinct structure, such as finds no parallel in any common drum. This is a fine chain of very minute bones, continued from one of its membranes to the other, and so arranged as to increase in strength the vibrations which they transmit inwards. These bones are further supplied with very minute muscles, by which the *membrana tympani* can be tightened or relaxed, so as to accommodate itself to sounds of different degrees of intensity. Finally, the object of all this apparatus is to convey the impression to the internal ear or labyrinth, which consists of three parts, the vestibule, the cochlea, and the semi-circular canals, all hollowed out of the hardest bone in the body (the petrous portion of the temporal bone), all completely shut out from communication with the external, air but containing in its place bags or tubes, filled with a fine limpid fluid, which is set in motion by the slightest vibration, and lies in contact with the delicate expansions of the nerve of hearing, to which the sense of such vibrations is thus immediately communicated.

From the complicated organisation of the ear, it follows necessarily that, like the eye, it must be subject to a great variety of diseases; while the many diseases of the one sense must bear a striking analogy to those of the other. Thus, painful and obtuse hearing and deafness may be well compared with painful and obtuse vision and blindness. As the eye is sometimes affected with illusory objects, so is the ear with illusory sounds; and as, when the axis of vision in one eye does not harmonise with the axis of the other, as in squinting, the same object may be seen double, so may the sound be heard double, when the action of the one ear is inaccordant with that of the other.

(To be continued.)

EXPERIMENTS WITH THE BRAYERA ANTHELMINTICA,

FOR THE REMOVAL OF TÆNIA SOLIUM, OR TAPE WORM.

(*See Number* 16, *page* 125.)

THE three cases of which we give an outline below occurred under the care of Dr. Budd, at King's College Hospital, who had determined on giving the Kousso, or Brayera anthelmintica (a plant of the natural order Rosaceæ,) a trial, having often found ineffectual the remedies in common use, as turpentine, pomegranate bark, &c., which create disgust in the patient, as well as, in some cases, severe constitutional symptoms. This plant, as long ago as the beginning of the year 1847, had been brought under the notice of the Academy of Medicine at Paris, which appointed a Committee to inquire as to its properties. It was in consequence tried, tunder their direction, in several hospitals, and the result of their experience was such, that they were induced to return a very favourable report. The Academy of Sciences were equally satisfied of its efficacy. We are not aware of its having been tried in any other of the metropolitan hospitals than the one in which the subjoined cases were treated. We hope that other physicians will be induced, by the satisfactory results already obtained, to give it a fair trial, in order that it may be decided whether its powers of destroying the tænia are such as to give it a place in our Pharmacopœia.

The parts of the plants used are the flowers, which, being reduced to a fine powder, are macerated in lukewarm water for fifteen minutes. The powder and solution are taken either in one, two, or three doses, quickly following each other. It is recommended that lemon-juice should be taken freely before and after the kousso. The patient must be prepared by low diet for a day previously, and the medicine taken on an empty stomach before breakfast. The clear infusion has the colour, and a somewhat similar taste, to very weak senna tea. It rarely causes any annoyance or uneasiness, except a slight nausea, and this but seldom.

The first woman to whom the kousso was given had generally enjoyed good health. From her account, it is probable that she had not been troubled with tapeworm previous to her coming to London, a year and-a-half ago, during which time she had resided in Tooley-street, Borough. When the first symptoms of it came on, twelve months since, she took oil of turpentine and castor oil, under the use of which a large portion of tænia passed. She had at first a ravenous appetite, which passed away, leaving a constant feeling of flatulency in the stomach. Langour, general debility, incapacity for work, and nausea were her chief symptoms. During the four months preceding her admission she was constantly taking various remedies, such as turpentine, &c., under the direction of her medical attendant; but with none of them had the worm passed. When admitted into the hospital she was ordered half a drachm of jalap and low diet, and subsequently other purges, but without bringing away any joints of the worm for four days, when the kousso was administered on an empty stomach, which in the course of the day brought away a large worm. Its head could not be detected, but the narrow portions which seemed to have been joined to it came away. During the same and following day, there was considerable diuresis, but afterwards the urine became scanty. The motions were loose and dark. Her general state improved, and she left the hospital apparently cured.

The next patient was also a woman, aged about forty-four, who had apparently got the worm at Fort Beaufort, in the Cape of Good Hope, at which place she resided for some time. She began to pass joints on the year following that on which she went to that place. Worms are very common among the natives, who are in the habit of taking infusion of pomegrante bark, turpentine, and also a scraped root, called "Cacay." Of all the remedies which she has used, the pomegranate was the most effectual, which has not however cured her, as she continues to pass joints. Her symptoms are gnawing pain, and constant feeling of sinking in the pit of the stomach, pain in limbs, general lassitude, dimness of sight, loss of appetite, short dry cough, and a sensation as of the movement of the tænia. She took kousso as the other patient; it was followed by slight nausea for a quarter of an hour. Its taste, she says, is very much like pomegranate. A tapeworm, of a very large size, was passed four hours and-a-half afterwards, and subsequently some isolated joints. The head could not be found; but there is no doubt that it came away, on account of the narrowness of some of the pieces. During the same and two following days, numerous joints, apparently long dead and partially decayed, were passed.

The other was a delicate, chlorotic-looking woman, who had had the usual symptoms of tapeworm for some time; but did not, to her knowledge, pass any until three weeks, and again one week ago. Is a native of Norfolk; but has latterly resided in Soho, which neighbourhood is supplied with water by the New River Company. She had the kousso exhibited in the same way, followed by a dose of carbonate and sulphate of magnesia. A portion of worm passed with every motion. Both these patients have left the hospital improved in health, and apparently free from any symptom of tænia.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. VI.

(*Continued from page* 147.)

SYNCOPE—FAINTING.

SYNCOPE, or fainting, consists, it is well known, in the temporary suspension of the functions of the heart, and consequently of every other function of the body. A dimness comes over the eyes; a deadly paleness overspreads the cheeks; the patient falls down; the pulse fails; respiration is at a stand; sensation, consciousness, and all mental phenomena cease.

To maintain the action of the heart in a firm and a regular order, it is necessary that the blood should flow into it in an equal and uniform stream; for, if its volume be altered, from any cause, whether of obstruction, surcharge, or deficiency, its motion will be checked and enfeebled, the brain and the respiratory organs will participate in the debility, and syncope be a frequent result. Hence, we may account for the fainting that frequently takes place on the commencement of a bleeding from a vein in the arm. On tying the arm for this purpose, a considerable stream of supply is cut off, and ten or twelve ounces of blood may flow, in perhaps five minutes, into a basin, which would otherwise have flowed back into the heart in the same period of time. The volume of blood is, therefore, diminished, and the heart must collapse or contract itself in proportion. In many habits, this is done with great facility; but in others, particularly where there is a feeble supply of motive or irritative power, the contraction takes place slowly and irregularly, and with a considerable degree of flutter and irregular spasm; and fainting, or a temporary failure of sensation, is the necessary consequence; during which the alternating systole, or contraction of the heart, is very feeble, and the blood ceases to flow at the puncture in the arm. This effect is ordinarily ascribed to a loss of the stimulus of distension; and there may be some degree of truth in such an explanation. But that there is something beyond this, is certain—because, on removing the ligature from the arm, this stimulus is once more obtained; for the blood, instead of flowing away from the orifice in the vein, now takes its proper course, and flows back to the heart. Yet we see almost as often, a syncope produced at this moment, when the blood has ceased to flow, and, consequently, when the heart is again distended, as when there was an interruption to this distension. The fact is, says Dr. Good, that the heart, which by this time has accommodated itself to the diminished volume of the returning current, has now once more to change its diameter, and to expand itself in proportion to the increased measure and momentum of the returning tide. And, as a change in its diameter produced a syncope in the former case, a change in its diameter in like manner produces it in the latter.

Syncope has two different sources—imperfect supply of blood, and defect of nervous power.

Fainting, in its simple state, unconnected with any structural disease of the heart, or its adjoining blood-vessels, may be caused by violent and long-continued exertion; long fasting; long continuance in the erect posture; violent and protracted pain, or irritation of the body—internally by poisons, flatulency, or worms—externally from wounds or other injuries; excessive evacuations, whether by blood or by purging; external heat; the sudden operation of depressing passion, as fear, or heart-sick grief; it may be caused by peculiarity of constitution, or idiosyncrasy, and thus some persons faint on exposure to particular odours—as those of cheese, apples, lilies and other fragrant plants. They

"Die of a rose, in aromatic pain."

Fainting is also a consequence or a sequel of some diseases, as the eruptive fevers, gout; it is a frequent consequence of pregnancy.

A predisposition to fainting is given by original delicacy of organisation; consequently, it is much more frequent among women than among men. Weakness of constitution, the result of long illness, or of scanty nourishment, may be viewed in the same light. In convalescents from typhoid fevers, the exertion of getting out of bed is often followed by a fit of syncope.

The degree and duration of the paroxysm depend upon the peculiarity or violence of the cause, the extent of the sensorial exhaustion, or the nature of the constitution; and hence must greatly differ in different individuals. In some cases it ceases in a few minutes, and the patient, though incapable of speaking, retains enough of perception and sensation to be conscious of his own disorder, and to understand what is passing around him. The pressure and irritation of flatulency in dyspeptic and nervous habits are often sufficient of themselves to produce a fainting of this kind. In other cases, the general feeling and understanding fail totally, and the pulse is scarcely perceptible.

Syncope is one of the few disorders that can be said to bring with it its own cure. The horizontal position to which it reduces the body, quickly renews the supply of blood to the heart, and the fainting fit is over. In a few cases, recovery is accompanied with a confusion of ideas, vertigo, and head-ache. Much more frequently it is described as being attended with very painful feelings.

As fainting is always attended with an irregularity in the flow of nervous power, and some degree of spasmodic action about the heart, the best remedies we can have recourse to, during the paroxysm, are anti-spasmodics and stimulants; and those which are the most volatile are the most useful. The patient should be exposed to a free current of fresh air; the face should be well sprinkled with cold water; and, if possible, a small quantity should be poured down the throat. The recumbent position is always advisable, so as to restore an equable circulation of the blood; therefore, immediately on the approach of an attack, the individual should be placed perfectly horizontal; and the head must not be elevated by pillow or cushion. With the intention of equalising the flow of blood, the extremities may be briskly rubbed by the hand of an attendant, or stimulating friction of ammonia, or mustard poultices, or fomentations, applied to the legs and feet. Ammonia, or common "smelling salts," concentrated vinegar, and other pungent odours, should, at the same time, be held to the nostrils.

As soon as the patient is capable of swallowing, some spirituous cordial, a glass of wine, or brandy-and-water, or a few drops of the aromatic spirits of ammonia, or ether, should be administered.

Fainting, unconnected and independent of organic disease, must always, from its very nature, terminate favourably: we shall, however, as we proceed, have to speak of *death* by syncope; that is, of a sudden and *permanent* check been given to the heart's action; but to such a state the term fainting, in its common acceptation, is obviously inapplicable.

(*To be continued.*)

SCALE OF EUROPEAN MORTALITY.

It appears by the "Sixth Report of the Registar-General of England," that England is the healthiest country in this quarter of the globe; the mean annual deaths being about 1 to every 45 persons living. In France, the yearly mortality is as 1 to 42; in Prussia, as 1 to 38; in Austria, as 1 to 33; and in Russia, as 1 to 28. The average duration of life in England, is 41 years—that of Russia is less than 27 years.

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PHARMACOLOGY.

No. XI.—Diuretics.

(*Continued from page* 149.)

Copaiva Balsam.—Balsam of Copaiba. An acrid, bitter, nauseous, liquid resin, which is obtained from the stems of several species of copaiferous plants, native of the Brasils. That imported into England is brought chiefly from Para. It possesses diuretic, stimulant, and cathartic properties, and is the popular, but frequently dangerous, remedy for the cure of gonorrhœa and gleet. *The resin of copaiba* is a brown resinous mass, left after the balsam has been deprived of its volatile oil by distillation. It consists of two resins; the one, a yellow brittle resin, called copaivic acid; the other, the viscid resin of copaiba. In chronic affections of the urinary mucous membranes, copaiba may be administered in the following manner:—Take—balsam of copaiba, and syrup of the balsam of tolu, of each an ounce; spirits of sweet nitre, one ounce; rose water, six ounces; mix for an emulsion. Dose: one to two table-spoonsful, twice or three times a-day. Or, Take—balsam of copaiba and mucilage of gum arabic, of each six drachms; syrup of lemons, four drachms; emulsion of almonds, four ounces, mix. Dose: a table-spoonful, three times a-day. For gonorrhœa, Take—balsam of copaiba, four drachms; liquor potassæ, two drachms; spirits of sweet nitre, four drachms; spirits of lavender, four drachms; compound tincture of camphor, two drachms; mix. Dose: two teaspoonsful three times a-day. Or, Take—balsam of copaiba, two drachms; powdered cubebs, five drachms; opium, one grain; magnesia, sufficient to form a mass. To be divided into six boluses, one to be taken three times a-day Copaiba is now more frequently administered in *capsules*, by which the disgusting taste is concealed. *The solution of copaiba* is thus made: mix two parts of balsam of copaiba with three of liquor potassæ, and seven of water; boil them for a quarter of an hour, and when a little cooled add one part of spirit of nitric ether. Let the mixture rest for a few hours, then draw off the clear liquor from the lower part of the vessel. This is supposed to resemble the nostrum sold as "Frank's Specific." *The syrup of copaiba* is directed by Puche to be made by rubbing two ounces of copaiba with half an ounce of powdered gum and one ounce and a-half of water; add thirty-two drops of essence of peppermint and twenty-four ounces of simple syrup. Dose: a teaspoonful to a large spoonful. In whatever form copaiba be given, it can seldom be taken without producing some evil effects: few persons can take it without distress in the stomach or bowels; some reject it instantly; others suffer from vertigo; and it very often produces a most troublesome itching eruption on the skin. From its powerful stimulating properties, it is very apt to produce violent local inflammation.

Terebinthina.—Turpentine—Is a resinous juice yielded by most species of the pine: the appellation, however, more properly belongs to the product of the genus *pistachia*, which contains the true terebinthinus of the ancients. *Common Turpentine* is obtained from several species of the pine, the most important of which are the American or white, and the Bordeaux turpentines; *Larch*, or *Venice turpentine*, obtained from the Larix Europæa, by boring the trunk of the tree. *Strasburgh turpentine* is obtained from the abies picea, by puncturing the vesicles of the bark; *Canadian turpentine*, is obtained from the abies balsamea, from the vesicles between the bark and the wood; it is also called *Canada Balsam*. It is in small doses that turpentine acts as a diuretic, in large doses it is a powerful purgative and stimulant. The diuretic dose of the oil of turpentine is from ten to forty drops, given in an emulsion or linctus. It may be ordered as follows:—Take rectified oil of turpentine, three drachms; the yolk of one egg; rub well together, and gradually add, emulsion of almonds, five ounces; syrup of orange peel, two ounces; compound spirit of lavender, four drachms; oil of cinnamon, four drops; mix. Dose: two tablespoonsful three times a-day.

Uva Ursi.—A species of arctostaphylos, called bearberry, trailing arbutus bear's wortleberry, wild cranberry, &c. This trailing shrub is a native of the north of England; it is a valuable remedy in cases of irritable bladder and irritation of the urinary passages. In inflammation of the kidneys it is a soothing palliative, and is frequently of great service in leucorrhœa (female "weakness") and gonorrhœa. It is exhibited in the form of decoction and powder of the leaves; its action is slow. and it therefore requires to be given for a considerable period. The *decoction* of *wortleberry* is thus made: Take—of wortleberry, bruised, an ounce, distilled water a pint and a-half; boil down to a pint and strain. Dose: a wine glassful. The dose of the *powdered leaves of wortleberry* is from ten to thirty grains. The *infusion* is made by taking two drachms of the leaves and macerating them for two hours in half a-pint of water. Dose: a wine-glassful three times a-day. Uva Ursi is frequently combined with alkalies and sedatives, with the view of diminishing the acidity of the urine, and lessening the irritation of the mucous membranes along which it passes.

AN "IRRELIGIOUS" MALADY.

Our nosological scale has been recently augmented by a class of disorders hitherto unknown to the uninitiated; but which threatens, like the lean kine of Egypt, to swallow up all the rest. The discovery we owe to the very reverend Jesuits, into whose hands the destinies of this country have now fallen. These worthies, desirous of signalising their advent to power by startling improvement in every branch of civilised knowledge, have established a new class of diseases under the title of *irreligious!!!* and, what is worse, have reduced their inhuman theory to practice.

Last week, Ricord had occasion to require an artificial palate for one of his patients at the Lock Hospital; he therefore gave an order to the Director of the Hospital, who referred, in his turn, to the General Committee; the answer was, "*that no remedies could be supplied to sinners labouring under irreligious disorders.*"

It will hardly be believed that such a thing could have occurred in the middle of the nineteenth century, and in the heart of civilised Europe, amongst a people who, with all their failings, have hitherto been free from the weakness of blind submission to priestcraft. Yet the above is a fact; and we may, perchance, have to congratulate ourselves, that the "reverend fathers" have not extended their theory to the whole range of human disease, and annihilated our occupation by a stroke of the pen. For under such a theory, and with their elastic consciences, it is impossible to forsee what disorder may not be comprehended under the class "irreligious." One may catch a cough on coming out of a theatre, break his leg in a ball-room, fall in a fit at a card-table, &c., when their reverences would exclaim, "*fenum in habet in cornu;*" avoid him—let him rot and die in his iniquity—he has an *irreligious* disease. Fortunately absurdities of this kind bring their own remedy with them; and though the one now mentioned may be tolerated for a while, it will only hasten the downfal of those who have permitted its perpetration. The old proverb about a rope at one end and a rogue at the other, has always been applicable to the Jesuits, in spite of their immense tact.—*Paris Correspondent.*

INFLUENCE OF PREGNANCY ON PHTHISIS:—CONSUMPTION OF THE LUNGS.

An opinion has prevailed for a considerable number of years, that the progress of phthisis is delayed, or even temporarily arrested, by the state of pregnancy. This opinion, which was combated by Andral in the first edition of the *Clinique Médicale*, was partially admitted in the subsequent editions. In the second edition of Louis's work on "Phthisis," a single case seemed to support Andral's first opinion; and two observations lately published by MM. Hervieux and Robert, tend in the same direction. M. Grisolle has lately examined this question by the aid of more numerous facts than any of his predecessors could command. In twenty-seven cases, phthisis appeared to commence during pregnancy in twenty-four; to precede pregnancy in three. In all the cases the disease advanced as rapidly as in non-pregnant women. From these facts Grisolle infers, that in the majority of cases in which pregnancy and phthisis co-exist, the latter condition supervenes on the former; that there is no antagonism between the two conditions; but that pregnancy exerts no suspending effect whatever on the course of phthisis. "The phenomena of tuberculisation, whether local or general, are developed in the same order, with the same regularity and the same constancy, in females becoming phthisical during pregnancy, as in those under ordinary conditions." Pregnancy does not appear, on the other hand, to increase the dyspnœa, or the hæmoptysis, or the other symptoms which it might have been supposed would have been affected; yet in thirteen cases in which the duration of the disease could be determined, it appeared to be shortened, the mean duration being only nine and a-half months. If anything, therefore, pregnancy appeared to accelerate instead of suspending the progress of phthisis. After arriving at this conclusion, Grisolle inquires whether after delivery a sudden and rapid increase in the rate of progress of phthisis is common, as has been stated. He answers this question, also, in the negative. In twelve females, in whom, at the period of delivery, phthisis had arrived at its last stages, death did not occur under an average of four months subsequently, and in all the cases the disease pursued a course quite similar to that before delivery.

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Grisolle then inquires whether phthisis exerts any modifying effect on the progress of pregnancy. After stating that phthisical women conceive less readily than others, and that it is incontestible that they have less often favourable times than other women, he yet remarks that the tendency to abortion, in phthisical persons is not so great as has been supposed. Thus, in twenty-two cases, which were sufficiently observed, three aborted between the fourth and sixth month, three had premature births at the eighth month; in the rest, pregnancy was, in all respects, natural. In this respect there exists a considerable difference between phthisis and pneumonia; for, in his "Traité de la Pneumonie," Grisolle has recorded cases to prove that, in a very considerable number of cases, pneumonia, occurring in pregnant women, produces abortion.

The conclusions arrived at in the memoir may be thus shortly stated:—First of all, it is uncommon to find conception occurring in women with confirmed phthisis; secondly, in women disposed to phthisis, pregnancy seems to be a determining cause, and to lead on to the manifestation of the disease; thirdly, the disease thus called forth is not in the least delayed by the state of pregnancy, but is even slightly more rapid in its course than usual; fourthly, the phthisical disease, coming on during pregnancy, exercises little influence on this condition.—*Archiv. Generales*, Jan., 1850.

THE CHLOROSIS OF PREGNANT WOMEN.

M. Cazeaux, a rising accoucheur here, whose private lectures are followed by a large class, read a memoir on this subject before the Academy. Nothing is more familiar to practitioners than the series of phenomena, consisting in palpitations, giddiness, headache, suffocation, &c., which present themselves in pregnant women about the fifth or sixth month, and which being generally attributed to plethora, are as generally met by bleeding and purgatives. M. Cazeaux is of opinion that the accidents now alluded to depend, not on plethora, but on a very opposite state, nearly allied to chlorosis, and it was this novel theme which he sustained on Tuesday last in a very able manner. The arguments employed by M. Cazeaux were chiefly drawn from a consideration of the state of the blood in women so affected, and from the symptoms. With respect to the blood, the author affirms that, when the symptoms before alluded to exist, the quantity of red globules is considerably diminished, a change which we all know to be characteristic of chlorosis. The symptoms, also, are far from according with the idea of plethora. Many women are pale, and a well-marked *bruit de souffle* is heard over the carotid arteries. Turning next to the practical part of the question, M. Cazeaux admits that venesection is often found useful; but, in the first place, he does not deny absolutely the existence of plethora; and, in the second place, as a serious plethora is actually present, the abstraction of a small quantity of blood may be advantageous. In the majority of cases, however, M. Cazeaux sees no necessity of having recourse to blood-letting, but combats the accidents—according to him, in a surer and safer manner—by preparations of iron, tonics, and an invigorating diet.—*Paris Correspondent.*

CAN GONORRHŒA PRODUCE SYPHILIS?

Although this question be simply one of fact, it has never received a satisfactory solution. Hunter, as every one knows, believed in the identity of the two poisons. Most surgeons of the present day hold a contrary opinion, yet many others assert that examples of gonorrhœal syphilis are frequently observed by them.

The Medical Society of Lyons has resolved on putting the question to the test of experience. If cases of secondary syphilis from gonorrhœa be so plentiful, there can be no difficulty in collecting them. A medal of 300 francs value is, therefore, offered to any surgeon who will forward to the Society the history of ten cases of constitutional syphilis arising from gonorrhœa. The addresses of the patients must be given, and permission to examine them by a committe obtained. This is a business-like way of settling the matter.

A Greek maid being asked what fortune she would bring her husband, replied—"I will bring him what gold cannot purchase—a heart unspotted, and virtue without a stain, which is all that descended to me from my parents."

FORMATION OF A NEW NOSE.

An operation was performed by Mr. Fergusson, at King's College Hospital; which is now not very frequently seen, although numerous operations of this nature have been performed by English surgeons. The proceeding consisted in making a new nose for a man who some years ago had received a severe injury, in consequence of which inflammation and necrosis had taken place, and the greater portion of that useful member was lost. The alæ remained; but, from the circumstance of the bridge of the nose being destroyed, they were depressed almost on a level with the face. The operation was conducted in the following manner:—A piece of leather was first cut out, which corresponded with the flap of skin which was to be dissected from the forehead, and also with the line of incisions in the nose. The patient being laid on his back, and Mr. Fergusson standing behind, an incision was carried from the tip of the old nose, on each side, nearly as far as the root, and the alæ effectually separated. The triangular piece of leather was then placed on the forehead, and a corresponding flap of integument was dissected up sufficient to make ample covering; it was left narrowly attached between the eyebrows, was then twisted round, and by this means the cut surface of the latter was placed in apposition with the edges of the former incision, and its edges on each side brought closely into apposition with those of the divided alæ by means of sutures, and thus an ample covering was allowed, which promises a very fair substitute for the original organ. There was necessarily a considerable amount of bleeding, but this was checked by exposure to the air, and by one or two ligatures.

DURATION OF LIFE IN AMERICA.

It is impossible while reading the inscriptions on the tombs in most of the burial-places not to be painfully affected by the proofs they afford of the shortness of human life in America. After reading the dates of births and deaths on these marble monuments, we found, that out of some hundreds of those who lay under the soft yielding turf, very few had seen more than forty summers, and that by far the greatest proportion had been summoned to their last account before their fifth lustre had been passed. We had long before this remarked how rare a sight an aged man or woman was in America. There are no drooping forms or decrepit figures, no gray hairs or wrinkled faces; in short, it would appear that age does not, and cannot exist in the busy growth of this new country. All here is early, active existence, and the young have enough to do, without being obliged to fulfil what would appear to them the unprofitable task of "rocking the cradle of declining years." There is a link wanting in the chain of human sympathies which connects the rising generation with the "long ago" past, when the time-worn figure of the octogenarian is never seen "with solemn steps and slow" among the robust and young—the prosperous and unthinking of the world. The Americans, however, have no past. The present is theirs, with its daily cares and pleasures; but they have so little to look back upon that they naturally glance a-head to what is to come. The future is before them with its compound of vague hopes and fears, and they "guess" and "calculate" and "presume," that it will be a glorious one when the brilliant past of the Old World shall be the only treasure to which it can lay claim.—*Hesperus.*

INFLUENCE OF CIRCUMSTANCES.

Different employments, and different conditions of life, beget in us a tendancy to our different passions. Those who are exalted above others in their daily stations, and especially if they have to do with many persons under them, and in many affairs, are too often tempted to the haughty, the morose, the surly, and the more unfriendly ruffles and disturbances of nature, unless they watch against them with daily care. The commanders in armies and navies, the governors of workhouses, the masters of public schools, or those who have a great number of servants under them, and a multitude of cares and concerns in human life, should continually act a guard upon themselves, lest they get a habit of affected superiority, pride, and vanity of mind, of fretfulness, impatience, and criminal anger.

NATURAL CRITICISM.

Jesse says, "I always listen with pleasure to the remarks made by country people on the habits of animals. A countryman was shown Gainsborough's celebrated picture of the pigs. 'To be sure,' said he, they be deadly like pigs; but there is one fault—nobody ever saw three pigs feeding together, but one on 'em had a foot in the trough.'"

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FAMILY PRESCRIPTIONS & MEDICAL PRECEPTS.

MILK OF ROSES.—Take—Sweet almonds, five ounces; bitter almonds, one ounce; rose-water, two pints and a-half; white curd soap, half an ounce; oil of almonds, half an ounce; spermaceti, two ounces; white wax, half an ounce; English oil of lavender, twenty drops; otto of roses, twenty drops; rectified spirit, a pint. Blanch the almonds and beat them with the soap and a little of the rose-water. Melt together the oil of almonds, spermaceti, and white wax, and mix with the former into a cream, and strain it through fine muslin. Then add gradually the remaining rose-water, and lastly, the spirit, with the essential oils dissolved therein. This is an excellent wash for cooling the skin of the face and neck; some say it will remove freckles and "sunburns." A common kind of Milk of Roses is sold in inferior shops, made by mixing one ounce of fine olive oil, with ten drops of oil of tartar, and a pint of rose-water.

SEA-SICKNESS.—Derbyshire's patent embrocation for removing sea-sickness is said to be thus made. Boil two ounces of opium, two drachms of extract of henbane, ten grains of mace, and two ounces of mottled soap, in three pints of water for half an hour. When cold, add one quart of rectified spirit, and three drachms of spirit of ammonia. The pit of the stomach is directed to be rubbed with this embrocation frequently.

AFTER rising, it is an excellent custom to wash and dress immediately, or at any rate before breakfast, so as to be ready to go out when business or exercise require it. If dressing is deferred till after breakfast, a great deal more time is wasted, or lounged away, than is compatible either with healthful exercise, or with the rules by which a man of business ought to conduct himself.—*Sir John Sinclair.*

FOR THE RECOVERY OF STRENGTH.—After a severe illness, the following practice is particularly recommended. Get a crust of good bread, dip it, piece by piece, into a glass of very old rich sweet wine, as a brown Sherry, Tent, or Madeira; to be taken about twelve at noon. No cordial can be more restorative.

EXERCISE.—The great advantage of labour or exercise is, that it makes the coarsest fare agreeable. When Dionysius the tyrant had tasted the black broth of Lacedæmon, he exclaimed against it as miserable stuff; the cook replied:—"It was no wonder, for the sauce was wanting." "What sauce?" said Dionysius. The answer was:—"Labour and exercise, hunger and thirst; these are the sauces we Lacedæmonians use."

CORN PLAISTER.—Take—Galbanum, one ounce; black pitch, half an ounce; simple diachylon, a quarter of an ounce; verdigris, a scruple; sal-ammoniac, a scruple. Melt together the first three, and add the last two in fine powder. This plaister must be spread on leather, and cut to the size of the corn.

DIETARY, WHOLESOME AND ECONOMIC.

IMPERIAL POP.—Take—Cream of tartar, three ounces; ginger, one ounce; white sugar, a pound and a-half; lemon-juice, one ounce; boiling water, a gallon and a-half. When cool, strain, and ferment with one ounce of yeast; then bottle.

MILK LEMONADE.—Dissolve a pound and a-half of sugar in a quart of boiling water: add a quarter of a pint of fresh lemon-juice, and the same of sherry; and, lastly, two-thirds of a pint of cold milk. Stir together and strain.

ORANGEADE.—Take—The juice of four oranges: the thin peel of one orange; citric acid, fifteen grains; lump sugar, four ounces; boiling water, three pints. When cool, strain, and it will be then ready to drink. A pleasant beverage for children.

ASPARAGUS SOUP.—Cut half a pound of fat bacon into thin slices, place at the bottom of a stew pan, then add five pounds of lean beef cut into dice, and rolled in flour; cover the pan close, stirring occasionally until the gravy is drawn; then add two quarts of water, and half a pint of ale. Cover, stew gently for an hour, with some whole pepper and salt; strain off the liquor, and skim off the fat; add some spinach, cabbage-lettuce, white beet leaves, sorrel, a little mint, and powdered sweet marjoram; let these boil up in the liquor, then put in the green tops of asparagus cut small, boil till all is tender, and serve hot.

SPICED BEEF.—Sprinkle a piece of beef with common salt, and let it hang a day. Take a pound of bay salt, half a pound of brown sugar, a quarter of a pound of mace, of cloves, allspice, and saltpetre, each half an ounce, and an ounce of pepper; pound all together, and rub well into the beef every day; and turning it as well for four days. When cooking, boil very slowly.

RHUBARB FOOL.—Scald a quart or more of rhubarb, nicely peeled, and cut into pieces an inch long, pulp through a sieve, sweeten, and let it stand to cool. Put a pint of cream, or new milk into a stew-pan with a stick of cinnamon, a small piece of lemon-peel, a few cloves, coriander seeds, and sugar to taste; boil ten minutes. Beat up the yolks of four eggs, and a little flour, stir into the cream, set over the fire till it boils, stirring all the time; remove, and let it stand till cold. Mix the fruit and cream together, and add a little grated nutmeg.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

Pleurisy; Nos. 17, 18, and 19.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index, and glossary. Vol. I. will be ready July 1st.

H. J. (Cheltenham).—Will find an article *on Corns* in No. 7, page 55, also a "corn plaister" in this number.

D. (Oxford).—Where there is a will, there is a way. Exercise may be obtained by running up and down stairs; by the use of dumb-bells; by working at a pump; by digging; by boating, cricket, and a skipping-rope.

A. R. (Southampton).—Will be attended to.

BRISTOL AND VICINITY.—Mr. Cook, 5, Simms'-alley, Broadmead, writes saying he always keeps a stock of our Journal on hand.

IGNORAMUS.—Try the receipt we give in this week's number. You will find it simple. Did you place your pan, after the yeast was added, near the fire? Ginger-beer is insipid if not "up."

PETITIONER.—C. HANSOM.—See answer to Omega, in last number.

A. B. C.—Take two grains of the hydriodate of potass, in water, twice a day. Act gently upon the bowels by the aperient mixture ordered in No. 16, page 127. Let the diet be void of salt meats and spirits.

A POOR SUFFERER (Huddersfield).—Eat abundance of vegetables, especially water-cress and lettuce; take a table-spoonful of lemon-juice in a wine-glassful of water daily. Avoid salted meats; be temperate, and pay great attention to the skin by bathing and friction.

X. O. (A Chemist).—The formulæ *appear* good, especially the first, but we have no experience in their utility. Beral's citrate of iron and quinine is a *pretty* combination; the dose is about four grains. The following is a favourite remedy with us—Quinine, half a drachm; tincture of the sesquichloride of iron, four drachms; tincture of hops, three drachms; tincture of capsicum, one drachm. Dose: thirty drops, in water.

CHARLES HALL (Southampton).—At a recent meeting of the Boston Society for Natural History, Dr. Warren stated a simple, easy, and effectual cure of stammering. It is simply, at every syllable uttered, to tap at the same time with the finger; by so doing, "the most inveterate stammerer will be surprised to find that he can pronounce quite fluently, and by long and constant practise he will pronounce perfectly well."

THOMAS BOLTON.—We never *hazard* an opinion, and never prescribe for or direct an invalid in our journal, unless the history of the case forwarded to us is detailed so clearly and carefully that *a doubt* as to the proper treatment cannot possibly exist. Your letter leaves us in doubt.

A. B. (Norwich).—Forward to us one case of swindling perpetrated by the vile quack in your city, whose "black and white plates have just given place to mahogany and gold," and we will lend our aid to exterminate the gang. The newspapers in your county are much to be censured for admitting their filthy advertisements. Can a mother, daughter, or sister read so much bestiality? See the letter of PATER FAMILIAS in No. 17.

RESTLESS.—We may be prevented from sleeping, either by improper diet and bad digestion, or by violent emotions of the mind, or by occasional circumstances. Drinking tea or coffee immediately before going to bed, will with many people retard sleep. A full stomach occasions restless nights. Whatever disturbs digestion must injure sleep.

MICHAEL.—Take—Nine ounces of the compound decoction of aloes; five drachms of the tincture of ginger; three drachms of aromatic spirits of ammonia: mix. Dose: a wine-glassful early every morning.

J. B. (Newington.)—Discontinue the warm-bath. You are "unstrung." The "Bath Proprietor" is an extortioner—a five-guinea physician who sells his own secret remedies.

HOPEFUL (Borough).—The cause—known or supposed? Your age; occupation; previous health; general health; duration; remedies employed, if any?

I. C. (Macclesfield).—1st. You must have injured your constitution by running the gauntlet of all the quack nostrums you name; 2nd, The eruption is occasioned by constitutional causes; 3rd, One Guinea.

STIFF (Poplar).—Half-a-guinea.

A MOTHER.—Do not be alarmed; such symptoms frequently arise from most innocent causes. Cooling medicine, cleanliness, and a little alum lotion, will, we hope, remove your anxiety.

T. S. E. (Edinburgh).—"Pristine vigour" may be regained, but not by the means you are now pursuing. You are in the hands of a Jew quack.

THOMAS CARLILE (Normanton).—"A small brass thimble swallowed by a strong stout boy, three years' old" is a serious affair. We should not, however, advise any active treatment. Wait till urgent symptoms arise—then consult some physician in your own neighbourhood. Let the boy drink plentifully of barley-water or linseed-tea. Act gently on the bowels with castor oil, and carefully watch each evacuation. You will see the mode of making the compound rhubarb pill in No. 19, page 151.

F. H. J. (Cambridge).—See chapter on "Constipation" on "Indigestion, &c." You will then be able to describe your case with greater perspicuity.

S. R. (Stockton-upon-Tees.)—It would require a whole number of our Journal to answer your question as it should be answered. Take the following as an instalment:—The mind of man, when he is awake, is constantly receiving impressions from a multiplicity of external objects. This ceases during sleep. The imagination, however, instead of being blunted by the suspension of all communication with external objects, becomes in many cases more active, and amuses itself with visionary scenes, or what are called *dreams*. There is great uncertainty regarding the theory of dreaming, and the manner in which the mind and body perform their functions in dreaming. Dreams are influenced by the state of health; by the manner in which the preceding day has been passed; by the general habits of life; by the hopes most fondly cherished; and by the fears that oppress us. The sleep of health and innocence is sound and refreshing—hence the dreams are pleasing and delightful: a distempered body and a polluted or disturbed mind cause impure, unpleasant, and frightful dreams. For nightmare, see the tract on Indigestion.

JANE BUTLER (Pentonville).—Read the articles on Indigestion in the first seven numbers of this Journal, or in the small volume. "Darkness under the eyes" may be caused by so many circumstances, that, in your case, it will be impossible to direct you, knowing as we do, little of the case.

J. R. (Islington).—You will find the mind will fail as well as the body: your perseverance appears to be directed to a wrong object. We cannot advise without seeing you.

MARIANNE (Wood-street, Cheapside).—"Needle and thread" will murder you—better be a dairymaid, a scullery maid, with health, than "a young lady," in a satin *visite*, without it. Go home to your mother, to your native air, and to your rustic habits.

JAMES OLIVER.—The blue pill of the pharmacopœia is a safe remedy in the hands of a medical attendant—under the direction of one like yourself, it may be a poison.

W.—You will find your question answered in the paper on "Fainting" in this number.

ADELE.—"Specs in the eye"—*muscæ volitantes*—are in nine cases out of ten caused by disordered stomach, sedentary occupation, and "irregularity."

W. WALLACE (Walthamstow).—Bathe daily—use friction afterwards. Take four grains of blue pill once a week, and a wine-glassful of compound decoction of aloes every morning. Don't go to Gravesend—try Dover.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—OVYNTHIA. THOMAS FITZ-C——. EDWARD S—— (Chamomile-street). MRS. RODNEY'S INFANT. W. A. (Broad-street) for his child. A POOR FELLOW. O. P. Q. (Brick-lane). A NEIGHBOUR. D. D. D. W. J. (Aldgate). ANN SIMMS. JOHN STONEHOUSE. R. X. (Martha-street). GEORGE PICKERING (Pimlico). BENJAMIN HUNTER. CHARLES MATON (Aldersgate-street).

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—A WORN-OUT SAILOR (Lyth). JACOB JOHNSON (Leith). R. S. B. (Huntingdon). W. I. (Blackheath). MARTHA STANMERS (Croydon). ROBERT DUNN (Halifax). I. B. S. (Windsor). A CLERK (Liverpool). A MARTYR. ANN NEWDIGATE (Lakenheath). A GOWNSMAN (Cambridge). CHARLES CULVERWELL (Woodford). ALBERT (Chester). ROBIN. EDWARD TOWERS. E. D. M. H. (Highgate).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 21.—Vol. I.] SATURDAY, MAY 25, 1850. [One Penny.

THE SENSES.

BY THE EDITOR.

No. II.

(*Continued from page* 155.)

The Sense of Sight.

The eye, which is the organ of sight, or *vision*, is a complete optical instrument, furnished with most admirable machinery for refracting, absorbing, and regulating the quantity of the rays of light admitted into it, as well as for adjusting the eye to the distance of the objects viewed. The eye, like all other organs, is composed of an internal vital part, the optic nerve, and an external mechanical part, the general globe of the eye, or eye-ball. The *optic nerve* (the second pair of nerves) is the medium of communication between the eye and the brain; each nerve commences at or about the optic thalamus in the anterior part of the base of the brain, and passes out of the cranium through a foramen or hole at the back part of the orbit; it there pierces the coats of the eye, and expands into a fine web-like membrane (the retina) upon the vitreous humour. There is not any doubt that the optic nerve instantaneously transmits the impression of light received upon the retina to the brain; but by what mechanism we are quite ignorant. The *retina* is the immediate organ of sight; it receives the impression of light when within certain limits of intensity. When the light is too weak it is not felt by the retina, and when too strong it injures and incapacitates it for seeing; thus, in looking at the sun it gives the impression of *dazzling*, and the retina is incapable for a few moments afterwards of discovering the presence of light. The *iris* is supposed to be of a muscular structure; its use is to regulate the quantity of light admitted into the eye, which it does by contracting and dilating the opening in its centre, which is the *pupil*; thus in a dim light the pupil is much dilated, to enable a greater quantity to pass into the eye; on the contrary, if a candle be suddenly placed before the eye, or if a person attempt to gaze upon the sun, the pupil instantly contracts almost to a point. The iris may be said to divide the globe of the eye into chambers, which communicate through the pupil. The *globe of the eye* is composed of three humours, the aqueous, the crystalline, and the vitreous, which are surrounded by membranes that perform different offices. We will first speak of those parts of the eye which refract light. The transparent *cornea* is placed before the eye like a glass before the face of a watch; it is sometimes convex and sometimes concave. The *aqueous humour* fills the chamber of the eye, and is, as its name implies, composed of water and a little albumen; it contributes to the proper degree of refraction and convergence of the rays of light necessary to produce a distinct image, and is also of use in producing that bulging out of the cornea whereby its anterior surface is made a segment of a circle, and therefore endowed with the properties of a lens. The *crystalline humour* is a solid transparent substance, and has been improperly compared to a lens, which it only resembles in form, not in structure, as it consists of concentric layers, gradually increasing from the surface to the centre, and probably possessing different refracting powers. Behind the crystalline is the *vitreous humour*, so called from its resemblance to melted glass. Each of the parts just mentioned is enveloped in a very fine membrane, as transparent as itself; thus, before the cornea is the *conjunctiva*, and behind it the membrane of the aqueous humour, which lines all the anterior chamber of the eye; that is, the anterior surface of the iris and the posterior surface of the cornea. The crystalline humour is surrounded by the crystalline capsule, the circumference of which adheres to the membrane that covers the vitreous humour. As well as these structures, the eye is composed of parts which do not refract, each of which has some particular use. There is the *sclerotic*, or external coat of the eye, which is evidently intended to protect the interior of the organ, and to serve as well for the insertion of the muscles which move the eye. The *choroid* coat is a vascular and nervous membrane, formed of two distinct laminæ or plates, and is impregnated with a black matter, which is of great importance to vision by rendering the retina opaque, and so absorbing all the light that may traverse its substance. Were it not for this membrane and this black matter the rays of light would disperse after they had been collected at a focus. Albinoes, persons in whom the colouring matter is wanting, are said to have red eyes, because the tint given by the numerous blood-vessels of this coat is then evident. The fact is of constant occurrence in white rabbits, white ferrets (the term "ferret-eyed" has, in fact, become proverbial for the appearance), and other animals in whom there is a deficiency of colouring matter, as evinced by the whiteness of the hair and skin. The *iris*, which is found behind the transparent cornea, gives the colour to the eye, and is, as is well known, of different shades in different persons, depending on the greater or less transparency of its texture, and corresponding, with but few exceptions, to the colour of the hair. The iris is supplied with two sets of fibres, the one circular, which serve to contract, the other radiating, which serve to dilate the pupil.

In man, and in the greater number of quadrupeds, the eye is guarded by an upper and lower eyelid; both of which in man, but neither of which in quadrupeds, are terminated by the additional defence and ornament of *cilia*, or eyelashes. In the elephant, opossum, seal, cat kind, and various other mammals, all birds, and all fishes, we find a third eyelid, or nictitating membrane, as it is usually called, which arises from the internal angle of the eye, and is capable of covering the pupil either entirely or in part with a thin transparent veil, so as to defend the eyes

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from danger whilst the animal is in search of food. In the dog, this membrane is narrow: in oxen and horses it will extend over half the eye-ball: in birds it will easily cover the whole; and it is by means of this veil, according to Cuvier, that the eagle is capable of looking directly against the noon-day sun. In fishes, it is almost always upon the stretch, as in their uncertain element they are exposed to more dangers than any other animal. Serpents have neither this nor any other eyelid, nor any kind of external defence whatever but the common integument of the skin. The largest eyes, in proportion to the size of the animal, belong to the bird tribe, and nearly the smallest to the whale; the smallest altogether to the shrew and mole, in the latter of which the eye is not larger than a pin's head.

It may here be necessary shortly to allude to a few of the principal characteristics of light. Light comes to us from the sun and other luminous bodies: it has the properties of always moving in straight lines when there is no obstacle; of being reflected, and so making bodies visible; of being refracted in passing through certain media; and of being decomposed by means of a prism, so as to show that, though in its ordinary state light is colourless, it is yet the *cause* of every varying shade and tint in the countless objects by which we are surrounded. If a pencil of the sun's rays fall upon a prism—an instrument formed of solid glass, having polished surfaces—it is bent in passing through the transparent medium; and some rays being more refracted than others, we procure an elongated image of the luminous beam, exhibiting three distinct colours—red, yellow, and blue, which are considered the primitive colours, and from their interblending they form, according to the Newtonian theory, seven—namely, violet, indigo, blue, green, yellow, orange, and red. These rays, being reflected or absorbed differently by various bodies, give to nature the charm of colour.

Though vision be one of the most important and the most comprehensive of the senses, it is one that cannot be exercised in its full efficiency without considerable practice and self-tuition. During the first month of infancy, the child gives no sign of being sensible to light; its eyes move but slowly, and in an uncertain manner; it is not even till towards the seventh week that it begins to give proofs of sensibility. A brilliant light only is at first capable of striking and interesting it; it seems pleased with looking at the sun, and soon becomes sensible to the mere light of day. It does not yet, however, distinguish any object: the first which strike it are those which are red, and in general it prefers those that are of the strongest colours; at the end of some days it fixes its attention upon bodies whose colours it can distinguish, but has no idea of distance or size. It stretches forth its hand to seize the most distant objects; and, as the first of its wants is to feed itself, it carries to its mouth every object that it seizes, of whatever dimensions. That vision is imperfect at the first period of life, and is only rendered perfect by practice, was a fact well-known in theory, but first elucidated by experiment in the case of the boy who was cured of blindness, at the age of fourteen, by the celebrated Cheselden. A case of equal interest occurred in the practice of Dr. Franz, a report of which is published in the Philosophical Transactions of, we believe, the year 1845, and will well repay perusal. The patient was a young gentleman of great intelligence, seventeen years of age, the son of a physician, and who had been blind from his birth: the manner in which he acquired the perception of light, colour, and distance is most interesting.

As age advances, the quantity of the humours of the eye insensibly diminish till the adult period; after this it diminishes in a more striking manner; and, in old age, the diminution is very evident. This is the chief of the three natural causes that impair the vision in the old man; for this lessened quantity of the humours diminishes the refracting power of the organ, and makes him no longer able accurately to distinguish *near* objects, and obliges him either to remove them from him, that he may see them, because in this way the light penetrating the eye is less divergent, or he must employ *convex* glasses, which diminish the divergence of the rays. The other causes are, the commencing opacity of the crystalline humour, which, by increasing, produces blindness, or the disease known by the name of cataract; and the diminution of the sensibility of the retina, or probably of the brain as well, which opposes or will not receive the perception or impressions produced upon the eye, and leads to complete and incurable blindness.

There are many degrees of diseased, or depraved vision—independent of the diseases of the eye itself—which could only be described in an article of greater length than the present, namely, *night sight*, *day sight*, *long sight*, *short sight*, *skue sight*, *false sight*, *squinting*, &c. The diseases of the eye, as described by writers, are almost innumerable. Taylor, in 1749, published, in Edinburgh, "a catalogue of two hundred and forty-three diseases of the eye;" and Plenck, in his work "De Morbis Oculorum," published in Vienna, in 1783, has contrived to multiply them to nearly six hundred!

(To be continued.)

DELIRIUM TREMENS.

INFIRMITY OF MIND PRODUCED BY DISSIPATION.

LOOKING over some old MSS., we came to a copy-book which contains in neat and careful writing, the recital that follows, *verbatim*. We beg our readers will not read it as a tale, but as the honest description of some of the fearful hallucinations of a disordered intellect. The writer was under our observation for some months: the last time we saw him was in 1848; he was then in his 60th year. He was evidently a man who had "seen better days;" he was an intelligent describer of the scenes he had witnessed in his wild career, and so long as he forgot self, and his real or imaginary sufferings, he was rational, well behaved, and evinced no sign of a perturbed brain.

If the perusal of this autobiography should arrest one man from a course of riotous debauchery, we hope our readers will not consider the history irrelevant to our pages.

TO MY MUCH ESTEEMED AND EVER RESPECTED FRIEND, DR. YEOMAN.

SIR,—You having requested me to write down a correct statement of my complaint, I must take the liberty of first giving you some account of my former habits of life. Suffice it to say, that I led a very dissipated and debauched life. Being much addicted to lechery and drunkenness for upwards of thirty years, I was frequently diseased, and as a matter of course was frequently salivated; but, being of a strong and hale constitution, I thought that nothing could kill me, and I seemed to think I could live to the age of old Parr.

About fifteen months previous to this attack I lived sober, what we generally term "a teetotaller." I found myself a new man; and, although I did not feel quite so strong or so daring as when I followed drunkenness, still I enjoyed perfect health. I could fill my belly with cabbage-stumps or raw parsnips, without feeling any bad effects afterwards. But when I took to drink again, I continued at it thirty-eight days, and all the food that I took the whole of that time was the tail of a herring and two oysters. The first indication I had of my malady was a pain in the small of my left leg; and something told me it would go up higher and kill me; it did go higher—to my chest—and almost stifled me. A strong perspiration came over me, and no person could imagine that my body could contain the quantity of water that came through me; after oozing through the feather bed, it streamed all over the floor, and in the morning I felt very weak and seemed to wish for some food. I heard myself called by my name, and was given to understand that I had not many hours to live. I heard all sorts of rioting in the street, with mobs of people all round the house, awaiting my coming out to stone me to death. Poplar church-bells began to ring for prayers, and every chime of the clock called me the most awful names. The figures on the clock dial emitted rainbows of variegated flame, with legions of devils coming to torment me. I got out of bed, dressed myself, and rushed out into the street; and, to my astonishment, found the street empty.

I was then led down to the East India-road, and when I came to Limehouse-bridge, I was ordered to jump into the basin; I did so, and when at the bottom, I was told to stick my feet in the mud, but I could not do it, as the water buoyed me up to the surface. I was then taken out (after a

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good deal of resistance on my part) and put into a house at the docks, and whilst there I was told to take an axe that lay close by, and kill myself; but the axe being put away I endeavoured to squeeze my throat till it cracked, and then I was removed to the work-house, where I eat some dinner; but when night came on I was first made acquainted by evil spirits of my torments.

Just about eight o'clock, I was reminded that I was attended by two supernatural agents, one white and the other black, who laid the whole course of my life before me, from my birth; and during four nights every scene from my childhood to the present time passed before me; every evil word and thought that I ever uttered or imagined was related to me, every woman I had known, passed before me, the married and the single separately—some long since dead, and some living. A chart of my generation, from Cain down to my father, was shown to me; and some few that went to heaven and millions that went to hell, were pointed out.

Then I was shown the crucifixion of Christ, and actually beheld it as it happened on the very day on Mount Calvary: Satan presided in the shape of a Russian bear, with all his imps. All the nations of the earth passed before me, sea and land; and thousands entered of all grades, rich and poor, into the mouth of the furnace. Satan sent out small fiends like squirrels, and they were continually going and coming with the names of new-captured souls. I myself was called out for one, and Satan said I should "be placed in the centre of the Furious Hot Wind;" and I was shown the cauldron with a lid to it wherein I was to be confined.

The white spirit answered many questions respecting heaven, and the black one the same respecting hell. I asked the white one, how long he was appointed to be my guardian? He told me that he was made to attend on me before the foundation of all worlds. I then asked him "what would become of him after I went to hell?" He told me "he should be in hell with me for ever." I then said that it was very hard for him to suffer on account of my misdeeds; but he told me that he did not suffer, as he was a heaven in himself. I asked him many questions which he answered, and many more that he did not answer, but referred me to the black spirit. The black spirit mentioned the name of the man who robbed Rogers' Banking-house; but I was afraid to divulge it, as it would be profiting by satanic agency, with which I was determined to have nothing to do. After suffering indescribable torments, I was determined to send for the Catholic clergyman from Wade-street (having been brought up an unworthy member of that faith). Both clergymen attended, Mr. Haresnib and Mr. Smith, and they found me to belong to their fold: they read an office over me, and I was immediately made whole.

I was strictly enjoined to keep sober; I found myself now restored to health, and actually felt as strong and hearty as I did at the age of twenty-five. I kept sober for a few days, and went to Southampton in the *Pottinger* steamer, where I got drunk, contrary to the commands of my father-directors, and was immediately after attacked with my present malady, with all its fearful consequences.

One evening, coming home from a public-house, a day or two after my coming up from Southampton, a loud noise or chirrup sounded in both my ears; and something whispered to me that I was "done at last!" I had such an awful sensation that I never felt the like before. I found a nervous boiling in both my legs, a sulphury taste in my mouth, and a whistling noise in my head. Lightning in vivid and powerful flashes came through my eyes, and after each flash, every three or four seconds, a fit of nervous boiling. It was then that the fiends showed me heaven at a distance, and hell immediately before me. I saw the fire furnaces destined for the damned, two of which are called "Brugos" and "Campos," and are situated under the land of Arabia. What I have seen I cannot, I must not, allude to, more than that hell is an awful place.

I was ordered to prepare for death, and was allowed only a few minutes to prepare for my end; and Satan told me that he could only indulge me with the liberty of choosing my own furnace to be roasted in. I was told my sentence, which was 468,000,000 of years in 69,000 square miles of liquid fire. Everything that I looked at seemed to be full of cobwebs, and fiends whispering through them. The flushing fits of nervousness immediately after the lightning flashing through my eyes, beggar all description; for fourteen days and nights I was tormented in this manner, and every ten minutes attacked with flushing fits. I went howling to my clergyman, tormented and jeered at by my invisible assailants; but, through my having broken my promise, the Lord would not hear their prayers the second time; and all they could do was to prepare me for death, according to the rites of our church, and leave me to my fate. Every noise I heard called me awful names: the dock and other bells always called out "Donnellan's funeral!" After courses of medicine in the *Dreadnought* ship, being twice in the London Hospital, and once in the Middlesex, I came home, to die, as I thought, among my friends, and bid farewell to all the world. It is unnecessary for me to describe the operation of the disease on my system; my sleep was a continual delirium, and when I awoke I was tired out and fagged, just as I was after a hard day's labour; I felt quite disjointed in my whole frame, and had swellings in my groins through the weakness of my nerves. I tried all sorts of medicines. I tried Dr. McDonnell's treatment without effect, and also Dr. Willis Moseley's with no better luck; and, having wrecked a good constitution by quackery, I find myself at last in Poplar Union, where I am slowly recovering a small portion of my former strength by continually bathing my head with cold water. There is something always creeping round the crown of my head, under the scalp, just like boiling oil, and the boiling in my head is the same all over me. I feel just like a person awakened from sleep, with pins and needles sticking through him; I have felt so for the last eighteen months. I don't feel much now that I am engaged in writing this, but I shall suffer for it by and by. Now, thank God, that I have got my proper intellects and faculties, I cannot reconcile to myself the possibility of what was shown to me through the power of my disease without some kind of supernatural agency. Although I was never inclined to believe anything of the sort, still, seeing every act, word, and thought pass before me, from my childhood, fills me with astonishment; and I am half inclined, with all my sense and stern philosophy, to believe in the existence of the black and white spirits who record our deeds, both good and evil.

I have only given you the outlines of my malady, but there are many things that I have been made acquainted with too horrible to make known to living being. I had a glimpse one morning of poetry, and although it passed like a flash of lightning by command of the white spirit, still I can recollect every word of it; for it was left as a warning to me, and to others if they choose to profit by it: you can read—

THOUGHT AND DEED.

Full many a light thought man may cherish,
Full many an idle deed may do;
Yet not a deed or thought shall perish—
Not one but he shall bless or rue.

When by the wind the tree is shaken,
There's not a bough or leaf can fall,
But of its falling heed is taken,
By One who sees and governs all.

The tree may fall and be forgotten,
And buried in the earth remain;
Yet from its juices, rank and rotten,
Springs vegetating life again.

The world is with creation teeming,
And nothing ever wholly dies;
And things that are destoyed in seeming,
In other shapes and forms arise.

And nature still unfolds the tissue
Of unseen works by spirits wrought;
And not a work but hath its issue
With blessings or with evil fraught.

And thou may'st seem to leave behind thee
All memory of the sinful past;
Yet oh! be sure thy sin shall find thee,
And thou shalt know its fruit at last.

You can do as you think proper with this; and

I beg to remain, dear Sir,
Your's respectfully,
M. H. D—N—L—N.

GETTING ON IN THE WORLD.

There are many different ways of getting on in the world: it does not always mean making a deal of money, or being a great man for people to look up to with wonder. Leaving off a bad habit for a good one, is getting on in the world: to be clean and tidy, instead of dirty and disorderly, is getting on; to be careful and saving, instead of thoughtless and wasteful, is getting on; to be active and industrious, instead of idle and lazy, is getting on; to be kind and forbearing, instead of ill-natured and quarrelsome, is getting on; to work as diligently in the master's absence as in his presence, is getting on; in short, when we see any one properly attentive to his duties, persevering through difficulties, to gain such knowledge as shall be of use to himself and to others, offering a good example to his relatives and acquaintances, we may be sure that he is getting on in the world. Money is a very useful article in its way, but we hope to show that it is possible to get on with but small means; for if it is a mistake to suppose that we must wait for a good deal of money before we can do anything. Perseverance is often better than a full purse. There are more helps towards getting on than is commonly supposed. Many people lag behind or miss the way altogether, because they do not see the simple and abundant means which surround them on all sides; and it so happens that these means are aids which cannot be bought with money. Those who wish to get on in the world must have a stock of patience and perseverance, of hopeful confidence—a willingness to learn, and a disposition not easily cast down by difficulties and disappointments.

The solitary bachelor is the victim of many maladies which the father of a family escapes. Whoever saw a hypochondriac surrounded by a group of children?

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THE SUPPLY OF WATER TO THE METROPOLIS.

Since the last visitation of the Cholera, the Water Supply has been the great sanitary question in the metropolis. It is generally admitted that the supply is deficient in quantity, more or less impure, and charged at too high a rate. To remedy these defects, several embryo companies are in the field; and all interests are clashing and contending in the struggle.

It is rumoured that the Government proposes to supersede all aspirants, and to place the Water Supply and the Sewerage of London under the management of a Government Commission. We know what the Commission of Sewers has been, and from this we may surmise what the proposed Commission would be. The parish authorities are loud against the scheme, and equally loud against the "Water Monopoly." The cry is, "Parochial and Representative Management—no Joint-stock Companies."

The term "water monopoly" originates in a delusion. Whatever monopoly exists, is in pipes, and in the privilege of stopping up thoroughfares to lay down and repair the same. Any man may sink a well, fill his bucket at a river, filter his water, and carry it to the top of his house. Whether any man, or any company of men, should be allowed to break up the streets, is a public question, depending on the amount of benefit the public will derive by way of compensation for the inconvenience. Whether an unlimited number of men or companies can afford to incur this expenditure, is a question of pounds, shillings, and pence, depending on the probable return for the outlay.

While the parochial boards are declaiming at public meetings against the principle of joint-stock companies, individuals belonging to these boards are supporting some one new company, some another, all denouncing monopoly, and each endeavouring to obtain what all denounce. One company has gained over a large party by the specious proposal to place the management in the representatives of the parochial boards, looking to "private enterprise" for capital. It remains to be seen whether they will find capitalists enough ready to consent to the conditions.

We rather suspect that this proposal is merely used as a ladder to carry the company into a committee of the House of Commons —but no further. Whatever may be the result of the agitation, one thing is certain, namely, that a large amount of capital will be required. If the parish authorities are to undertake the task, they must either borrow the capital, or make arrangements with the companies. If the present companies are to be superseded, they must either be bought up or opposed. The result of a competition may be predicted from past experience. After a few years of ruination to the competitors on both sides, either they will amalgamate or the longest purse will win. In the former case the public will untimately pay the piper, in the form of an increased water-rate: in the latter, the odds would rather be against the parishes, as the companies are strong, united, and well backed; the parish representatives, being wafted about by currents and under-currents, and having only borrowed capital, would fall to pieces.

On reviewing the entire subject, apart from clashing interests, the following facts forcibly strike us:

The companies have what the parishes want, namely, capital, plant, and experience. The companies enjoy privileges on the express condition that they will confer a corresponding amount of benefit on the public. If they have not fulfilled this condition, they may be compelled to do so by Act of Parliament. Whatever defects exist, either in the source of supply or general arrangements, can be remedied as easily by them as by any other means. The admission of any new companies into the field would be a waste of capital, the interest on which would be added to the water-rate. Whatever additional outlay may be required, could be made by means of capital raised by the companies by the issue of new shares; and the wants of the public might be secured by the following provisions:—1st. The water to be derived from sources approved by a committee ef scientific men. 2nd. The water to be filtered. 3rd. Every house (except those having wells, or other private means of supply) to be supplied with high service at a charge not exceeding a certain rate to be agreed upon, and the assessment to be levied on the same principle as the poor rate. 4th. The amount of dividends to be payable to shareholders to be limited. 5th. The power the companies possess of suing new tenants for the debts of their predecessors to be abrogated. Certain minor regulations for reducing the expence of the management might be added, and probably some two or three companies might be amalgamated to reduce the waste of capital. We doubt whether a better or more economical plan could be contrived by the parishes, as we observe that among the parish authorities there is "much cry and little wool;" while the companies have plenty of "wool," or rather "gun cotton"—ready to explode at the word of command when the fight begins.

A PECULIAR DISEASE OF THE NOSE.

Dr. Gairdner relates the following case:—The patient was a medical man. The first symptoms were those of a common cold. After considerable exposure to cold, feverishness and headache were added, and the coryza itself became much aggravated, and was now, for the first time, attended with a fetid odour. The fetor proceeded exclusively from the right nostril. After a short time the acute symptoms subsided; but for several years he suffered from a constant sense of partial obstruction in the right nostril, an unusual discharge from that nostril, increased by an inclination of the head forward, an occasional fetor, which accompanied the discharge of a pellet of matter thicker than the ordinary secretion, and a dull pain in the right superior maxillary bone. The matter discharged from the right nostril exhibited pus-globules when subjected to the microscope. All the symptoms, and especially the fetor, were much aggravated by every inflammatory cold. After a lapse of seven years and a-half from the first attack, he was seized with an acute catarrhal affection, and, when this subsided, he found himself nearly relieved from the symptoms under which he had suffered so much, and, ere long, the cure was complete. Dr. Gairdner conjectures, that the original inflammatory attack had caused the death of a part of the spongy bone, and that the tardy exfoliation of the diseased portion at last put an end to the disease. The patient was never affected with syphilis; but it appeared that two members of his family had suffered from a similar affection. Dr. Gairdner concludes by remarking, that such cases were usually described as ozena, and represented as incurable; but that he had no doubt that many of them, when watched throughout their whole progress, would turn out to be merely tedious.

Is there a divinity, law, or medical student who does not aspire to a mitre, the woolsack, or a chair? Is there a mercantile drudge who does not aspire to be at the head of a firm? These are partial hopes to be obtained only by a few. Is there one man—however exalted, however humble—who does not look forward to a home, a wife, and children, as the gaol of his endeavours, his toils, and his cares. This is a general hope, within the reach of all. *Home, wife, children*, are the talismanic words which have guided men to the noblest actions—to the greatest efforts of genius and exertion. All happiness, especially that of Englishmen, is centered in these blessings, for what can excel the domestic comforts of his own fireside?

"Half the tendencies of our nature pass into habits only from the facilities which encourage their development;" and habits once acquired, whether amiable or vicious, become so readily a part of our existence, that a heavy responsibility is attached to those who have it in their power to remove, or to diminish the facilities for the commission of evil, and neglect doing so.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. VII.

(*Continued from page* 156.)

Carditis—Inflammation of the Heart.

There is scarcely a subject in the whole range of medical literature which opens so extensive and important a field of investigation as the pathology of the heart. It has excited the attention of physicians from the earliest times, and occupies a conspicuous position in the writings of the earliest authors, especially in the elaborate dissertations of Morgagni concerning the morbid anatomy of the heart (*Morgagni de Causis et Sedibus Morborum per Anatomen indagatis, Lib.* 11, *Epist.* 16 *ad* 27). In the attempts, however, which were made to connect the diseased appearances of the heart found after death with the symptoms which occurred during life, the older morbid anatomists decidedly failed, and it has been reserved for our own times to infuse a sound portion of accuracy into this part of the inquiry, and the writings of Dr. Billing and the late Dr. Hope have done science great service. Much, however, still remains to be done; and though the difficulty of the subject must universally be admitted, still it does not appear to be, like some of the obscure and controverted points in the science of medicine, beyond the pale of legitimate investigation.

The very phrase, "Disease of the Heart," carries with it a saddening impression—almost a conviction—that the individual supposed to be thus affected, is affected with a fatal disease: and, when we consider the important part played by this great organ of life, we may easily conceive how great must be the danger, and how great should be the dread, of any irregularity in the proper performance of its healthful functions. Disease of the heart properly so called—that is, disease arising from disorganisation of the structure of the heart—is rare, in comparison to that disorder of the heart which is caused by sympathy with some irregularity or derangement of a neighbouring organ, as the stomach or lungs. In the series of articles on Indigestion, published in the first seven numbers of our Journal, we described in detail the affections of the heart caused by, and symptomatic of, impaired digestion. We now proceed to consider—

Acute Inflammation of the Heart, or Carditis.

This by some authors is accounted a rare disease; and Laennec in particular asserts that the majority of cases supposed to be inflammation of the heart—that is, inflammation of its muscular structure—are in fact inflammations of the pericardium (the sac holding within it the heart). There is every reason to believe that the two diseases are intimately connected with each other, and that when the substance of the heart is in a state of inflammation, its investing membrane participates in the disease; and it is probable that inflammation occurring in the pericardium frequently dips down a little way into the substance of the heart.

The leading symptoms of this disorder are, pain in the region of the heart, attended very frequently with overpowering anxiety, violent palpitation, and an irregular pulse. From the close connexion which exists between the organs contained within the chest, it may be readily conceived that carditis has many symptoms in common with pleurisy and inflammation of the lungs; we therefore find the patient complain of great difficulty in breathing, which compels him to draw his breath by catches or starts; the least motion or exertion greatly aggravates the dyspnœa, so as to occasion an apprehension on the part of the patient of immediate death. There is usually present, also, a short, dry, but incessant cough, unrelieved by expectoration, which adds materially to the distress of the other symptoms. The patient complains of a violent palpitation of the heart, and its motions may be frequently observed at a considerable distance from the patient: the carotid arteries throb with a strong pulsation, attended with noise in the ears and giddiness; sometimes an alarming *syncope* or fainting comes on, from which it is difficult to restore the patient; and, says Abercrombie, "if he does not soon recover, it (the fainting) proves fatal." There is usually present a pungent, burning, lancinating pain in the region of the heart, shooting to the upper part of the blade-bone, shoulder, and arm, which seldom descends below the elbow; the pain is increased by each inspiration, and by pressure against the ribs on the left side; there is also inability of lying on that side. The pulse is always very frequent, and bounds against the finger with a harsh jarring feel; it is at first full, hard, and jerking, but regular; as the disease advances it quickly becomes irregular both in point of force and frequency. The tongue is white and coated; the skin at one time hot and dry, and again bathed in a profuse sweat; the spirits are suddenly subdued and broken; the mind is anxious and apprehensive of immediate danger; and unless relief be quickly obtained, the countenance becomes livid, the eye glassy, and the patient sinks. Should the urgent symptoms only be palliated, the disease degenerates into the state of *chronic carditis;* under more favourable circumstances the patient gradually recovers; but in many cases the prospect of ultimate and complete recovery is far distant. "A quick and occasional palpitation will always be found to remain behind, with a strong tendency to relapse; the recurrence of the disease being, if possible, still more dangerous than the primary attack."—(Gregory.)

To distinguish inflammation of the heart from inflammation of the pleura or lungs, is often a matter of difficulty. The appearance of the countenance may sometimes be resorted to, in aid of the other symptoms. Common inflammation of the lungs frequently proceeds to a great extent, without a corresponding change of countenance; but in carditis there occurs, from the very earliest periods, a peculiar anxious expression of the features, commonly with a deadly paleness. M. Louis—than whom no modern pathologist has investigated the symptoms with greater discrimination—says, that the symptoms most to be depended on are, "a more or less acute pain in the region of the heart, taking place suddenly, accompanied with oppression and palpitations in a greater or less degree; irregularity or intermissions of the pulse, sooner or later followed by an obscure dull sound in the region of the heart on percussion, while the rest of the chest yields a clear resonance." When all these symptoms are combined in a person previously well, the existence of inflammation of the heart may be inferred.

The causes of carditis are often obscure: when we can trace them they are, for the most part, the same which induce inflammation of the lungs, especially exposure to cold, and long-continued anxiety of mind. Dr. Frank relates an interesting case brought on by terror.

(To be continued.)

The Genius of Woman.

Women certainly are fortunate in a turn for the microscopic or minute, and for those occupations which can be performed while sitting still, or which require movement in a limited circle only. Their Clarissa-like genius for weaving page after page of letter-writing; or, in other words, for that interminable piece of chequer-work, dark and formidable, the crossed letter—ever extending it unsparingly in whatever corner the white surface of the paper still shows itself, down to the last crossed line of the last page—is quite an immediate blessing of heaven; while their talent for forming friendships with birds and gold-fish, and for administering slops and flattery to the young of animals, as if they were young children; their incredible patience under any infliction of plants and flowers, which they will sometimes meditate and regard as if they were endeavouring to pass the bounds of human knowledge, and to enter the mystery of vegetable life; and their great instinct for making themselves endlessly happy with the vast subject of dress—are endowments which must be referred to the same category. These resources are their salvation in many strange situations, in which it would go hard, we suspect, with male faculties.—*British Quarterly.*

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THE GOVERNMENT SCHEME FOR INTERMENTS.

The Bill introduced by Government provides that, in future, the entire system of burials is to be regulated by Act of Parliament. Public burial grounds are to be formed in suitable situations, and interment in them is, after a certain period, to be compulsory; no funeral to take place elsewhere, except by licence. The management of the cemeteries, and all the arrangements connected with funerals, from the first removal of the corpse to its final interment, are to be entrusted to the officers of the General Board of Health, assisted by an adequate staff of subordinates. Reception-houses are to be constructed at suitable spots, in which the bodies may be deposited preparatory to interment. No dwelling-houses to be built within a given distance of the cemeteries, which are to be part consecrated and part not,—with a church for the one and a chapel for the other.

ON THE SELECTION OF A WIFE.

In the selection of a wife a man is generally guided either by personal attraction, mental acquirements, or—it must be said—the three per cents. and influential connexions; while the liability to disease, individual or hereditary, of the mother of his children is overlooked or never thought of. The want of this foresight, in some instances, may be of fatal consequence, particularly when the two parties possess the same predisposition to the same disease; as, for example, scrofula or the king's evil; in which case the offspring of such union, acquiring from both parents the germ of the malady, would in all probability suffer from this scourge in all its virulence. In unison with that plan of wisdom and goodness which directs the whole universe, our sympathies are made subservient to our health; and that secret voice—unaccountable and unconquerable—which harmonises the most opposite extremes, more frequently attracts and binds those of different temperaments than those of the same constitutional peculiarities: thus, a tall man prefers his wife for her small stature, a short man aspires to a lofty spouse, a dark man will delight in Circassian beauty, while one of a fair complexion owns allegiance to a *brunette*. It is by this variety of form and complexion that the temperaments are denoted; and as they are to a certain extent criteria of the constitution, they afford to the physician many valuable hints to enable him to arrive at a correct diagnosis of disease.

A scrofulous habit is distinctly depicted in the countenance and form: it most commonly appears in those of a fair complexion with large watery blue eyes and dilated pupils, long shining eyelashes, and light, silky hair; the skin is usually thin, white, and irritable. Persons of this habit are liable to inflammatory attacks, are of quick temper and lively imagination. It also appears in persons of a dark, swarthy complexion, with tumid features, indolent habits, obtuse feelings, and low intellectual powers.

Scrofula is one of those diseases in which a new substance—namely, tubercle—is formed in the blood and deposited in the glands. Consumption is of this class, as are also those affections of the joints known as white swellings.

Gout is decidedly a hereditary disease, and many cutaneous disorders are transmitted from one generation of the same family to another. Insanity has been demonstrated, by the tables published by M. Esquirol of the cases treated in the Salpétrière, to be of hereditary transmission in nearly two-thirds of those admitted into that hospital. A contemporary writer has well remarked—"It may be justly said, that under no circumstances should legislative enactments interfere with the domestic affections and bonds of society; but, as there is no rule devoid of exceptions, so, when insanity is hereditary in a family, the welfare of society demands that its members should be legally debarred from forming matrimonial alliances."

PHARMACOLOGY.

Diuretics.—No XII.

(*Continued from page* 157.)

Cantharis Vesicatoria.—Blistering Beetle, or Spanish Fly. This coleopterous insect is from six to eleven lines in length, and one to two in breadth; its colour is a brass or copper green; it is found in Italy, Spain, France, Russia, and sometimes in England; the largest and most esteemed are imported from St. Petersburgh. The blistering properties of this insect are well known. As a diuretic, in cases of debility of the bladder and appendages, the powdered flies may be given in half-grain doses, combined with the extract of hyosciamus. Or, tincture of cantharides, ten drops; spirits of sweet nitre, one drachm; syrup of ginger, one drachm; camphor mixture, one ounce and a-half. Mix for a draught, to be taken three times a-day. The tincture of cantharides, under proper management, is a valuable remedy in obstinate gleets, gonorrhœa, incontinence of urine, &c., but is a dangerous drug in the hands of the ignorant.

Spiritus Ætheris Nitrici.—Sweet spirits of Nitre—Is made by distilling rectified spirits and nitric acid. This valuable preparation is more frequently conjoined with other remedies than administered as a diuretic by itself: it forms a component in almost all diuretic mixtures and draughts. The dose is from thirty drops to two drachms.

Nitric Acid, Muriatic Acid, and *Sulphuric Acid*—Act more or less as diuretics; and are sometimes ordered when it is desired to render the urine acidulous, as in some cases of calculus, gravel, &c. The dose of the *dilute* nitric acid, is from ten drops to thirty; of the *dilute* muriatic acid, from five to twenty drops; of the *dilute* sulphuric acid, ten drops to forty drops.

Potassæ Acetas:—The Acetate of Potash—In small doses acts as a diuretic; in large ones as a mild cathartic. The dose as a diuretic is from a scruple to a drachm: as it rapidly deliquesces, (that is, becomes liquid, attracting moisture from the air), it should always be given in solution. It is seldom prescribed alone. In dropsies it is an excellent diuretic, and may be thus ordered:—Take—acetate of potash, four drachms; compound spirits of juniper, and compound spirits of horse-radish, of each half an ounce; spirits of sweet nitre, two drachms; compound infusion of gentian, seven ounces; mix. Dose: two table-spoonsful every three or four hours.

Potassæ Bitartris:—Bi-tartrate of Potash:—Cream of Tartar:—Supertartrate of Potash: and Acidulous Tartrate of Potash. Dose: one drachm to half an ounce. The following is a useful form of administering cream of tartar:—Take—Cream of tartar, two ounces; powdered ginger, one drachm; syrup of ginger, sufficient to form an electuary. Dose: a dessert-spoonful occasionally.

Potassæ Bi-carbonas:—Carbonate of potash. This is a good alkaline diuretic. Dose: ten grains to half a drachm. Take—bicarbonate of potash, ten grains; spirits of sweet nitre, half a drachm; tincture of cinnamon, one drachm; compound infusion of gentian, one ounce and a-half; mix for a draught to be taken twice a-day. Or,—Take—bicarbonate of potash, two drachms; nitrate of potash, half a drachm; tincture of colchicum, two drachms; compound tincture of orange peel, three drachms; infusion of juniper berries, seven ounces; mix. Take two or three large spoonsful every four hours.

Liquor Potassæ Carbonatis:—Solution of carbonate of potash. This is a valuable antacid diuretic. The dose is from ten drops to a drachm, given in water, two or three times a-day.

Potassæ Nitras.—Nitrate of potash:—Saltpetre. This diuretic is as valuable as it is popular. The dose is from five grains to half a drachm. In fevers, in *ardor urinæ*, a drachm may be added to a pint of barley-water, and a wine-glassful taken every one or two hours with much benefit.

Tincture Ferri Sesquichloridi:—Tincture of the muriate of iron: tincture of steel. Is prescribed as a diuretic in dysuria, (suppression or difficulty in discharging the urine): it should be given in doses of ten drops, in cold water, every quarter of an hour until some sensible relief be obtained. In bleeding from the bladder, kidneys, or uterus, it is a powerful styptic. The dose as a diuretic is from ten drops to twenty, taken in water, or thus combined:—Take—Tincture of the muriate of iron, two drachms; spirits of sweet nitre, four drachms; tincture of cantharides, one drachm; water, nine drachms; mix. Dose: a tea-spoonful in a small quantity of water every three or four hours.

Hydargyri Chloridum.—Chloride of Mercury, Calomel.—Acts as a diuretic when administered in small doses, as, from half a grain to two grains.

Murias Auri.—The Muriate of Gold.—Is, by some authors, said to be a diuretic; the dose is from the fifteenth to the eighth part of a grain.

Iodinum:—Iodine.—In doses of a third part of a grain, has the same property.

Spirits, especially Hollands, Whisky, and Gin, all increase the secretion and facilitates the expulsion of urine.

In our next we shall commence Purgatives

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

INFUSION OF LINSEED, OR LINSEED TEA—May be thus made:—Take—bruised linseed, six drachms; sliced liquorice-root, two drachms; boiling distilled water, a pint; let them stand for two hours near the fire, in a vessel lightly covered, then strain. This is an excellent drink in cases of irritability of the mucous membranes, especially those of the bronchial tubes, and of the bladder and urinary passages.

BARLEY WATER—Is best prepared in the following manner:—Take—pearl barley two ounces and a-half; water, four pints and a-half; first, wash away with cold water the foreign matters from the barley seeds; afterwards, half a pint of the water being poured upon them, boil the seeds a little while; this water being thrown away, pour on that which is left, first made hot; then boil down to two pints, and strain. To this simple decoction of barley, add—figs, sliced, two ounces and a-half; liquorice-root, sliced and bruised, five drachms; raisins two ounces and a-half; water a pint; boil down to a quart, and strain. This is an excellent demulcent in fever, consumption, gonorrhœa, and strangury, and may be taken *ad libitum*.

FOOD.—It is proper to restrict ourselves to those kinds of food which experience points out as the best calculated for our constitution and stomach. We should never eat anything that lies heavy on the stomach, or that rises in it, or is long in passing off, or that is flatulent and windy, or occasions belching, heartburn, gripes or fluxes. These are sure symptoms of improper digestion, the forerunner and the source of numerous disorders.—*Sir John Sinclair.*

SUDDEN CHANGES.—The following judicious observations merit attention. There are some who, after living fully, and indulging themselves in wines and high eating, feeling bad effects from such a course, and seeing in others the bad effects of intemperance, commence a different course of living, observe precise rules, live mostly upon a vegetable diet, and use only water for their drink: nature does not, in general, admit of such sudden changes. From the spare diet they have adopted, the powers of digestion become enfeebled, a collection of crudities or an accumulation of phlegm in the stomach and intestines necessarily take place. They become meagre, sallow, and relaxed, and the only chance they have of a restoration of health is to return to a more generous diet, to make use of a proper admixture of animal and vegetable food, and to drink more vivifying liquors.—*Thoughts on the Relaxations of Human Bodies.*

DIETARY, WHOLESOME AND ECONOMIC.

ASPARAGUS—Is only wholesome when in an intermediate state between root and plant. When old it is remarkably acrid; but when young it is sweet and mucilaginous, and acts as an easy diuretic. "The queen of all vegetables, to my fancy," says M. Soyer, "is asparagus; I cook it thus: I take a bundle, and scrape lightly all the white part, beginning from the head down, and throw them when done into cold water; then tie them up in bundles of twenty-five each, if an ordinary size, if very large, half that number, keeping the heads together, and cut off the ends to make them the same length; have ready a pan containing one gallon of boiling water, in which has been thrown two ounces of salt; boil quickly for fifteen minutes, or till tender; dish them up with a piece of toast in the middle; keep the heads in the centre, and form a pyramid; serve very hot, with rich melted butter, or cream sauce."

GRATIN OF LOBSTER.—Procure a good-sized lobster, cut it in half detaching the head from the body; take out all the meat, and save the shell; cut the meat into slices, then put a tea-spoonful of chopped eschalots in a stew-pan, with a piece of butter the size of two walnuts; pass them a few minutes over the fire, add a table-spoonful of flour (mix well in), half-a-pint of milk; stir over the fire, boiling about five minutes; then add the lobster, which season with a little cayenne, salt, chopped parsley, and essence of anchovies; stand it again upon the fire, stirring until boiling; then stir in the yolk of an egg; take the pan off the fire, fill the shells of the lobster, sprinkle bread crumbs over, with a little butter; put in the oven for twenty minutes; dish on a napkin, and serve.

EGG AND BACON PIE TO EAT COLD.—Steep a few thin slices of bacon all night in water, to take out the salt; lay your bacon in the dish; beat eight eggs with a pint of thick cream; put in a little pepper and salt, and pour it on the bacon; lay over it a good cold paste; bake it a day before you want it, in a moderate oven.

JELLY OF SPRING FRUIT.—A jelly of beautiful tint and excellent flavour may be made with fresh young rhubarb-stems, either of the giant or dwarf kind, if they be of a bright pink colour. Wash, and drain or wipe them; slice without paring them, taking them quite free from any coarse or discoloured parts; put them, if convenient, into a German enamelled stew-pan, which is more suitable to the purpose than any other; throw in a couple of ounces of sugar in lumps, and boil the rhubarb very gently for twenty minutes, or until it is thoroughly stewed, but not sufficiently so to thicken the juice; strain it through muslin folded in four; measure a pint and a-half of it, heat it afresh in a clean pan, add an ounce and a-half of the finest isinglass, and six ounces or more of the best sugar in large lumps; stir it often until the isinglass is entirely dissolved; then let it boil quietly for a few minutes, to throw up the scum; clear this off carefully, and strain the jelly *twice* through a muslin strainer, folded as the first; let it cool, and mould it as usual.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

Pleurisy; Nos. 17, 18, and 19.

The Senses; No. 20, and in continuation.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index, and glossary. Vol. I. will be ready July 1st.

TO THE TRADE.—The PEOPLE'S MEDICAL JOURNAL is now published every Tuesday, at one o'clock.

TO OUR READERS.—Should any difficulty arise in procuring our Journal in the provinces, in Scotland, or in Ireland, we shall be indebted to any correspondent who will write to the Editor, so that he may appoint an agent, should there not already be one in the town. The Journal should be in every town in the United Kingdom on the day on which it is dated. When this does not happen, the error rests with the local bookseller or his London correspondent.

G. THOMPSON (St. George's, East).—We will not venture to prescribe for you until we have examined your chest by aid of the stethoscope.

A POOR STUDENT.—"Bell on the Teeth" is a standard work. We do not think you could obtain your object at any hospital, without feeing the lecturer. Practise on sheep's jaws; this will enable you to adapt the instruments, especially the forceps; the "claw" is nearly obsolete.

MARTHA POWELL (Monmouth).—Your letter reached us on the 15th of this month. No. 20 was published on the 14th. Let all you drink be perfectly cool; take strong lemonade; take the "Cough mixture" ordered in No. 1, page 7; as well, take four grains of the compound galbanum pill, every other night. If not relieved, communicate your address.

RICHARD PRITCHARD (Newtown).—One guinea.

J. B. (Newington).—If there is not any other assignable cause (we suspect there is) for the unpleasant symptom, discontinue the bath; it may be too relaxing.

ESTHER SMALLWOOD.—Bathe the eye with a collyrium thus prepared:—Take—Sulphate of zinc, four grains; vinum opii, one drachm; rose water, one ounce and a-half. At night apply a cold white bread poultice, to which add about a tea-spoonful of the lotion.

A MARTIN (Wells).—Take—Tincture of lobelia inflata, two drachms; ipecacuanha wine, three drachms; syrup of squills, four drachms; tincture of hops, three drachms; mix. Dose: a small spoonful twice or three times a day. See "Asthma, &c.," page 80.

GLYCERINE.—This is really a most valuable remedy: applied to superficial sores, sore nipples, the excoriations in the groins, and behind the ears of infants, it rapidly allays irritation, and coats the parts with a protecting, healing surface. We have employed it in several skin diseases, with great advantage. Within a few days a lady called upon us to show the great benefit she had received from its use in an inveterate case of *psoriasis palmaris* (a "chappy" tetter, on the palm of the hand.)

CONSUMPTION.—A series of papers by the Editor will be commenced in Vol. II.; the first will appear in the first week in July.

A MANUFACTURER.—The analysis would probably cost you three or four guineas. There are many practical chemists who are competent to the duty: Dr. Letheby, for instance.

A CLERK (Gresham-street).—It cannot be considered as a disease likely to shorten life; we do not think you would incur a heavier premium. As regards the subject you have written about—yours is an *insurable* life. Do not conceal any circumstance concerning your health, constitution, &c., from the examining physician of the office. If you do, it may, and ought, to invalidate your policy.

M. D. (Clerkenwell).—1st. At any druggist's. 2nd. Cortex lancifolia (quinine is preferable). 3rd. (By another question) Who ordered it to be used "with a cold bath?" To that person apply for information.

THE MASTER (—— Union-house).—Dr. Burgess has invented an apparatus for fumigating the scalp, which he asserts is of great service in cases of ring-worm, alopecia, &c.

A COMPOSITOR.—Take less beer—more mutton. Take less physic—more exercise. Go on the water, go *in* the water. Change your linen often, and curry-comb yourself with a coarse diaper. Spend your money in short railway or steam-boat trips, not in Holloway's pills, gin, beer, and tobacco.

T. E. A. (Camden-square).—Your question is an invidious one; both the gentlemen are admirable operators, and we decline recommending one in preference to the other.

A POOR ARTIST (Soho).—We will do all we can for you; you deserve that we should. Call; if unable, write, and we will see you directly. Cheer up! Why did you not send your address in the first instance?

M. O. W. (Gravel-lane).—It has been done. Mr. Fergusson, at King's College Hospital, removed the head of the thigh bone about eight months since. The patient is now at Brighton for the benefit of the sea air, and has recovered wonderfully.

N. F. P.—No respectable medical man would "guarantee" a cure, in any case. The doing so, is the first sign of quackery.

HANNAH CURIOUS.—Nerves are white cords arising from the brain and spinal marrow, and distributed to every part of the body. There are *cerebral* nerves, *spinal* nerves, *respiratory* nerves, and the *sympathetic* nerve.

WILL WATCH (Southsea).—You are playing with dangerous articles. State your case to us more clearly—or apply to some medical man in your own neighbourhood. Do not take "mercury" so recklessly.

W. THOMPSON (Thomas-street, Woolwich).—The "necessity" for wearing a truss, *is* "a sad misfortune"—it can't be "a great blessing!"

W. C. B. (Bethnal Green).—We will not venture to advise, without examining you. There must be *a cause* for all the symptoms—to this you have not referred.

W. S. (Worcester).—Yes. See answer to RICHARD PRICHARD, in this number.

SAMUEL P——T. (Brompton).—First, improve the general health; ulcers on the legs, are in nine cases out of ten, dependent on some constitutional cause: local applications, as lotions, ointments, plaisters, bandages, strappings, are only to be considered as secondary aids. See INDIGESTION, &c., page 43.

THOMAS WILLICH. Strichnia is the ultimate principle, the alkali, procured from nux vomica; it is one of the most virulent principles furnished by the vegetable kingdom; it is a deadly, instantaneous poison. It is frequently ordered in some nervous and paralytic affections, with variable results. The dose is from the sixteenth to the eighth part of a grain.

HENRY SMELLIE. Take—Thirty grains of the oxide of zinc; a drachm of the extract of gentian; syrup of ginger sufficient to form a mass; which divide into eighteen pills. Take two twice a day, with a cupful of chamomile tea.

W. W. W. (Pimlico).—We cannot trust to your description: expectorating "mucous with a grey tinge," "a heavy dull sensation—not amounting to pain—in the region of the heart," are serious symptoms. We must see you.

JUVENIS.—If you will refer to our answer to "A Traveller," in No. 5, you will find a description of the *Consulting Surgeon!* to whom you have been a dupe. We repeat there is nothing specific in what they *profess* to cure. Apply to any respectable practitioner; be candid with him; you will then be in safe hands. Now you are at the mercy of a Jew quack.

R. S. EYTON.—You are troublesome.

A PATIENT.—This is the "why" we object to feather beds: because they are too relaxing; because they imbibe the perspired vapours thrown out of the body; because they render us indolent, disinclined to leave them, and not so much refreshed as we should be from a night's rest on a hair mattrass. Locke, in his Treatise on Education, says, "warmth about the kidneys, the necessary consequence of sleeping in down beds, is very apt to breed the stone, and to occasion other disorders."

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—F. P. (Liverpool-road). WILLIAM R. (Aldgate). SUSAN (Bagnigge Wells-road). A WEAVER (Bethnal Green). ALEXANDER (Southampton-square). A SAILOR (Limehouse). DESPAIR. W. P. A YOUTH. Z. (Blackman-street).

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—ROBERT HUGHES (Barnstable). HANNAH WALSH (Leigh, Essex). W. T. (Great Yarmouth). T. R. B. (Halifax). GEORGE HOLLINS. A CLERK (Bolton). JUVENIS (Bath). X. Y. Z. (Exeter). ABIL P. 1, 2, 3. A BUTCHER (Birmingham). WILLIS WILSON. A PRODIGAL. ESTHER. P. P. (Chelmsford). ANXIOUS (Bayswater). ROBERT D'ARCY (York). Charles B. (Charing-cross Hospital).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 22.—Vol. I.] SATURDAY, JUNE 1, 1850. [ONE PENNY.

HEALTH:

WHAT IS IT? HOW IS IT MAINTAINED?

Frequently, though health is hailed as the greatest of all blessings, and invoked as a boon granted by our Creator superior to all others, how few there are who can say in what health consists, and how few there are who stop to consider upon what a pinnacle it is poised! Health is that condition of the body in which all the functions of life are performed harmoniously, with ease and with a feeling of well-being. Each organ acts unconsciously; the whole bodily energies seem to play their part together, and the union is so complete that we neither feel nor care to inquire how the machine works: we are only sensible that its movements are simultaneous. Every deviation from this state denotes, if not the actual presence, at least the approach of disease.

Properly to estimate the unison of circumstances which must occur to constitute health, it is requisite that we should know something of the machinery by which we exist, and the part which each organ plays in maintaining the integrity of the whole. To give, therefore, a brief outline of the formation of the human body, it may be stated that it consists of a beautiful and curious framework of two hundred and fifty bones, which give it form, protection, and support. These are united together by strong bands, called ligaments, and are tipped with a slightly elastic substance called cartilage, and by synovial membranes, which secrete a lubricating fluid to facilitate their motions. Implanted on this bony frame-work are four hundred and sixty muscles, by which all the varied movements are effected; these have a fine elastic waterproof covering of skin drawn over them, fitted for contact with foreign bodies; and a prolongation of this skin, somewhat modified (mucous membrane), passes into the cavities, to fit them for contact with the air, food, &c. The cavities (improperly so called, for they are each completely occupied, as "nature abhors a vacuum,") are those of the skull, the chest, the abdomen, and the pelvis; they contain the various organs which maintain life, and direct its energies. Within the cranium, or skull, is placed the brain—the living principle, which acts through the nerves, controls every part of the body; special nerves expand in the eye, the ear, the nose, the mouth, and the skin, to form the senses. The whole is presided over by the mind and the reasoning faculties, which elevate man from earth, and place him at the head of the creation. The chest contains the heart, the organ of circulation; and the lungs, the organs of respiration. The heart is a hollow muscle, situated between the lobes of the lungs, obliquely pointing towards the left side; it is divided into four chambers, two at the upper or broadest part, called auricles, and two at the lower part, named ventricles. The blood gets its motion from the heart, which works during life, while we sleep and while we are awake, at the rate of one hundred thousand strokes a day. The blood, being propelled from the heart, is carried by means of the arteries throughout the whole body, whence it is returned by the veins, and passes through the lungs, where it is purified, and undergoes certain changes to again fit it for its vital office. The lungs are situated on either side of the heart; they are two spongy bodies, composed of innumerable cells communicating with each other, and connected by small tubes which unite together to form the bronchi, and ultimately end in the trachea, or windpipe, by which the lungs communicate with the atmosphere. The office, or function of the lungs, is to expose the blood to the action of the air, by which it is rendered fit for the nutrition of the body, and the stimulation of its several organs; for, being deprived of its useful portion—the oxygen—during its arterial circulation, and having gained a noxious ingredient—carbonic acid gas—it requires to be brought into contact with pure air, to regain the former and throw off the latter. This function is performed about twenty times a minute.

The cavity of the abdomen is separated from the chest by the diaphragm—a muscular partition through which pass the great blood-vessels, the œsophagus, nerves, &c.—and contains the stomach, the liver, the gall bladder, the pancreas, the spleen, the intestines, the kidneys, &c. The stomach is the receptacle of the food, and the chief organ of digestion. The food, after it has undergone mastication and admixture with the saliva in the mouth, is carried by the œsophagus into the stomach, where it is acted upon by the gastric juice, and converted into a greyish pulpy mass, named chyme; this passes by the pyloric, or lower end of the stomach—which acts as a sentinel, by rejecting every particle which has not undergone chymification—and enters the first portion of the intestines, called the duodenum: here the chyme is submitted to the action of the bile and the pancreatic fluid, and is separated into two parts, the one white, rich, and nutritive, called chyle; and the other the bulky, indigestible residuum, which is afterwards excreted. The intestines are studded with innumerable tubes of lymphatics, which cover their inner surface like the pile of velvet: and, having a muscular coat, they are endowed with a longitudinal, or peristaltic motion, and a circular, or vermicular motion, by which their contents are urged forward, the chyle to be taken up by the open mouths of the lymphatic tubes, and afterwards converted into fresh blood; while the useless mass, which has now acquired its fæculent odour and character, is carried on to the termination of the alimentary canal. The liver is the most bulky of all the organs; it is situated on the right side, close up under the ribs, attached at the top to the diaphragm, while its lower margin stretches toward the lower part of the body, and lies in front of that portion of the stomach which joins the commencement of the intestines: its function is to secrete bile, which is carried to its reservoir, the gall bladder, where it is kept until required by the arrival of chyme in the duodenum, when it ejects a portion of its contents into this part of the intestines, by means of a duct

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or tube common to it and the pancreas. The effect of the bile is to act chemically upon the chyme, by precipitating the useless matter from that which is nutritive. The pancreas is better known in animals by the name of sweetbread; it is a long, narrow gland, placed behind the stomach and across the back-bone: the fluid which exudes from it approaches closely in its nature to saliva, and is conveyed to the duodenum, either by a duct of its own, or by that which proceeds from the gall bladder. The use of the pancreatic fluid is not correctly known: by some it is supposed that it diminishes the acrimony of the bile; by others, that it assists in preparing the nutritive portion of the food for absorption. The spleen is of an irregular figure, and dark purple colour, situated at the left side of the abdomen, close up under the ribs, as the liver is on the right, attached at the top to the diaphragm, and by its side to the stomach; it is of a peculiarly soft, yielding, spongy structure, composed almost entirely of vessels which admit of being readily emptied, or as readily distended with blood, by which it is capable of accommodating itself to the neighbouring parts: the use of the spleen remains in obscurity up to this time.

We come now to speak of the kidneys. It is scarcely necessary to describe their shape or colour: every one has seen a sheep's kidney, and the human kidney much resembles it, except that it is longer, and perhaps flatter. The kidneys are symmetrical organs; that is, there are two of them, similarly situated, one on each side of the back-bone, in that region of the body known as the loins; their function is to carry off the superabundant serum of the blood, by the secretion of urine, which is conveyed to the bladder by the ureters, through which it is constantly passing down in drops as it is secreted. In the cavity of the pelvis we find the termination of the lower intestines, the apparatus for reproduction, and the bladder, whose office is to act as a reservoir for the urine. The wear and tear of the body requires that the old particles should be removed, and new materials be laid down in their place: the former is done by vessels called absorbents, which take up that which has become useless; and the latter by the vessels carrying the blood, which may be termed liquid flesh, possessing in itself all the materials for repair, and capable of adapting them, in proper quantity and quality, to any and every part of the system. The waste of blood is supplied by the lymphatic vessels, which take up the nutritive part of the food, and convey it to the thoracic duct, to be converted into fresh blood, and conveyed into the general circulation.

It will now be seen, that to maintain life and health the heart must send the blood throughout the whole frame; to afford nourishment and support, the lungs must inhale a proper atmosphere, and properly expose the blood to its influence; the stomach and bowels must digest the food, manufacture chyle for a continued supply of fresh blood, and eject that which is worthless; the various glands must perform their chemical processes, and the whole frame must be governed by the mind and its attributes. Besides these functions, there are many circumstances over which we ourselves have direct control, which not only insure the correct and continued working of this beautiful and complicated machinery, by removing or diminishing liability to disease, but also add materially to our strength, our comfort, and our general well-doing. To these circumstances it is more particularly our purpose to direct attention. Chief in the list may be named atmospheric influence, temperature, ventilation, cleanliness — personal and domestic; clothing, diet, water; the influence which the mind exerts over the body; the influence of peculiar occupations, trades, manufactures, &c.

"If we are to live wisely," said a great philosopher (Adam Ferguson), "for the sake of longevity, our system is doubly fortunate; the end is good, and the means are better:—even if we miss the end, we are happy in using the means."

DISEASES OF THE HEART.

BY THE EDITOR.

No. VIII.

(*Continued from page* 165.)

Pericarditis—Acute Inflammation of the Pericardium.

Acute Inflammation of the Pericardium has always been considered a disease difficult to detect; so much so, that on an examination after death, the existence of the disease has been proved, whilst during life it was not suspected. Dr. Latham mentions two cases of what appeared to be, and what were treated as, inflammation of the brain; yet, on dissection, this organ was found to be perfectly sound, and the heart was discovered to be affected with intense pericarditis. Andral, in his *Clinique Médicale*, vol. iii., relates a similar case. It is proper, therefore, to keep the difficulty of diagnosis in this affection of the heart prominently in view, in order that practitioners may be better enabled to contend with it.

In order to render the nature of the disease now under consideration perfectly comprehensible to our readers, we will briefly describe the character of the structure wherein this disorder is seated.

The pericardium is a fibrous membrane enclosing the heart; it is lined by a fine serous membrane, which is also reflected over and covers that organ and the commencement of the blood-vessels arising from it. This serous membrane secretes a limpid fluid for the purpose of lubricating the inner surface of the pericardium and the external surface of the heart, by which the movements of these parts upon each other are facilitated. We find, that as these structures are similar in organisation and adaptation to those of the lungs and pleuræ, so do the diseases of the pericardium and the heart bear a close analogy to the diseases of the lungs and pleuræ; in both the results are, invariably, an alteration in the nature of the serous fluid secreted.

The symptoms of pericarditis are frequently irregular and equivocal: sometimes they may present themselves in their intensity, and yet the actual disease may be trivial; and at others the disease may be perfectly formed and extensive, and yet produce no symptoms. The disease is invariably accompanied at its commencement by severe inflammatory fever, followed by shivering fits or rigors; there is pain, more or less acute, under the left nipple, and towards the lower edge of the breast-bone, which quickly extends to the whole region of the heart, and to the left armpit, the left blade-bone, shoulder, and upper arm. The pain is of a pungent, burning, cutting character, and is greatly increased by pressure on the ribs or parts round about a full respiration, by stretching the left side, greatly augments the suffering. The patient is unable to lie on the left side, and in the majority of cases the only position in which he can find ease is whilst lying on the back. Palpitation of the heart is a sign which is seldom absent; the impulse of which is sometimes violent, bounding, and regular, though its beats may, at the same time, be unequal in strength; at other times it is feeble, fluttering, and irregular: when the latter occurs, we should always be on our guard to restore the patient as quickly as possible from the fainting fits to which he is then so liable. The pulse usually bears a relation to the regularity or irregularity of the beatings of the heart, but frequently none to the force of its movements: thus, it may be hard and jerking, conveying a thrilling vibration to the finger, or it may be very feeble. Corvisart believed that the pulse gradually increased in irregularity from the commencement of the disease; but there is no doubt that, at the earliest period of the affection, it is often as intermittent,

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irregular, and thready, as it is towards the termination. Difficulty of breathing, to a greater or less degree, is always present; it is often extremely great, so that patients can scarcely breathe in a horizontal position, and we have known them remain in an upright or sitting posture for many days and nights, even after the disease has become chronic. With this dyspnœa, a slight dry cough occasionally co-exists, and we then notice the sufferer will place his hand upon the painful region, so as to keep the parts as fixed as possible during the exertion. A distressing sensation of heat and weight about the heart frequently adds to the sufferings of the invalid, but this is far from being a constant symptom. The skin is often bathed in sweat, or it is very hot and dry; in other cases the extremities are cold, and covered with a cold clammy perspiration.

When these symptoms continue unrelieved for a few days, or even a few hours, we find that the patient then becomes rapidly worse; he is restless and anxious, constantly craving for fresh air; the face assumes a livid hue and swells, or the features have a peculiar drawn, or contracted appearance, with that expression of the countenance known as the *risus sardonicus*, or sardonic grin; he is anxious, and apprehensive of death; he is overcome with faintness; and, with scarcely strength to remove a limb, he is still unable to remain for a moment in the same position. The circulation in the extremities being obstructed, they become tumified, and the legs, and frequently the body also, are œdematous; the cerebral functions are next disturbed, and a slight delirium or constant sleepiness takes place, although positive repose is rarely obtained.

The physical signs derived from percussion, give little or no assistance in acute and recent cases, unless there be extensive effusion. With the stethoscope we may discover, as early as the second or third day, a faint rubbing, or rustling sound (*bruit de frottement*), which may be compared to the rumpling of silk, paper, or parchment, and is heard with both sounds of the heart. This sound is commonly heard about the centre of the breast-bone, thence it gradually extends to the surface of the heart. As the secretion of the lymph thrown out by the inflammation becomes of a more consistent character, the sound then closely resembles the cracking of new leather (*bruit de cuir*); and as the secretion into the sac of the pericardium increases, so do these sounds disappear, the beat of the heart is less distinctly heard, and appears to be more distant.

The causes of pericarditis may be stated to be, a plethoric habit of body; exposure to cold; hereditary predisposition; and the extension or *metastasis* of acute rheumatism. The age at which it more frequently occurs is from ten to thirty-five years.

Dr. Elliotson says, when pericarditis happens in an acute form, it far more often than not accompanies, or has been preceded by, rheumatism: and certainly there cannot now be any doubt that this disease of the heart is connected with rheumatism of the joints. For this observation or discovery we are indebted to Dr. Pitcairn, of St. Bartholomew's Hospital, who first pointed out the fact, which was afterwards published by Sir David Dundas, in the Transactions of the Medico-Chirurgical Society.

In our next we shall speak of Chronic Pericarditis, and then proceed to the treatment of inflammation of the heart and its membrane.

(To be continued.)

The actual prescribing of a certain quantity of drugs is only *one* step towards the removal of those disorders which relate to the impaired nervous system; the rest is to be obtained by what may be justly termed moral treatment, directed to the mind and reasoning faculties of the invalid; and this is not the most easy part of the physician's labour. When the object to be attained is the removal of "mental torture" as well as bodily infirmity, the incentive is sufficient for every exertion.

THE MANAGEMENT OF CHILDREN.

The great matter is to get children to do heartily what they are about. If they are to have lessons, do not let these be so long continued as to wear out or tire their powers of exertion. If they are to play, let them do it in their own fashion, and not according to older people's rules, except in forbidding what is wrong. By *regulating too much* for them, we make them little men and women before their time, but we destroy their elasticity as children, and sacrifice their future independence of character; and I think, too, we render them more selfish, by having our attention so ostensibly and constantly fixed upon them. Place them in safety, and leave them some freedom of action on their own account, without the pressure of knowing that their every movement is superintended. A child that knows itself watched, cannot by possibility turn its mind away from itself, and at last, if not attended to on all occasions, it thinks itself neglected.

I meet with no complaint from parents so frequently as that their children do not apply properly, and that they are thus obliged to restrict them from relaxation, and keep them longer employed than they would wish. But, in nine instances out of ten, the fault is in the unnatural demand made on the child's power of attention. If a child want fixity of attention, the habit is not to be created by keeping at it, but by requiring strenuous exertion *for short periods*, no matter how short at first, and extending gradually as strength is gained.

The object of this long preface is simply to express my conviction that your children, and Miss —— too, will get greater mental and bodily vigour by your giving them one-third or one-half fewer hours of lessons, and leaving them more to the natural impulses of children for their out-door recreations; and dividing better the times of employment. They rise at half-past six, and have religious instruction from seven to half-past eight, and then breakfast. This seems a defective arrangement, as, from the activity of nutrition at that age, no child can profitably apply one hour and a-half before eating; and if it eat before application, the stomach is weakened for its regular breakfast. Half an hour of any light employment is all that ought to precede breakfast. Let breakfast occupy one hour, and add half an hour in the open air, and then both body and mind will be ready to act. But writing ought to be reserved for later in the day, as the posture constrains the body and impedes digestion. Two hours of *varied* study may now be taken, admitting ten or fifteen minutes of relaxation in the middle of it. Then take an hour and a-half out-door exercise, followed by writing and arithmetic for another hour. Allow at the very least an hour, or, still better, two hours for dinner and relaxation after it; then take music, or anything requiring no great exertion, say for one hour; then history or geography for another hour—half an hour's play, and, lastly, writing, &c., again. If, in walking out, a natural taste for botanical inquiry leads them to examine objects, or they can be led to it casually, cultivate it; but do not let the time for walking or play be converted into a formal lesson time, as it is only entire freedom that can give true relaxation.—*The late Dr. Andrew Combe.*

THE ONION.

It is a well-known fact that a Highlander, with a few raw onions in his pocket, and a crust of bread, or some oat cake, can travel to an almost incredible extent, for two or three days together, without any other sort of food whatever. The French are fully aware of the quantity of nourishment this plant affords; hence the soup *à l'oignon* is considered by them the best of all restoratives.

EMPLOYMENT OF TIME.

Life may be eked out with pleasure, but it must be mainly filled up with business; and he who should persevere in the vain attempt to fill up his time with amusements, would then find it too late to take up any serious pursuits, and be compelled to drag on a miserable existence, haunted by the ghosts of his defunct pleasures, in the shape of ennui, restlessness, and melancholy.

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PHARMACOLOGY.

No. XIII.—Purgatives.

(*Continued from page* 166.)

Purgatives are those medicines which quicken or increase the natural evacuations from the bowels. They act in two ways—by promoting the secretion of the mucous membrane, and by increasing the peristaltic action of the intestines: but some act slightly in one of these ways, and energetically in the other. Those which excite abundant watery discharges are called hydragogue cathartics. Purgatives are of various kinds, and may be divided into groups or classes; as the mild cathartics or *laxatives*, as manna, cassia pulp, tamarinds, prunes, honey, bitartrate of potash, and the fixed oils, as castor, almond, and olive oil:—*saline* or antiphlogistic purgatives, as the sulphates of soda, potash, and magnesia:—the *milder acrid purgatives*, as senna, rhubarb, and aloes:—the *strong acrid purgatives*, as jalap, scammony, black hellebore, gamboge, croton oil, colocynth, and elaterium:—and lastly, the *mercurial* purgatives, as the hydrargyrum cum cretâ, the blue pill (pilula hydrargyri) and calomel. We make choice of one or other of these remedies, according to the object we have in view. If we wish simply to relieve the bowels, we prefer combinations of aloes with rhubarb, or ipecacuanha; if gently to promote the secretion of the whole course of the intestinal canal, we use the gentle laxatives; if to reduce inflammation, the saline; if to overcome obstinate constipation, the stronger purgatives; if to remove dropsical effusions, the drastic or hydragogue cathartics; and if we desire to promote the secretion of the liver at the same time, we combine the mercurial purgatives with those adapted to fulfil other indications. The choice of purgatives is not more important, however, than the mode of administration. When the bowels have been long overloaded with fæces, and especially when the irritation produced by them has affected the nervous centres, it is important to remove the load from the intestines without increasing the mischief already existing. Here we must not only select such remedies as effectually remove the fæculent matter, but watch their operation from day to day; and as soon as any signs of intestinal irritation make their appearance, we must withdraw our purgative, and treat the excessive relaxation of the bowels as if it were diarrhœa produced by any other irritating diet. In cases of extreme irritability of the stomach or bowels, or of both, we may relieve the intestines by enemata (lavements—glysters) consisting of warm water, or gruel, with or without an admixture of common salts; or we may employ any of those remedies which act as purgatives, however introduced into the system: of these, the most effectual is croton oil combined with castor oil, and rubbed into the skin. The shock of cold water on the surface of the abdomen, or the electric spark, will also produce a purgative effect; the former is often employed with advantage in cases of obstinate constipation.

Mild Cathartics.—Laxatives.

Manna—Is the concrete juice of the Ornus Europœa (Fraxinus Ornus). Flake manna is the best variety; the commonest kind is the Sicilian manna, sometimes called fatty manna. The dose is from two drachms to an ounce. Manna is a proper laxative for children, and is one which they will take without objection: it may be given in milk.

Cassia Fistula.—Cassia pulp—Is a soft blackish substance, surrounding the seeds of the cathartocarpus, the "pudding-pipe tree" or purging cassia. Cassia pulp is a gentle cooling laxative; it may be given in the dose of three drachms to an ounce, combined with aromatics. *Confection of cassia* is thus made:—Take—Cassia pulp, six parts; manna, two parts; tamarind pulp, one part; syrup sufficient to form an electuary. Dose: a teaspoonful to a large spoonful, or more

Tamarindi Pulpa.—Tamarinds: the pulp or preserved fruit of the tamarindus Indica, a leguminous plant, named from the terms *tamar*, a date, and *Indus*, in reference to its Indian origin. Tamarinds may be taken almost in any quantity, and are a very wholesome fruit for children; they increase the action of the sweet purgatives, as manna and cassia, and weaken that of the resinous cathartics. Tamarind whey is made by boiling two ounces of the fruit with a quart of milk and straining; it forms an excellent dilutent, slightly laxative, in fevers.

Potassæ Bi-tartras.—Cream of tartar. (See page 166.)—This is frequently given as a cooling laxative, in the form of an electuary thus made:—Take—cream of tartar, flowers of sulphur, of each one ounce; confection of senna, three ounces; syrup of ginger, sufficient to form an electuary. Dose: a large spoonful twice or three times a-day.

Prunes, Figs, Honey, Treacle, (and consequently gingerbread) and *Molasses*—also possess laxative properties; and, properly regulated as to quantity, offer a ready and agreeable means of acting upon the bowels in young children.

THE SENSES.

BY THE EDITOR.

No. III.

(*Continued from page* 162.)

The Sense of Smell.

Generally speaking, the sense of smell in all animals is in proportion to the extent of the Schneiderian, or olfactory membrane, with which the nostrils are lined, and over which the branches of the olfactory nerves (the first pair) are spread. This membrane is much more extensive in quadrupeds and in birds, which chiefly trust to the sense of smell in selecting their food, than in man; in the former it ascends much higher, and is, for the most part, possessed of innumerable folds or duplicatures. It is hereby the hound distinguishes the peculiar scent thrown forth from the body of the hare, the domestic dog recognises and identifies his master from all other individuals, and the carrion crow scents afar decaying animal matter.

The apparatus of smell must be regarded as a kind of sieve, placed over the course which the air most frequently takes in passing to the chest, and intended to retain all foreign bodies mixed with the air, and particularly odours. This apparatus is extremely simple; it differs essentially from that of sight or hearing, inasmuch as its nerve has no part before it calculated physically to modify the exciting medium—the nerve is in some degree naked. The organ of smell, like the other organs of sense, possesses the two parts which we before named as being necessary to their perfection; namely, the interior or vital, which serves for the actual exercise of the sense, and the external or mechanical, which is useful for the concentration of the impression. We therefore find that it consists of its special nerve, the first pair, or *olfactory nerve*, which is spread out in the nose behind a very fine membrane (the mechanical part), termed pituitary, or, from its discoverer, *Schneiderian* membrane. The *pituitary membrane* covers the whole extent of the nasal fossæ, and adheres closely to the bones and cartilages which it covers; its surface presents an infinity of little prominences, which give the membrane an appearance of velvet; to the touch it is smooth and soft; it is plentifully supplied with nerves and blood-vessels, and secretes a peculiar mucus. The *olfactory nerves* arise by three distinct roots from the posterior, inferior, and anterior lobe of the brain; they pass through the cribriform plate of the ethmoid bone, and split into a great number of minute branches, which are distributed upon the pituitary membrane, and principally upon its upper part.

The inside of the nose is not one smooth uniform passage, but is divided, in the first place, into three principal passages, termed the superior, middle, and inferior *meatus*, by certain extremely slender bones, which project from its sides, fold downwards in somewhat of a rounded form, and are covered with the pituitary membrane, which thus acquires an increased extent of surface. It is important to remark, that the branches of the olfactory nerve have not hitherto been traced upon the inferior meatus, nor upon the inner surface of the middle meatus; it is consequently in the superior meatus that the sense of smell chiefly resides. We have all observed, that when a person wishes to increase the power of smell, he closes his mouth, and causes all the air he inhales to enter through the nostrils; and, furthermore, by contracting the passage, he increases the force with which the air is made to impinge against the lining membrane, while at the same time he endeavours to give it an upward direction, so as to cause it to reach the part more peculiarly destined to appreciate the odour. The same may also be noticed in persons taking snuff, who always endeavour to draw it up as far as possible. It is in performing this and similar offices that the external nose, which is itself insensible to scents, contributes

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to the perfect exercise of the faculty: persons who have lost this organ, smell very imperfectly, or not at all; and M. Beclard has established the interesting fact, that such persons are very much assisted by the use of an artificial nose, such as was invented by Taliocotius, and described by Butler in "Hudibras"—or even by a simple funnel-shaped tube, which may serve as a conductor.

The nostrils are lined inwardly with hairs, which guard the entrance to the nasal fossæ, and prevent the admission of foreign bodies which may be floating in the air: in their office, therefore, they are analagous to the eyelashes.

Odours, which are the excitants of the sense of smell, are constituted by the excessively small particles which most bodies allow to escape, and diffuse themselves in the surrounding atmosphere: bodies whose particles are fixed are termed inodorous. There are great differences among odorous bodies, as to the mode in which the odours escape: some allow this only when heated; others only when rubbed; some give only a very faint smell, others a very strong smell. So great is the tenuity of odorous particles, that a body may disengage them for a very long period without sensibly losing weight; in fact, they are incalculably minute. Every odorous body has a peculiar odour; and, as these bodies are very numerous, an attempt has been made to classify them; but the attempt has been, and must continue to be, unsuccessful. They can hardly be distinguished into any others than *weak*, *strong*, *disagreeable*, and *agreeable*: and these again may be *musky*, *aromatic*, *fœtid*, *virulent*, *ammoniac*, *spermatic*, *pungent*, *muriatic*; and they may be either fugitive or lasting. In most cases, we can describe an odour only by comparing it to that of some well-known substance.

Under peculiar circumstances, the ordinary apparatus for smell possesses an activity, and sometimes even an intolerable keenness, which by no means belongs to it in its natural state. M. Virey, who has written a very learned treatise upon the subject of odours, asserts, that the olfactory sense exists among savages in a far higher degree of activity than among civilised nations, whose faculty of smell is blunted by a habitual exposure to strong odours, and by the use of high-flavoured foods. And he might have added, that this sense, like every other, is capable of cultivation, and of acquiring delicacy of discrimination by use; that savages, many of whom make an approach to the life of quadrupeds, employ it, and trust to it in a similar manner: and that is, perhaps, the chief cause of the difference he has pointed out. It is in like manner relied upon by persons who are deprived of one or two of the other external senses, as those of sight, or hearing, or both: not merely in consequence of more frequent employment, but from the operation of the law, that where one of the external senses is destroyed, or constitutionally wanting, the rest, in most cases, are endowed with an extraordinary degree of energy; as though the share of sensorial power naturally belonging to the defective organ were distributed among the rest, and modified to their respective uses. One of the most interesting examples of this transfer is to be found in the history, first given to the public by Dugald Stewart, of James Mitchell, a boy born both blind and deaf, and who, having no other senses by which to discover and keep up a connexion with an external world, than those of smell, touch, and taste, chiefly depended for information on the first, employing it on all occasions like a domestic dog in distinguishing persons and things. By this sense he identified his friends and relatives; and conceived a sudden attachment or dislike to strangers, according to the nature of the effluvium that escaped from their skin. The "Journal des Sçavans," for 1667, gives a curious history of a monk, who pretended to be able to ascertain, by the difference of odour alone, the sex and age of a person, whether he were married or single, and the manner of life to which he was accustomed. Numerous instances of an acuteness of smell almost intolerable and distracting to those who labour under it, have been met with in persons of a highly nervous or irritable constitution. M. Orfila gives an account of a celebrated painter of Paris, of the name of Vincent, who cannot remain in any room where there are roses without being in a short time attacked by a violent headache, which is succeeded by fainting. M. Marrignes informs us, that he once knew a surgeon, who could not smell at a rose without a sense of suffocation, which subsided as soon as the rose was removed from him: the same author also knew a lady who lost her voice whenever an odoriferous nosegay was applied to her nostrils.

It has been observed that a keen stimulation of the olfactory nerves is often productive of a very powerful sympathetic action in other organs: there are few persons who, on inhaling the fine particles of black hellebore, and colocynth, while in the act of being powdered, would not feel their effect on the intestines by a copious diarrhœa.

There is often a natural defect in the sense of smell; but more frequently it is impaired by the habitual use of snuff, and other sternutatories, which exhaust, weaken, and torpify the nerves of smell, just as exposure to a strong light weakens and impairs the vision, and sometimes destroys it altogether. To those unaccustomed to snuff, the mildest will produce a long succession of sneezing, which is nothing more than an effort of the remedial power of nature to throw off the offending material; on the other hand, those who have habituated themselves to snuff for years, can hardly be excited to sneeze by the strongest sternutatories.

Sometimes there is a total inability of smelling or distinguishing odours, which may arise from natural defect, injury to the structure of the organ, or from local palsy. The want of this sense is also occasionally the result of fistula lachrymalis, syphilis, small-pox, and of long-continued and neglected colds.

(To be continued.)

EXCISION OF THE SHOULDER JOINT.

The practice of excising joints, first mentioned by Paulus Ægineta, and performed but a few times during the end of the last century by Charles White and others, has of late become a comparatively common operation; and not unfrequently has been the means of saving a useful limb, which must otherwise have been amputated. Upon the success of such means, which, removing the disease, leave the part of the body maimed in the least possible degree, the scientific surgeon looks with great interest, as well for his own credit and satisfaction, as for the benefit of the patient placed under his care. The results of such operations, both as regards the subsequent condition of the limb and the danger to the patient's life, have been such as to justify the eulogiums of their warmest supporters. We shall, on the present occasion, give an account of an operation of this sort, well performed by Mr Stanley, at Bartholomew's Hospital, a few weeks past, together with those points in the patient's history which will serve to show the nature and cause of the disease.

As it is impossible entirely to reduce the account of the operation to popular phrase, we are compelled to employ a few technical terms in describing the operation. What follows will be, we hope, "plain sailing."

Mr Stanley commenced the removal of the head of the right humerus by making the V-shaped flap recommended by Sabatier; the knife being introduced over the coracoid process, was carried around the deltoid muscle up its posterior border. The flap was then dissected up by cutting through the tissues, close to the bone, with the capsular ligament, thus at once laying open the joint. While an assistant held this back, the bone was rotated alternately inwards and outwards, in order that the muscles inserted into its head might be more readily divided. When the arm was carried inwards for the purpose of everting

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the head of the humerus, that the saw might be more readily applied, the shaft broke about three inches from its upper extremity. The operation was, however, proceeded with, and the head of the bone sawn off, two flat pieces of metal being placed between it and the soft tissues, to protect them from injury. One vessel was tied; the exposed surface well sponged, to remove the clots; the flaps secured with the interrupted suture, and water-dressing applied. A pad, covered with oil silk, was placed in the axilla and underneath the upper arm, so as to throw the bone well out into its natural position, and the forearm and hand secured at right angles with the body across the chest. Chloroform was, as usual, exhibited.

Mr Stanley, at the close of the operation, gave the following history of the case. The man had been in the Hospital between five and six months, and under treatment for inflammation of the shoulder-joint. This was brought on by an accident which he had four months previous to his admission, while carrying a heavy load on his back. He states that it slipped, and, losing his hold, he threw the arm violently over his shoulder to prevent the parcel falling, when he found that it became almost powerless. On the following day it became painful and much swollen, and he had not regained any use in it up to the present period. For a considerable time past it had been evident that there was relaxation of the cartilage on the head of the humerus, (the upper bone of the arm—the shoulder), and that the tissues around were much affected, numerous abscesses having formed in and around the joint, from which the matter was discharged by several sinuous openings. The probe had been carefully introduced into all these, but no carious or denuded bone could be detected. No grating was felt between the head of the humerus and glenoid cavity when their surfaces were pressed and rubbed together, probably from the deposit of abnormal tissues in the joint during the progress of the disease, by means of which the articular surfaces were kept separate. The arm being perfectly useless with this condition of the parts, and the patient's health having suffered greatly from the severity of the disease, it became necessary that some means of relief should be adopted. It was a question whether the amputation or excision of the joint should be resorted to. From the favourable experience, though it is still but small, which surgeons have had of the success attendant upon the latter operation, and the great advantage that it has over so serious a mutilation as the entire removal of the limb, Mr. Stanley determined to resort to it, thinking it a favourable case. Those present had seen that the chief steps of the operation had been gone through without difficulty, but that when the arm was carried inwards the bone broke about an inch and a-half below the point at which the saw was subsequently applied. This fragility rendered it probable that the bone was more extensively diseased than anticipated. The excised portion, before closing the wound, was, therefore, sawn through, and carefully examined. The saw passed through it not more easily than is usual in cancellated structure; and the tissue of the bone, with the exception of increased vascularity, and its ulcerated articular surface, appeared healthy. Mr. Stanley considered that the fragility was dependent upon an imperfect deposit of animal matter, the consequence of the inaction of the limb for so long a period, for bones, as well as other tissues, have their nutrition impaired by such a cause. When the wound healed and the limb was brought into active exercise, the bone would again become firm and healthy as before.

In the periosteum covering part of the removed portion of bone was an incipient ossific deposit which adhered firmly to the humerus, as the outer surface of the periosteum did to the surrounding tissues, rendering it difficult to drag the divided portion away. When this was done, the thickened periosteum was left behind. The flap made by Mr. Stanley served thoroughly to expose the joint, and seemed more adapted, at least to this case, than Mr. Syme's straight incision, which is used by many. The bleeding, as usual in these cases, was very slight; the subclavian artery was not compressed during the operation.

THE IMPOSITIONS OF QUACKERY.

Although our correspondent's communication, which we insert below, offers not one particle of novelty, yet, as few persons take the trouble to inquire whether the "testimonials" of quacks are *bona fide*, we seldom have the opportunity of proving, as we now do, that they are fictitious. The following is the "testimonial" alluded to by our correspondent, as it appears in the advertisement of Du Barry & Co.:—

"Cornelius O'Sullivan, M.D., F.R.C.S., Dublin—a perfect cure of thirty years' indescribable agony, from aneurism, which had resisted all other remedies: and twenty thousand other well-known individuals, who have sent the discoverers and importers," &c., &c.

"TO THE EDITOR OF THE 'PEOPLE'S MEDICAL JOURNAL.'

"*New Bridge-street, Leicester, May 19th*, 1850.

"Sir,—I take the liberty of enclosing to you a returned letter, to show the vile practices the quacks of the present day resort to, to gull the public. Having been discharged from the Horse Artillery nine years ago, for a disease called aneurism, and having been a great sufferer for so long, I happened to see in the *Weekly Dispatch* a cure advertised of the above disease by Du Barry and Co's. food. I was very near being gulled, had I not written to Dublin; and, as you will see, there was no such person known there as published in their testimonial. but, sir, since I have read your valuable papers upon "Indigestion" I live in hopes of getting better; and after I had read No. 19 of your Journal, where you treat of arterial palpitation, it has set my mind more at rest. I have always suffered from a strong pulsation in the abdomen after eating, with acidity and heat at the stomach, and a strong pulsation all over me when under any excitement or exertion; lowness of spirits, a giddiness, a sensation of fulness after meals, and almost everything you name in your treatise on "Indigestion," except pain. After I had read No. 19 of your journal, I applied to a worthy physician in this town, and he says there is no aneurism, but a derangement of the stomach, and I am now under his treatment. If I should be so fortunate as to get well, it will be in consequence of reading your Journal, for I had given up all hopes before.

"I am sir, your humble servant,

"William Hamer."

The returned letter to which Mr. Hamer refers is now in our possession. It is directed—

"Cornelius O'Sullivan, Esq., M.D., F.R.S.C., Dublin, Ireland."

It is officially marked, "Not known at the College of Physicians;" "Not known at the College of Surgeons;" "Not known at Stephen's Hospital;" "Not known," "Not known;" with the signatures of various postmen, who have tried to find out Dr. O'Sullivan in their several districts. We may fairly conclude that Dr. O'Sullivan is the Irish Mrs. Harris; and that he, like the other "twenty thousand well-known individuals," is a myth.

THE STAFF OF ELDER-WOOD.

[From the German of Krummacher.]

A Huntsman went forth one day with his son into the fields, but during their wanderings they were parted by a deep and rapid stream; then would the boy fain have crossed over to his father, but he could not, for the brook was very wide. So he cut a branch from one of the bushes which grew along its banks; and resting it in the midst of the stream, he leant heavily upon it for support, and sought, with a bound, to reach the opposite bank. But lo! it had been cut from an elder; so, whilst the boy was leaping across, the staff broke in the midst, and he fell into the water and the waves closed over his head. A shepherd who was standing at a distance, saw him and ran to his assistance; but the boy had risen out of the stream and swam smiling towards the shore.

Then the shepherd spake to the huntsman, saying, "You seem to have instructed your son well in many things, but one thing you have forgotten. Why have you not accustomed him to examine well the interior of all things, before he ventures to confide in them? If he had proved his staff, and seen how weak was the pith, he would not have trusted to the deceitful rind."

"Friend," answered the huntsman, "I have taught my boy to exercise his strength and quickness of vision; I can now, therefore, trust him to earn experience for himself. Mistrust is a lesson which time will teach him soon enough; but he will remain upright in the midst of temptation, for his eye is clear and his strength is proved."

Of all the dreadful diseases to which mankind are liable, those caused by the secondary action of the syphilitic poison are the most appalling to the sufferer, and distressing to his connexions; for a truthful and graphic history of a case not in the least exaggerated, we would refer the reader to the "Man about Town" in the "Diary of a late Physician," by Mr. Warren: it is a tale that should be read by every young man.

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

A Gargle for Relaxed Throat.—Take—muriatic acid, twenty drops; honey of roses, two ounces; barley water, six ounces; mix. This is an excellent remedy for simple sore throat caused by relaxation of the uvula and tonsils.

Chelsea Pensioner.—This is a quack nostrum for rheumatism, said to be the prescription of a Chelsea pensioner, by which Lord Amherst was cured. Take—gum guaiaci, one drachm; powdered rhubarb, two drachms; cream of tartar, one ounce; flowers of sulphur, one ounce; one nutmeg; clarified honey, one pound. The whole to be made into an electuary, of which two large spoonsful are to be taken every night and morning.

Dancing.—Locke says, that children ought to be taught to dance as soon as they are capable of learning to do so. Nothing, he observes, contributes so much to a becoming confidence and behaviour, or raises them sooner to the conversation of those above their age. For though dancing consists merely in outward gracefulness of motion, yet it gives children manly thoughts, and a proper carriage.

To Prevent Baldness.—Take—tincture of cantharides, two drachms; oil of rosemary, ten drops; oil of lavender, fifteen drops; eau de Cologne, two ounces; mix. This wash to be well brushed into the scalp night and morning.

Quinine Tooth Powder.—Take—sulphate of quinine, four grains; powdered myrrh, a scruple; levigated Armenian bole, two drachms; precipitated chalk, six drachms; mix.

Oleum Chartæ—Paper or rag oil.—Burn paper on a cold tin-plate, and collect the oily liquid which condenses on it. It is also made by distilling paper or linen rag. It is used in tooth-ache, and in some skin diseases, and was formerly esteemed in some eye diseases.

Essence for Smelling Salts.—Take—English oil of lavender and essence of bergamot, of each thirty drops; oil of orange peel, four drops; oil of cinnamon, two drops; oil of neroli, two drops; alcohol and the strongest water of ammonia, of each one ounce; mix. This fluid should be dropped into the bottle containing the "Preston Salts," (carbonate of ammonia). It much improves its power, and gives it a fragrant pungency.

DIETARY, WHOLESOME AND ECONOMIC.

Lemon Flavour.—Rub lump sugar on clean, dry lemons, till the yellow rind is taken up by the sugar; then scrape off the saturated part of the sugar, and keep it in a closely-covered pot for use.

Camp Vinegar.—Take—twelve chopped anchovies; two cloves of garlic, minced; one drachm of cayenne; two ounces of soy; four ounces of walnut catsup; and a pint of the best vinegar; digest for a month, then strain.

Sauce Superlative (Dr. Kitchener's).—Take—port wine and mushroom catsup, of each a pint; walnut-pickle liquor, half a pint; pounded anchovies, four ounces; fresh lemon peel cut thin, sliced eschalots, and scraped horseradish, of each one ounce; allspice and black pepper, of each half an ounce; cayenne, one drachm; curry powder, three drachms; celery seed, one drachm; put them into a wide-mouthed bottle; stop it close, shake daily for a fortnight, and strain.

Beef Olives.—Cut slices off a rump of beef about six inches long and half an inch thick, beat them with a paste-pin, and rub them over with the yolk of an egg, a little pepper, salt, and beaten mace, the crumbs of a half-penny loaf, two ounces of marrow sliced fine, a handful of parsley chopped small, and the peel of half a lemon grated; strew them all over your steaks, and roll them up; skewer them quite close, and set them before the fire to brown; then put them into a tossing-pan, with a pint of gravy, a spoonful of catsup, the same of browning, a tea-spoonful of lemon pickle; thicken it with a little butter rolled in flour: lay round forcemeat balls, mushrooms, or the yolks of hard eggs.

Savoury Chicken Pie.—Let your chickens be small; season them with mace, pepper and salt; put a lump of butter into every one of them; lay them in a dish, with the breasts up, and lay a thin slice of bacon over them, it will give them a pleasant flavour; then put in a pint of gravy; lid it, and bake it in a moderate oven. French cooks generally put morels and yolks of eggs chopped small.

Yorkshire Pudding to bake under Meat.—Beat four eggs, with four large spoonsful of fine flour, and a little salt, for a quarter of an hour; put to them one quart and a-half of milk; mix them well together; then butter a dripping-pan, and set it under beef, mutton, or a loin of veal when roasting, and when it is brown cut it in square pieces, and turn it over; when well browned on the under-side send it to table on a dish. You may mix a boiled pudding the same way.

ADVERTISEMENTS.

Just Published, Second Edition, price 4d., by post, 6d.

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"The perusal of the publication before us, which turns upon four of the most prevalent evils to which flesh is heir in these lands, cannot fail to prove most beneficial to sufferers among all persons of sense, and to further successful medical treatment."—*British Banner, March* 21, 1849.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. Yeoman is well known by his work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: Sampson Low, 169, Fleet-street; Effingham Wilson, 11, Royal Exchange; Webster & Co., 60, Piccadilly: and all Booksellers.

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Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by Nevill and Co., 16A, Chichester Place, Gray's Inn Road, London

MILES'S DISINFECTING POWDER.—For the Fumigation and Disinfection of Sick-Rooms, Clothing, Linen, Cesspools, Drains, &c., and the effectual destruction of offensive smells and malaria; thereby preventing the communication of Infectious Diseases, Influenza, Cholera, Typhus and other Fevers, &c. The gradual elimination of free Chlorine from this compound, when exposed to the action of the air, renders it the most convenient agent for the above purposes. In Bottles, 4d. 6d. and 1s. each: sold by John Miles, 78, Gracechurch-street, and all respectable chemists in the kingdom.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

LAWRENCE AND CO'S. PATENT IMPROVED FLESH GLOVES and STRAPS, for producing a healthy state of the system by Friction, without the risk of tearing the skin, as all the ordinary Horsehair Gloves are liable to do. The great value of the Horsehair Renovator as a therapeutic agent, when applied to the human body, is now too well known to every one who has paid the least attention to the importance of a healthy action of the skin, to require further comment. Manufactured (under the sole license of the Patentee,) by Messrs. Lawrence and Co., Islington-place, Park-road, Islington. Communications will also be received at 74, Fleet-street. Sold at 78, Gracechurch-street, and by Druggists in general.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

Pleurisy; Nos. 17, 18, and 19.

The Senses; No. 20, and in continuation.

TO THE SECRETARIES OR LIBRARIANS OF MECHANICS' INSTITUTES, Working Mens' Libraries, Book Clubs, and other institutions for the social advancement of the Industrial Classes.—Dr. Yeoman will be happy to present copies of his Medical Journal and published works to such societies, if the address of a London agent or correspondent be forwarded to Lloyd-square.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index, and glossary. Vol. I. will be ready July 1st.

TO THE TRADE.—The PEOPLE'S MEDICAL JOURNAL is now published every Tuesday, at one o'clock.

AN ANXIOUS PARENT.—Teach your child cleanliness of person, to pay attention to his teeth, to his hair, to his skin; to wash frequently his eyes and mouth with cold water; and instruct him to visit the water-closet every day at the same hour. If the child be delicate, endeavour to "nerve" it with a new constitution. A plant always confined in the hot-house cannot brave the breeze of a July zephyr; accustom it gradually to a colder atmosphere, and that which was a tender annual, may become a hardy perennial.

JAMES PRICE.—The "cause" is your own imprudence, indiscretion, perhaps vice.

RICHARD BOLTON.—See "Indigestion &c.," page 13.

W. BEAN.—The man is an ignorant quack, who has as much title to the prefix "Doctor" as you have to the style archbishop. The police have lately been successful in bringing to justice sundry scoundrels who advertise from "Agency offices:" surely the rogues who receive money from silly dupes on the "false pretence" of medical qualification and knowledge, are equally obnoxious to criminal prosecution.

CYRENIUS (Ashton).—Let the child have a nourishing diet, with a small quantity of beer, daily. Dash his limbs with cold water night and morning. If possible send him to the sea-side. One letter, one question, one answer, one number.

BARNABY RUDGE.—Present yourself at any lunatic asylum; the resident officer will give you a certificate, and, if you have influence, you will be admitted. You are not fit to be at large.

VESPER (Jamaica-street).—Piles should not be considered and treated solely as a local disease; they depend on some derangement of the liver, stomach, or large blood-vessels. "Remove the cause, then the effects will vanish."

CHARLES GODFREY (Mile-End).—Take—four grains of the compound extract of colocynth; three grains of calomel; one drop of the oil of cloves; mix: and divide into two pills, to be taken twice a-week.

B. WESTOVER.—Few circumstances injure the powers of the stomach more than the habit of eating too quickly—"bolting" food. Masticate well your meat; thus you relieve the stomach of an unnatural labour, and the food becomes properly commingled with the saliva, which is so essential to digestion. Look at the cadaverous cheeks and lean sides of a Yankee, who "bolts" a pound of beef, a plateful of fried "taters," a "sarcer"-ful of "pickled beets," and a "horn" of peach brandy, in a few moments; then look at the rotund corporation of John Bull, who eats deliberately, like a man who is thankful for, estimates properly, and *enjoys* his dinner: the "balance," as Jonathan says, is in John Bull's favour. Never perform an important act in a hurry—never dine in a hurry.

JOHN REYNOLDS (Stepney).—The original disease is still lurking in your system. The remedies you mention are dangerous. Self-treatment in such cases is most hazardous.

RICHARD SHAW.—Apply to Mr. Smith, truss-maker, in Holborn, near Gray's Inn-lane.

MATTHEW GOWLAND (Liverpool).—The dysentery is the result of the yellow fever; take care of yourself. We suffered from the same disorder, occasioned by the same cause, for many months in the year 1837. Any assistance we can render you will be cheerfully offered. Call in Lloyd-square, when you come to town.

MARY (Poplar).—We cannot *publish* the information you ask for, but will readily impart it to you personally.

J. S. (Church-street, Clapham).—1st. We do not advise indiscriminately, without fee. 2nd. We should not dare to advise in a case of so much importance, without previously examining for ourselves.

W. S. (Southampton).—Get your prescription prepared at Palk's, in the High-street.

CORK (Holborn).—Galvanism *may* be of service, great service, in some cases of paralysis; but it should never be resorted to without being advised and directed by a competent practitioner. The advertising quacks who profess to cure all maladies by galvanism should be especially shunned.

BARTHOLOMEW.—The following are the signs of the "critical days" of scarlet fever: *First day*: Lassitude, headache, shivers, hot skin. *Second day*:—Difficulty of swallowing, hoarseness, loss of appetite, hurried respiration, hot and dry skin, quick and weak pulse. *Third day*: The face, neck, and breast appear redder than usual; scarlet stains or patches are observed about the mouth and nose; glands of the neck are enlarged and painful; sore throat; tongue red, and its papillæ elongated; the whole body becomes red. *Fifth* or *sixth day*: The intense scarlet gradually abates; a brown colour succeeds; the skin peels off; the patient begins to recover.

B. J. T. (Southampton).—Kelp is the crude soda obtained from the ashes of the *Fuci*, sea-weed. It is used in the composition of soap, in the manufacture of alum, and in the formation of glass. Barilla is the crude soda extracted from the ashes of the sea plants *salsola* and *salicorina*.

MARTHA PROUT (Cardiff).—See the article on "Toothache," No. 19, page 149.

JAMES D——D (Ratcliffe Cross).—Take one of the capsules three times a-day; move the bowels with a sharp purge; use a warm bath at 96° twice a-week, and wear a bandage.

AN OPTICIAN.—You are quite correct. Sailors, from looking at remote objects, become long-sighted, and with difficulty can accommodate the eye to objects nearly situated. Students, watchmakers, and others who are in the habit of viewing things close to them, on the other hand, become near-sighted; and those who live much in small chambers are subject to the same defect. A greater number of women than of men, in proportion are near-sighted.

J. M. J. (Surrey).—We always object to advise in cutaneous diseases without first seeing the patient; if the eruption arises from some specific cause, and the case is clearly detailed, then the objection is, in part, removed. Your letter does not refer to a known or supposed cause, and the character of the eruption is not minutely described.

ROBERT TODD (Somers Town).—Your wife is unable to attend at the "Free" or any other Hospital. How can the attending physician examine sixty, or more, patients in as many minutes, with the smallest prospect of benefit to the poor sufferers? The prescription you have forwarded is a most incongruous one—a real *omnium gatherum*, which we shall preserve as a curiosity. Let your wife call in Lloyd-square.

A. B. S.—See answer to "W. J., Wisbeach," in No. 18.

ARTHUR COPT.—See "Indigestion, &c.," page 12. Write again, and send your address.

B. P. D. (Wood-street).—The rheumatism may depend on a constitutional taint, caused by the disease to which you refer. We must see you.

MARY TOMKINS (Commercial-road).—Any simple embrocation will do—it is friction that is required. See the Embrocation ordered in No. 2, page 15.

JANE BUTLER, (Pentonville).—You are a silly little girl. We do not advise "Medicine" as you would select a dress—by "taste." Call, your note is rigmarole.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—P. M. F. (Bristol). W. H. M. (Scarbro'). A. B. C. (Norton Folgate). AN APPRENTICE (Cambridge). ELICE (Rosherville). A BOOKBINDER. CHARLES COTTON. OGILVIE (Dumfries). G. H. (Malton). WALLACE (Leith). B. P. (Richmond). CHARON. R. U. P. (Air-street). NUPER. D. (Leather-lane). THOMAS SMART (Newcastle). R. KIRKALDY. JOHN JONES.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch Street, for the following correspondents:—JAMES FAGG (Bermondsey). WILLIAM THOMPSON (Curtain Road). O. X. Y. (Dulwich). JUSTUS. A WEAVER (Spitalfields). ALEXIS (Charing Cross). A TEETOTALER (Aldersgate Street). PITY ME. Z. D. Z. EUXINUS (St George's, East). A MUSICIAN. ALFRED (Heath Street). A CLERK (Baker Street). WALTER CYRIL (Limehouse).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 23.—Vol. I.] SATURDAY, JUNE 8, 1850. [ONE PENNY.

FOOD.

To maintain health it is not only necessary that we should supply the stomach with that food which will support life, but also that the quantity, quality, and periods at which it is received, should be regulated. The propriety of this attention to diet, even by the robust, cannot be questioned, as it is self-evident that the sufficiency and purity of the blood must be dependent on the materials from which it is manufactured, and the constancy with which they are supplied.

First, let us consider quantity; the human appetite will, in this respect, admit of no general law, as some well-authenticated cases of extreme gluttony, and of abstinence, prove that man is capable of swallowing immense quantities of food, and also that life may be continued for a long time without sustenance. It is related of Tarrare, a Frenchman, born at Lyons, that, while a soldier, he daily consumed the rations of six comrades; his voracity not being satisfied with what he could obtain in the army, he quitted the service, and prowled about the country, living upon any animals he could obtain. In the presence of M. Lorenze, physician-general, he seized alive a large cat by the throat and paws, and devoured the whole of it, leaving nothing but the skeleton. We sometimes read disgusting accounts of men (!) devouring within a given time, for a trifling wager, legs of mutton or rump-steaks, weighing eight or nine pounds, as well as vegetables, bread, and porter in like proportion. The notorious Dando had a most capacious stomach, into which he frequently put twelve or fourteen dozen oysters, as a whet for a more substantial meal. Captain Barclay, while training for his Herculean feat of walking 1000 miles in 1000 hours, daily consumed six pounds of animal food. The most extraordinary cases of protracted abstinence have been met with in weak and infirm women living in obscurity and inaction. One of the best authenticated is that of Janet Macleod, published in the Philosophical Transactions for 1777, who, during a period of four years, never took anything except a pint of cold water, which she swallowed at a draught, and a very small quantity of water from a mineral spring in the neighbourhood, with which they filled her mouth on another occasion.

Habit considerably modifies our feelings in regard to food; a man may increase his natural appetite to gluttony, or by endurance diminish it to the lowest modicum: either extreme must be attended with injury to the functions of the stomach, and to the constitution generally. By overloading the stomach with an excess of solids and fluids, digestion is impeded, the peculiar motion of the stomach by which its contents are exposed to the action of the gastric juice is arrested, and the incongruous mass remains unchymified, and unable to pass into the intestines; this occasions a dull, heavy, aching pain, accompanied by a feeling of distension, and in some instances the result is most dangerous and fatal: the sudden death of individuals "who appeared to be in perfect health, and had just eaten a hearty dinner," or "who had gone to bed in apparently good health, after eating a hearty supper," may, in many instances, be referred to this cause. Immoderate eating is not less injurious than intemperate drinking; and in the catalogue of diseases which this excess entails will be found those that are the most serious and frequent: to the strong and robust, inflammatory diseases happen, and all such as proceed from plenitude, as the gout, apoplexy, palsy, lethargy, and a variety of chronic indispositions; to the more tender and delicate, it is the parent of a numerous progeny of diseases, affecting both body and mind. Extreme grossness or fatness, although not an invariable consequence of excessive eating, is yet tolerably constant, and the indolence and disinclination for all exercise which is thereby induced, materially diminish the mental and bodily energy. Shakspere with truth says,—

> Fat paunches have lean pates, and dainty bits
> Make rich the sides, but banker out the wits.

"Rise from eating with an appetite," is an old maxim: certainly that quantity of food which satisfies the appetite should never be exceeded; and those who wish to "enjoy life" must not overload and overtax, by any momentary gratification which the pleasures of the table may afford, that organ upon which depends in so great a degree their capacity for all enjoyment.

The effects of abstinence from food, or hunger, are more immediate and acute than those caused by repletion; the countenance of the "starving man" is emaciated and anxious, his form attenuated, his strength is completely prostrated, and the bulk of the body rapidly diminishes; the fluids become discoloured, and the complexion has a sallow, cadaverous hue; the frame is highly susceptible of every change of temperature—sleep seldom gives a respite to his misery, and thirst is intolerable. A painful sensation is experienced in the region of the stomach, which after a few days subsides, leaving only increased weakness and a sense of sinking. If the abstinence be protracted, a material alteration takes place in the mind; imbecility first comes on, and is succeeded by ferocity; and the unhappy sufferer becomes wild, quarrelsome, turbulent, and regardless of his own fate or that of his neighbours; reason yields her seat, idiotcy follows ferocity, or delirium coming on, he dies raving mad. This alone can account for the horrible atrocities committed by shipwrecked sailors, who, in the extremity of starvation, draw lots which shall die to feed the rest. The strongest and robust die the soonest from the sudden want of food, for in them digestion is most powerful, and from the energy of all the vital functions the supply is most quickly exhausted. Dante has truthfully depicted this in his thrilling episode of Ugolino, where he describes the father perishing last, after having witnessed, in all the agonies of rage and despair, the death of his four sons, who were imprisoned with him.

That quality of diet which is most conducive to health is subject to many influences; as well those of climate, habit, and

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exercise, as of individual constitution. Although man subjects the produce of the whole earth either to his necessary requirements or to his luxurious tastes, yet in certain parts of the globe the inhabitants restrict themselves to one form of diet, either animal or vegetable, and by so doing preserve health and strength. Thus the natives of India live chiefly on rice, the Abyssinians on the flesh of horses and cattle, and those dwelling in the polar regions on fish. As a general rule, we may say, whatever agrees with the stomach may be considered wholesome; but animal diet, being composed of the most nutritious parts of the food on which the animal lived, and having been already digested by the proper organs of that animal, requires only solution and mixture; whereas vegetable diet must be converted into a substance of an animal nature by the proper action of our own viscera, and consequently requires more labour of the stomach and other digestive organs. Animal food, therefore, is not only the most easy to digest, but it also affords the greatest nutriment. But as all flesh meats do not contain this in the same proportion, and are not all digested with the same facility, it may not be without some use, briefly to point out those which are the most beneficial. The young of animals is neither so nutritive nor so easy of digestion as those which have obtained their full growth. Veal and lamb, therefore, are less wholesome than beef and mutton; and pork affords comparatively but little nutriment. Among birds, wild fowl or game, except when accompanied by condiments and the usual sauces, are more quickly digested than domestic poultry; animals which have been hunted are easily digested; thus a hare which has been coursed is more tender than one shot in its seat. Meat should not be eaten too soon after it is killed. When it is kept until it has acquired a slight taint, its fibres become less tense and less hard, and it is more easily divided and dissolved in the stomach. Food which has been salted and smoked is most indigestible; and salt provisions, used for any length of time, produce scurvy. Salt, when taken with fresh meat, is useful, and appears to be a natural stimulant to the digestive organs of all warm-blooded animals. When food is taken warm, it is more easy of digestion than cold meats, because it then approaches nearer to the natural temperature of the stomach; meat, particularly beef and mutton, are better underdone than overdone; but white meats, as veal, lamb, and poultry require to be thoroughly cooked. Of all the processes of cooking broiling is the best; and a chop or steak thus prepared affords more nutriment, in a smaller compass, than any other kind of food. Roast meat is more nutritious than that which is boiled; and, however much the assertion may startle some persons, I am convinced that those "animo-vegeto decoctions" called soups, containing both meat and vegetables, are unwholesome; they fill up the stomach with an useless mass, and satisfy hunger, I admit, but the nourishment they afford is very trifling; whilst flatulence, distension, and indigestion are the consequences. It used to be the practice of some pursers in the navy to provide the midshipmen's mess with pea-soup and bottled porter; this first course materially lessened the attack on that which followed, and instead of a nourishing, substantial meal, the embryo heroes had nothing but a stomach full of gas, and no appetite.

Fish affords but little nutriment, and is far less easy of digestion than is generally supposed; trout, soles, and whiting are amongst those which most readily agree with the stomach; shell-fish, save a trifling exception in favour of oysters, are invariably hurtful. Boz has made Mr. Weller, sen. remark with much truth, that pickled salmon and oysters are to be found in the greatest plenty in poor neighbourhoods. I wish I could persuade those who esteem these favourite delicacies, that a piece of boiled beef or mutton would give them twice the nourishment, and not create one particle of that uneasiness which "prime pickled salmon" produces.

Chief in vegetable diet must be named "the staff of life"—bread, on the value and importance of which to the whole world, a volume might be written. It forms the principal support of mankind, and is the only thing which never cloys the appetite; we return to it day by day with the same relish; it satisfies hunger, and nourishes the whole body. It invariably happens, if there be a chance of our erring, we eagerly avail ourselves of the opportunity; and even bread may be consumed in such a manner as to prove unwholesome. New bread agrees with few persons, in consequence of fermentation not being entirely finished, and the process being continued in the stomach, which causes acidity, and that sensation known as "heartburn." Hot rolls, muffins, &c., when loaded with butter, are doubly injurious, while "dry toast" is most easy of digestion. Bread made of the finest flour is apt to create constipation of the bowels; whereas coarse household or brown bread, containing minute scales of bran, gently stimulates the intestinal canal to throw off its contents. When fermented or leavened bread induces any uneasiness, biscuits may be substituted; of all the varieties of bread, unleavened biscuits, especially those sold by the name of "Captain's" or "Abernethy's," are the best suited to dyspeptic invalids. The flour of oats and barley is rarely consumed in the south of England; while in Scotland the latter is in general use, and a "bannock" provides a most agreeable change, as well to the palate as to the digestive viscera. Oatmeal is an excellent article of diet; and, from its cheapness, nutrition, and taste, might be with much benefit more generally introduced. Dr. Franklin's favourite breakfast was a good basin of warm gruel, in which there was a small piece of butter, with toasted bread and nutmeg; the expense of this he reckoned at three-halfpence. Potatoes rank next to bread in utility; and, except to those troubled with indigestion, or whose stomachs are debilitated by disease, they are nutritive and wholesome: those which contain the greatest quantity of farina, or are mealy, are the most nourishing—a "sad" one is not so quickly dissolved. Potatoes are best cooked by steam; when baked they are apt to "lie heavy" in the stomach. Rice is a most wholesome aliment, particularly when mixed with other food, as it is little disposed to ferment; when properly boiled it is an elegant and useful addition to the dinner-table, and may be used in the place of other vegetables. Rice-milk and rice-pudding are properly estimated by invalids, especially for their astringent properties: they are of much use in diarrhœa. Peas contain a large portion of farina, but they readily ferment, and cause flatulence; cauliflowers, cabbages, &c., invariably disagree with delicate stomachs; turnips, on the contrary, are easily digested; water-cresses are wholesome, and act in some degree as a medicinal alterative; cucumbers are bitter enemies to digestion; lettuces are powerfully sedative, and frequently agree with irritable stomachs. To obtain the greatest benefit from vegetables, it is necessary they should be cooked in the most simple manner; nothing can be more hurtful than mixing or eating with them undue quantities of melted butter, which is the most exceptionable form in which this objectionable article of diet can be prepared.

It is well known that many things which agree with one man disagree with another; we have different tastes and different idiosyncrasies, which must be consulted, and which forbid one uniform plan of diet. I have, therefore, endeavoured to point out that which is the most likely to be injurious; and I would recommend every one to eat and drink only of that food, and in that quantity, which experience convinces him to be suitable to his constitution, and resolutely to avoid all other.

T. H. Y.

(To be continued.)

There is this difference between a thankful and an unthankful person; the one is always pleased in the good he has done, and the other only once in what he has received.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. IX.

(*Continued from page* 171.)

Chronic Pericarditis—Chronic Inflammation of the Pericardium.

Chronic Pericarditis must not be considered as the invariable result of the acute form of this disease, as it may be induced by blows, by excessive pressure around the region of the heart, and by the extension of the inflammatory action going on in the lungs and pleura. Next to its being the sequel of acute pericarditis, it more frequently occurs in companionship with rheumatism. On account of the readiness with which this affection is produced by pressure and by blows, which are at the time little heeded, we find the disease more prevalent with young persons and children than in those of advanced years. The tight lacing required by modern costume, and the recklessness and hardihood of youth in their pastime, will account in some degree for its greater frequency in the earlier periods of life. The causes which induce inflammation in general, namely, cold, febrile excitement, irregularity in life, excesses, &c., act most readily in producing this disorder.

The symptoms of Chronic Pericarditis are much the same as those noticed in the acute disease, but they are inferior in degree. The fever with which it is attended is for the most part of a hectic character, becoming more apparent and distressing towards the evening, at which time all the symptoms are increased in severity: the cheeks are flushed and burning, the mind is anxious and wandering, and the temper irritable; during the day the patient is overcome with an irresistible drowsiness—scarcely stupor, and yet not sleep; he is restless, and the anxiety or dread of sudden death, or some worldly calamity, is at times insupportable.

There is only a slight pain or uneasiness in the region of the heart, and when it is present it is more like a load or a weight oppressing him at that part than like the sharp cutting pain experienced in acute pericarditis. The palpitation is never altogether absent; but, unless under great excitement, it does not produce so intense a feeling of exhaustion and sinking as that to which we have before alluded. The difficulty of breathing is less manifest, but still the patient is constrained to avoid all sudden movement, and to lessen the chance of interrupting a tolerably free respiration, by instinctively, as it were, keeping the body inclined forward. He will frequently complain of much distress occasioned, as he imagines, by wind collected in the chest, which gives a sensation of fulness or distension, as though some foreign body were lodging in the œsophagus: sometimes he will describe it as a ball rising in the throat, similar to what takes place in hysteria, or something sticking there which he "cannot get down."

The circulation is, comparatively, but little embarrassed, and the action of the heart, though often abrupt and jerking, is usually somewhat feeble, except during any temporary increase of inflammatory action. The pulse is not liable to such sudden alternations as in the acute attack; and although it is rarely quite steady and regular, yet it is, in the majority of cases, deprived of the jarring, or jerking, described in the last paper. The digestive organs are seldom exempt from considerable derangement; the appetite is absent, the stomach is distended, the tongue foul, the thirst unceasing, and the bowels confined; the secretion of urine is diminished; the surface of the body is often damp and clammy, and not unfrequently bedewed with perspiration. The ankles, especially towards night, swell and become œdematous and painful; the face is puffed up, and appears, especially under and around the eyes, loaded with fluid; sometimes the countenance assumes a livid appearance. The sleep is disturbed by sudden startings, moanings, and painful and harrowing dreams, as well as by constant restlessness and change of position from the recumbent posture.

As well as the above symptoms, which are essential to chronic pericarditis, we also find in a very great number of cases, that there is some rheumatic affection of the joints going on at the same time; in fact, the two disorders appear to be inseparable. In reference to this intimacy between the diseases, we here quote a remark by Dr. Watson, which we consider so important and correct, that an apology is not required for giving it at length. He says to his pupils:—"I am anxious that you should take an interest in the disease which I have been speaking of at so much length this evening (pericarditis), and that you should keep it in mind in your future practice; for I am sure that it is a fertile, but often unsuspected, source of chronic disease of the muscular structure of the heart, and of it consequences—asthma, dropsy, sudden death. The number of patients that come into the hospitals of London affected with acute rheumatism is annually very large: and I do not think that I am exaggerating when I say that nearly one-half of them have the heart or its membranes implicated. The heart affection may easily be overlooked both by the patient and by the physician. The recovery may appear to be perfect. But after some time palpitation begins to be occasionally felt; and by degrees other symptoms, marking disease of the heart, declare themselves; but their origin is unsuspected or forgotten. You will be surprised, if you search back into the past history of all the patients who apply to you having disease of the heart, especially among the lower classes of society,—you will be surprised to find how many of them will tell you that they have, at some time or other of their lives, been laid up with rheumatic fever."

The physical signs of this disease are similar in character to those in the acute form; the impulse of the heart is, however, less vigorous. If fluid be effused in the pericardium we shall detect extensive dulness on percussion, and an undulatory impulse.

Chronic Pericarditis was considered by Corvisart to be incurable, and that it must be necessarily fatal. Subsequent experience has proved that this accomplished physician was in error, for it is curable,—and completely curable. It must, however, be considered as one of the most formidable diseases to which humanity is liable.

The treatment of Acute and Chronic Carditis and Pericarditis in our next.

(To be continued.)

SUICIDE FROM DREAD OF HYDROPHOBIA.

Mr. Grant, a surgeon in the Honourable East India Company's service states, that he knew a man of the name of Grant, who, in infancy, had been made an orphan by the decease of his parents from hydrophobia. He was the son of a peasant. His father, with a number of other men, was engaged on a fine summer day in the labours of the husbandman. While thus occupied, a mad dog came among them, and bit several of them in the face and hands. The cottage of Grant was near the field; and the dog, after ineffectual attempts to overpower him, made directly for it. His wife was sitting near the door, with her infant boy at her breast. She saw the dog rushing towards her, open-mouthed. Suddenly starting up, she threw her infant into a basket or creel, which was suspended on the wall. The dog bit her severely, but missed the infant. There being no medical or surgical aid available, all those whom the dog bit perished. It is worthy of record, however, that some of them anticipated a dreadful death by a kind of excusable suicide. Having a most tremendous impression of the horrors of dying in a paroxysm of hydrophobia, Grant and his wife had their veins opened, that they might bleed to death, which they did with the most calm resolution.—*Calcutta Medical Transactions.*

Physiognomy is generally looked upon as an idle science, not, indeed deserving the name. All must admit that it is an uncertain one; but yet there is something in the human countenance, whether it be in feature or expression, or in both combined, which has its effect upon every one. We judge by it, even when we know not that we are judging; we act in consequence of its indications, without being aware that we are influenced by it.

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THE SENSES.

BY THE EDITOR.

No. IV.

(*Continued from page* 173.)

The Sense of Taste.

The tongue is the chief organ of taste. The lips, inside of the cheeks, palate, teeth, velum pendulum, pharynx, œsophagus, and stomach itself, are susceptible, to some extent, of the impressions or savours of bodies capable of exciting taste:—such bodies are termed sapid. The salivary glands, whose excretory ducts open into the mouth, and thus supply it with saliva, and the follicles which form the mucus which they secrete, contribute powerfully to the exercise of taste.

Although the tongue is the chief organ of taste, it is not absolutely necessary for the existence of this sense. The "Philosophical Transactions" give us examples of persons who possessed a perfect taste after the tongue had been wholly destroyed; and Professor Blumenbach, in his "Comparative Anatomy," affords us a similar example in an adult whom he visited, and who was born without a tongue. Many insects appear to have a faculty of taste, though they have not a tongue, nor any organ analagous to it; without we adopt Professor Knock's idea that this sense in them resides in their palpi or feelers. On the other hand, there are many animals, possessing a tongue, who do not use it as an organ of taste. All birds possess a tongue, for even the pelican, which has been said to be tongueless, has a rudiment of this member; yet there are but few birds comparatively that taste, or are able to taste, with this organ. Parrots, birds of prey, and swimming birds, are exceptions to this remark; for they possess a soft, thick tongue, covered with papillæ, and moistened with a salivary fluid, and they select that food which is most agreeable. The tongue, like many other parts of the frame, has more than one function to perform. In some birds, as the woodpecker and cock-of-the-woods, and in the chamelion, it is employed in foraging for food: in man it is required to aid in the formation of speech; to constitute the principal organ of taste, and to assist in the act of swallowing. For the purpose of speech, the tongue is endowed with great powers of mobility, and is therefore abundantly supplied with muscles; for the sense of taste, it is extremely sensitive, and is therefore abundantly supplied with nerves. The tongue derives its nerves from no less than three sources; this is a consequence of the complexity of its functions. The sense of taste seems to depend on the branch which it derives from the fifth pair; and, as other branches of this same pair are those which supply the general surface of the face with its sense of touch, we find a very strong point of connexion between the senses of taste and touch, to which we shall have hereafter to allude. It has been asserted by some physiologists that the ninth pair of nerves was the nerve of taste: but M. Magendie's observations seem quite decisive on this point; he says, "when the trunk of the fifth pair was diseased or cut, all sense of taste was lost." "Everything I ate," said a patient of his, labouring under this affliction, "seemed to me to be earth,—I felt as though I were eating earth." For motion, the tongue is supplied with the ninth pair of nerves, and comparative anatomy indicates this to be their appropriate office, as in fishes, in which the tongue no longer moves but is bound down to the floor of the mouth, it no longer receives this pair of nerves. As well as for taste and speech, there is a motion perfectly distinct that it is not less essential the tongue should possess; this is the motion of the tongue necessary to assist in swallowing, and to stimulate it to its peculiar action: it is therefore supplied with branches from the *glosso-pharyngeal* nerve, the remaining branches of which are distributed along the pharynx and gullet. By this distribution, a most important office is performed, for as soon as the morsel, after being chewed, is transmitted to the back of the tongue, all these parts are at once called into harmonious action, and the safe transmission of the morsel from the mouth to the stomach is insured.

For the perfect development of taste, it is necessary that the mucous membrane of the organs be perfectly entire and covered with mucus, and the saliva must flow abundantly into the mouth, so that its contents must be moist; if a perfectly dry body be applied to a perfectly dry tongue, there is only a sense of *touch* not of *taste*. The natural fluids of the mouth also must be unaltered, for if the mucus is thick and yellow, if the saliva is acid, bitter, or otherwise deranged, the taste will be imperfect. Taste is best appreciated when the sapid bodies are in a state of liquifaction or solution: for instantaneous taste it is sufficient that a body be in contact with the organs of taste; but if it is solid, it must in most intances be previously dissolved in the saliva. Such solid bodies must remain some time in the mouth for their savour to be ascertained, if they pass through this cavity rapidly they produce scarcely any impression. Guided by this fact, we swallow bodies which have a disagreeable taste, as medicine, quickly; on the contrary, we allow those which have an agreeable taste to remain for some time in the mouth. Some substances, particularly such as are aromatic, leave a lasting taste in the mouth: this *arrière-gout* is not experienced in all parts of the body equally; acrid bodies, for instance, leave an impression in the pharynx and back part of the mouth; acids affect more especially the lips and teeth; and peppermint, every part of the mouth.

Savours, or tastes, are a little better understood than odours; they may be easily discriminated—as sour, sweet, rough, bitter, acrid, salt, and aromatic.

It is from the diversity of flavours by which nature has distinguished different substances, that animals are taught instinctively what is proper for their food; for, speaking generally, no aliment is unhealthy that is of an agreeable taste; nor is anything ill-tasted that is fit for the food of man. In this remark we, of course, exclude excess, by which the most healthy foods may be rendered prejudicial, and the many preparations that are not furnished by nature, but are prepared by art. Hence the wisdom of Providence invites man to select the nutriment that is best fitted for his subsistence, equally by the pain of hunger and by the pleasure of tasting. Man, however, is frequently guided by example and instruction, as well as by his own instinct: by educating this sense, if we may use the term, the greatest delicacy of discrimination may be attained; many chemists, many gourmets and tasters of drinks, are enabled to arrive at a very exact acquaintance with the constituents of compound substances, dishes, and liquors, by continued practice. Animals, who are destitute of this education, and have to depend upon their instinct alone, distinguish flavours, as we remarked in our last article they did odours, with a far nicer accuracy than mankind; and, directed by this correct test, they abstain more cautiously than man himself from eating what would be injurious.

Taste may become impaired by old age and by disease. In new-born children it is very lively; and we all know that they dislike substances that are bitter, salt, or of a strong savour. In the old man it becomes weak, and he requires food of a pretty strong taste. By much labour and fatigue, the nerves of taste, like those of every other sense, become exhausted, and consequently torpid; thus the most delicate palate, after having tried a variety of wines, spirits, or other pungent savours, in quick succession, becomes less and less able of judging concerning them, and at last experiences nothing but a confused perception of taste. Morbid acuteness of taste may be caused by excessive sensibility in the nerves of taste, by deficient secretion of the peculiar mucus which lubricates the tongue and mouth, by syphilis, by scurvy, by carious teeth, by accidents, &c. Sometimes the taste

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is obtuse, and the individual thus affected is incapable of discriminating between an apple and garlic, or between plum-pudding and chopped hay; many persons cannot distinguish the taste of beef, pork, or veal, and consequently give no preference to either of these dishes. This obtuseness of taste is a frequent symptom of colds, hysteria, indigestion, and some kinds of headache.

Some persons are born with an utter want of taste, and the same result may be caused by palsy, whether local or general. As a consequence of some fevers and inflammations, the taste may be absent temporarily, by reason of the mucus of the tongue being converted into a hard, dry, or tough and viscid sheath; and where there is much increased heat and inflammatory action, the covering membrane of the tongue itself is often thickened, and of the character and consistence of leather.

In our next we shall describe *Touch*, which will conclude THE SENSES.

MANSLAUGHTER BY A QUACK'S AGENT.

AT the moment of going to press we have received the following account of the fearful wilfulness and temerity of an ignorant person, who, relying on the assurance of some mercenary, plausible empiric, has been, perhaps unwittingly, the cause of his wife's death.

COMMITTAL FOR MANSLAUGHTER.

No little excitement has been caused at Northampton during the past few days in consequence of a report being extensively circulated that a female had met her death through the unskilfulness of one of Dr. Coffin's agents. The excitement was considerably increased from the circumstance of the agent being none other than the unfortunate creature's husband. An inquest was opened on Wednesday last, and was not concluded until last Friday evening. The short facts of the case may be thus narrated:—

The deceased, whose name was Frances Waters Bates, was the wife of John Bates, a newsvender and bookseller carrying on a large business in Bridge-street, Northampton. On Wednesday week the deceased gave birth to a fine child, which is still living, but instead of her husband, who has added to his business the agency for Dr. Coffin's medicine, calling in proper medical attendance during her confinement, he resorted to the alternative of prescribing for her himself, *à la* Dr. Coffin. The consequence was that amongst the medicine he gave her was some of the tincture of *lobelia inflata*, which, according to the evidence of Dr. Kerr, had acted upon the lining membrane of the trachea, and caused her death.

Dr. Coffin, who was present, said that he had for twenty-five years used *lobelia inflata* in cases of croup. He had frequently taken it himself. It was not in any sense of the word deleterious, and it did not prostrate the system. It was a medicine he depended upon, and used it in all circumstances. He had with good effect used doses of one ounce to persons in a weak state of health. One ounce of the pulverised seed was equal to eight ounces of the tincture. He had always used it to allay inflammation. If narcotic poison was taken he would use large doses of the *lobelia inflata* to save life. Bates was his agent, and had introduced thirty or forty pounds of *lobelia* into the town. In cases of fits he gave large doses of *lobelia*, but not recklessly he believed.

The jury, after hearing a great number of witnesses, who proved that in her four previous confinements Dr. Brian had attended her, returned a verdict of "Manslaughter against John Bates, the husband, and Coffin's agent."—*Sunday Times.*

We shall return to this subject in our next.

Instruct your son well, or others will instruct him ill. No child goes altogether untaught. Send him to the school of wisdom, or he will go himself to the rival academy, kept by the lady with the cap and bells. There is always teaching going on of some sort, just as in the fields vegetation is never idle.

PHARMACOLOGY.

LAXATIVES.—No. XIII.

(*Continued from page* 157.)

Ricini Oleum: Castor Oil—Is obtained by expression, from the seeds of the Castor, or Palma Christi. This plant is called in the Morea, *Agra Staphylia*, or Wild Vine, from the resemblance of its leaves to those of the vine; and in the Bosphorous, *Kroton*, from the resemblance of its seeds to the tick insect, which fastens on dogs' ears. Castor oil is a mild purgative that acts in half-an-ounce doses without pain or inconvenience; an ounce purges more violently; and if it can be swallowed without repugnance, it seldom disorders the stomach. Castor oil is so mild in its action, that it may be given with safety to infants of the most tender age. The dose ranges from a drachm to an ounce. It may be taken swimming on peppermint-water, gin-and-water, or coffee; or it may be made into an emulsion, thus:—Take—Castor oil, an ounce; the yolk of an egg; syrup of tolu, one drachm; compound tincture of lavender, one drachm; water, two ounces. Rub together the oil and the egg, then add, gradually, the water, the syrup, and the spirit Or, Take—Castor oil, six drachms; compound spirits of lavender, half a drachm; tincture of opium, ten drops; syrup of ginger, one drachm; cinnamon-water, one ounce: mix, for a draught. Castor oil is a most useful medicine; taken after a mercurial purge, in cases in which there is an accumulation of bile, it is most valuable; and, if persisted in once or twice a week, it may prevent a recurrence of the disorder. It is also useful in complaints of the kidneys, and in bilious diarrhœa. In the "dry belly ache"—Devonshire colic—and colic, it is the best and only purge. For pregnant women and delicate females it is invaluable.

Almond Oil and Olive Oil.—These vegetable oils possess laxative properties; but are seldom given as such by the mouth. They frequently are prescribed in enemata.

SALINE PURGATIVES.

Magnesiæ Sulphas: Sulphate of Magnesia—Epsom Salts. This well-known bitter purging salt requires but little description, as almost every one in his own person has, at some time or other, experienced its effects. We can remember the time when the mechanic took his ounce of salts regularly every week: we hope, however, the practice is abating, and that men now know that it is not by continually purging and drugging themselves that health is to be preserved. The dose of Epsom salts is from two drachms to an ounce and a-half. When taken alone, its purgative properties are greatly increased when the salt is considerably diluted in water. It is a cold debilitating purge, and should not be taken by delicate persons. Its purgative properties are increased by the addition of a little common salt; magnesia renders its taste less nauseous, and tartar emetic quickens its operation. It may be given thus:—Take—sulphate of magnesia, and sulphate of soda, of each three drachms; antimonial wine, one drachm; mint water, five ounces and a half; mix, for a mixture. Dose: two large spoonsful every two or three hours until the bowels are freely moved. Or, Take—sulphate of magnesia, one ounce; dilute sulphuric acid, a drachm and a-half; compound tincture of gentian, half an ounce; compound infusion of roses, five ounces and a-half; mix. Dose: two large spoonsful taken in the morning and at noon. Or, Take—sulphate of magnesia and sulphate of soda, of each half an ounce; sulphate of iron, five grains; camphor mixture, seven ounces and a-half; mix. Dose: two large spoonsful twice a-day. Or, Take—sulphate of magnesia, one ounce; cream of tartar, one ounce; bruised ginger, half a drachm; boiling-water, one pint and a-half; let the mixture cool, then strain. Dose: a wine-glassful early in the morning. This is an excellent cooling aperient. In the form of enema when the congested state of the brain threatens apoplexy, Epsom salts may be ordered in the following manner:—Take—sulphate of magnesia, one ounce; castor oil, one ounce; compound infusion of senna, one ounce; tepid water, six ounces; mix for a glister.

Sodæ Sulphas: Sulphate of Soda: Glauber's salts—Is a common and efficient purgative. Its nauseous taste may be in a great degree disguised by the addition of a small quantity of lemon juice, or the bitartrate of potash. The dose is from half an ounce to two ounces.

Potassæ Sulphas: Sulphate of Potash. This prepararion of potash should be exhibited in the form of powder, in conjunction with rhubarb, or some other purgative medicine. The dose is from ten grains to half an ounce. It may be thus combined:—Take—sulphate of potash, fifteen grains; powdered rhubarb, a scruple; dissolve in a wine-glassful of water, and take as a draught. Or, Take—sulphate of potash, two drachms; tincture of jalap, four drachms; cinnamon water, five ounces and a-half; mix. Dose: two table-spoonsful every two hours.

Potassæ Bisulphas: Bisulphate of Potash—Like the sulphate, is usually combined with other purgatives, especially rhubarb. Dose: ten grains to two drachms. This preparation is sometimes used for making effervescing draughts, thus:—Take—equal weights, as a drachm of bisulphate of potash, and of carbonate of soda; dissolve each separately in two ounces of water, then mix, and drink in a state of effervescence.

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SEA-BATHING.

Baths of sea-water especially excite the skin and irritate its nervous papillæ, determining a more active circulation, and are very analogous in their action to some mineral springs containing a large quantity of muriate of soda, as Salzhausen, Kreutznach, Ishl, and Ashby-de-la-Zouch. The quantity of saline substance varies considerably in different seas, and in the same sea at different parts, being greater at a distance from the shore and in deep water than on the surface. In cold regions near the Pole, towards which a greater quantity of humidity is carried, the sea is less salt than in warmer latitudes, as near the Equator, where the greater quantity of salt is said to be useful in preventing putrefaction. In the Baltic a pint of water contains scarcely two scruples of salt; on the coasts of Great Britain it contains more than half an ounce; in the Mediterranean much more; and in some parts under the Line the quantity amounts to more than two ounces. Besides muriate of soda, sea-water contains muriate of magnesia, sulphate of soda, and other salts in minute proportion, as well as iodine, bromine, and animal and vegetable matter.

From the beginning of July the temperature of the sea is constantly on the increase, and during the month of August it is at the highest, remaining the same with very little alteration till September, when the temperature again becomes less. The minimum temperature of the sea for each day is in the morning before ten o'clock, its maximum from twelve to five. Other circumstances being the same, the temperature of sea-water is observed to be higher in proportion to the proximity of continents and islands.

Tepid bathing in sea-water is useful in several chronic complaints, when a slightly stimulating action on the skin and nervous system is required. The effects from absorption of the water have also to be considered. It may be continued for a long time without inducing the relaxation which is caused by frequent bathing in common warm water, and is not unfrequently recommended as preparatory to bathing in the open sea, in which not only the stimulating effect of the saline substance is to be considered, but also the mechanical action and pressure of a large body of water, the motion of the waves, which, by their mass and the force with which they act, may be regarded as general douches, and are often not well supported by weakly persons and delicate children.

On entering the watér at its natural temperature, a feeling of shivering, with slight oppression of the chest and convulsive respiration, termed the shock, is experienced, which, however, is but momentary, and passes off on immersing the whole of the body and moving about freely. After the bath, a greater or less degree of re-action ensues, indicated by a genial glow, increased redness of the surface, and a feeling of general vigour, with, in some cases, eruption on the skin.* The object of sea-bathing is to induce this re-action, whence its tonic properties; the direct action of cold having a sedative and benumbing influence, depressing the powers of life, and, when prolonged, causing the blood to retire from the surface, and congesting internal organs, thereby inducing coma, and subsequent death. Thus, it will be obvious, that the period of the cold-bath should not be too much prolonged; and also, that a certain degree of vigour and power of re-action is requisite in those to whom the cold sea-bath is recommended. It is, consequently, not advisable for very weak or delicate subjects, old people, or those disposed to internal congestions, or hæmorrhage. The first baths mostly occasion a certain degree of general lassitude, with tendency to sleep, especially after meals. Some complain of oppression in the precordial region, of headache, of a tendency to tooth-ache, &c., an attack of which is frequently induced by the bath; the uterus and breasts are more sensitive, the appetite increases, and constipation is frequently produced. These effects, however, afterwards subside

Cold sea-bathing acts, therefore, powerfully on the nervous system, invigorating body and mind, and increases the activity of particular organs, especially the skin, the respiratory apparatus, the lymphatic glands and absorbents, and the liver and abdominal circulation. It may be recommended in states of general languor, lassitude, and debility, either from excesses, dissipation, or tedious convalescence; where there exists a preternaturally delicate state of the skin, with susceptibility to take cold, or a relaxed state of the mucous membranes; in constitutional, general, or local debility, as of the sexual organs, and scrofula, provided there be no feverishness or other counter-indicating circumstances, and in various nervous and other affections, where a tonic medication is indicated. "Affusions of sea-water upon the head, with immersions in the sea, are highly beneficial in neuralgia of the head, obstinate headache, or hemicrania. The combination of the two modes is indispensable, for either employed separately will increase the pain, or reproduce it. An attack of neuralgia may be arrested by a sea-bath."*

Independently, however, of bathing, a residence at the sea-side is beneficial in several states of disordered health, as dyspepsia, bronchial affections, a disposition to consumption or scrofula, increased nervous susceptibility, as in hysterical and other nervous affections (which are less prevalent on the coast than in the interior), the sea-air being not only comparatively free from fogs and vapour, but also strongly impregnated with saline particles, which tend materially to impart tone to the system, as is evident from the strong constitutions and good appetite generally enjoyed by sailors and residents on the coast.—*Lee.*

* These eruptions are sometimes in the form of red patches, like those of measles, with vesicular elevations; sometimes they have the diffused redness of scarlatina; at other times resemble prurigo, or the spots of flea-bites; even both are sometimes produced.

* Gaudet. Effets Physiologiques des Bains de Mer.

THE PHYSICIAN'S VISIT.

It is not only for the sick man, it is for the sick man's friends, that the Doctor comes: his presence is often as good for them as for the patient, and they long for him yet more eagerly. How we have all watched after him! What an emotion the thrill of his carriage-wheels in the street, and at length at the door, has made us feel! How we hang upon his words, and what a comfort we get from a smile or two, if he can vouchsafe that sunshine to lighten our darkness! Who has n't seen the mother prying into his face, to know if there is hope for the sick infant that cannot speak, and that lies yonder, its little frame battling with fever? Ah, how she looks into his eyes! What thanks if there is light there; what grief and pain if he casts them down, and dares not say "hope!" Or is it the house-father who is stricken? The terrified wife looks on, while the physician feels his patient's wrist, smothering her agonies, as the children have been called upon to stay their plays and their talk. Over the patient in the fever, the wife expectant, the children unconscious, the Doctor stands as if he were Fate! the dispenser of life and death: he *must* let the patient off this time: the woman prays so for his respite! One can fancy how awful the responsibility must be to a conscientious man: how cruel the feeling that he has given the wrong remedy, or it might have been possible to do better:—how harrassing the sympathy with survivors, if the case is unfortunate:—how immense the delight of victory! —*Pendennis.*

As the luminaries of heaven reflect from one to another their light and heat, even so it is that one human heart must reflect upon the other the genial glow of happiness and joy.

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

Chalk Mixture for Diarrhœa.—Take—prepared chalk, two drachms; sugar, one drachm and a-half; mucilage of gum arabic, an ounce; cinnamon water, nine ounces; mix. Dose: a wine glassful every three or four hours. The efficacy of this mixture is greatly increased by the addition of half a drachm, to a drachm of the tincture of catechu with each dose.

Compound Mixture of Cascarilla.—Take—cascarilla bark, bruised, an ounce and a-half; boiling water, a pint; let it stand in a vessel tightly closed for two hours, then strain; to this infusion add, vinegar of squills, one ounce; compound tincture of camphor, (paregoric) two ounces; mix. Dose: two or three table-spoonsful two or three times a-day. This is a valuable mixture in cases of chronic bronchitis, in which there is great debility.

Perspiration.—The effect of remedies on the secretion of the skin is well known; some acting by diminishing the violence of the circulation when it is too rapid, others by increasing the action of the heart when the circulation is too languid. The passions of the mind also affect the exhalation from the skin, by exciting or depressing the heart's action.

Tea—Distends the bowels; causes flatulence (wind); creates debility; occasions indigestion; brings on tremblings of the limbs; prevents sleep. Hence tea-drinkers—your five or six-cup old dames (and sometimes men)—tremble in the hands, have a sallow, or yellow, or livid complexion, are thin and weak, nervous and irritable.

Mental Labour.—The abuse and excess of mental labour transports and directs on the brain the vital forces necessary for the reparatory processes; that is, the restoration of strength lost by the wear and tear of daily existence; therefore students, professional men, artists, &c., in general suffer from indigestion, the bowels are constipated, the circulation is interrupted, and the respiration more or less oppressed.

Malt Liquor.—The malt-liquor drunkard, unless his taste be irrevocably fixed to the contrary, should, as a general rule, prefer porter to ale—at least to that variety denominated strong ale. Strong ale and purl are pernicious; but the lighter varieties, such as table-beer, and home-brewed, when used in moderation, are not only harmless, but occasionally even useful.

DIETARY, WHOLESOME AND ECONOMIC.

One general rule applies to diet, as to the employment of every remedy of the more simple kind—namely, that where diet is equally efficacious with medicine, it should always have the preference. The duty of the physician is, not to cure disease by physic, but to cure it by all the means which are within his reach; and the more simple the means, the stronger their claim upon his notice.

Cookery.—Cookery is an art upon which so much of our daily comfort and health depends, that it is of the highest importance that it be well performed. Every housewife may not be able to procure the finest kinds of food; but every one has it in her power to make the most of that which she does procure. By a certain degree of skill and attention, very humble fare may be dressed in such a manner that it will almost rival the most expensive dishes, in both savouriness and nutritiousness. A good housewife suffers nothing to be lost or spoiled. Mere scraps, which a careless individual would, perhaps, throw away, are put to a proper use, and, by means of certain auxiliary seasoning, brought to table in a new and attractive guise. Even if little or nothing be absolutely saved by these economical arrangements, the dressing of food in a tasteful manner is a point of some importance. When a dish has a slovenly appearance, is smoked, underdone, or prepared with rancid or unclean seasoning, both the eye and the appetite are offended; which is a serious evil in itself, independently of the injury which may possibly be done to the stomach of the eater. In every respect, therefore, it is consistent with good judgment to prepare food for the table in the most tasteful and agreeable manner.

Hodge-podge of Mutton.—Cut a neck or loin of mutton into steaks, take off all the fat, then put the steaks into a pitcher, with lettuce, turnips, carrots, two cucumbers cut in quarters, four or five onions, and pepper and salt; you must not put any water to it, and stop the pitcher very close; then set it in a pan of boiling water, let it boil four hours; keep the pan supplied with fresh boiling water as it wastes.

Gooseberry Fool.—Scald a quart of berries, and pass them through a sieve, make the pulp sweet, and let it stand to cool; beat up the yolks of three eggs, strain them into a quart of milk, set it over a clear fire, and keep stirring till it boils; remove, stir till cold, and then add the fruit to it gradually.

To Dress the Inside of a Cold Sirloin of Beef.—Cut out all the inside (free from fat) of the sirloin, in pieces about two inches long; flour it well, and fry it a light brown; drain, and toss it up in a rich gravy, well seasoned with pepper, salt, and shalots. Before sending it up, add two tea-spoonsful of caper vinegar, and garnish with fried potatoes, horseradish, or boiled spinach.

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NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index. Vol. I. will be ready July 1st.

WITH VOL II. we shall commence a series of articles on CONSUMPTION, and a series on MELANCHOLY.

TO THE SECRETARIES OR LIBRARIANS OF MECHANICS' INSTITUTES, Working Mens' Libraries, Book Clubs, and other institutions for the social advancement of the Industrial Classes.—Dr. Yeoman will be happy to present copies of his Medical Journal and published works to such societies, if the address of a London agent or correspondent be forwarded to Lloyd-square.

EDWARD (Vauxhall-road).—Remorse is useless; resolution is better. It is our endeavour to be a friendly counsellor, not a stern monitor. We will receive you at the hour you appoint.

QUERIST.—It is perfectly possible. When the Editor was dresser at the London Hospital (1832), he had under his charge a patient, a coal-whipper, who said his allowance of beer, when in full work, was three gallons a-day!

A CLERK (Birchin-lane).—Take—infusion of calumba, seven ounces; tincture of hops, four drachms; compound tincture of cinnamon, half an ounce; mix. Take two table-spoonsful every four hours. Dinner at one o'clock; chops and a glass of sherry; shower-bath twice a-week: the flesh brush; short trips in the country or on the river, after business hours; cheerful society.

WANDERING WILLIE (Denny).—The same. "Should auld acquaintance be forgot?" Do write.

AN ENGINEER (Tring).—See ASTHMA, by the Editor, page 17.

ESPERANCE (Sloane-street).—So many patients resident in town, as well as in the provinces, find Sunday the more convenient day, that we are compelled to receive them on that day. Call.

M. W. (Whitby).—We have heard of a "solan goose," a "green goose," a "stubble goose," but what is a GLAZEDALE GOOSE? Geese are less digestible than white fowl. See article on FOOD in this number.

CLARA M——T (Farringdon-street).—You have our sympathy. Command our best services.

JOHN SIMMONS (Camberwell).—"Medical nomenclature" signifies the *names of diseases*. "Nosology," the *classification of diseases*. "Etiology," the *causes of disease*. "Symptomatology," the *symptoms and signs of disease*.

WILLIAM SPENCER (Bayswater). Take—liquor potassæ, two drachms; calcined magnesia, one drachm; lime-water, eight ounces; mix. Dose: a large-spoonful, to be taken in beef-tea, twice a-day.

H. V. M. (Bloomsbury).—*Impetigo*—running tetter; not "acné punctata." Take—eight drops of the dilute nitric acid in a wine-glassful of water, three times a-day.

A. C. M. (Derby).—See pages 12 and 13 in the Editor's small work on "Indigestion."

A TRADESMAN.—You are mistaken; we do *not* know "all the rest." If you are a tradesman, give your "orders," (and you certainly can order and command in a very independent style) more distinctly.

WINIFRED.—Certainly. Communicate your address, and you will receive the questions you ask for.

G. BRANDSFORD (Smithfield).—You are mistaken; we never had any connexion with the publications you name: the supposition is not very complimentary. We cannot comprehend the latter part of your note.

P. J. R. (Chelmsford).—Disturbed or sleepless nights are most distressing, and may become a cause of serious disease—especially nervous complaints. Always go to bed cool. Sleep on a hard bed. The celebrated Dr. Franklin had a custom of standing for a few minutes after he was undressed before he went into bed, and he believed that he thereby procured more refreshing sleep. At other times, if he found himself restless, from feverish heat, or in a parched state of the body, he was accustomed to shake the bed-clothes repeatedly, to some height above the body, and even to get out of bed, and to take some turns, till he became sufficiently cool.

MARIANNE (Finsbury-square).—We have little faith in any applications for the removal of FRECKLES. You may try the following lotion:—Take—muriatic acid, one drachm; eau-de-Cologne, two drachms; distilled water, a pint; mix. Wash the face and neck twice or three times a-day, with a soft sponge.

T. P. (North Bank, Regent's Park).—Take twelve drops of liquor potassæ in barley-water, three times a day.

A. B. S. (Nottingham).—Yes.

J. R. K. (Stratford).—Mr. Caffyn, Oxford-street, Mile-End, supplies our Journal to the trade in your district; write to him.

A FARMER (Cottingham).—Mrs. Noble, Market-place, Hull, is the agent for your district.

ROBERT TRIST (Newcastle-on-Tyne).—You will find an article on RINGWORM in No. 5, page 39.

W. J. B. (Bradford).—"The excesses of our youth are drafts upon our old age, payable about twenty years after date." Your bill has become due. Communicate privately.

J. WING (Bury St. Edmund's).—When we have completed the articles on PHARMACOLOGY, we shall give a concise table of the doses and diseases for which the drugs and remedies described, are employed. We are glad that you approve of the articles.

AQUILAS AMBROSE (Leeds).—Yes. A satisfactory arrangement may be made, if you communicate privately. The terms may be proposed by yourself.

CIVIS (Dublin).—Yes.

F. ROBERTS (Billiter-street).—If the "freckles" are the only cause of annoyance, endure them. Are you certain they are freckles?

J. F. D. (Friar-street).—You may be, as you say you are, a subscriber to, but you cannot be a reader of the Journal; otherwise you would know that we do not give gratuitous advice in diseases originating in vice, folly, or indiscretion.

J. A. (Kingsland-road).—See answer to J. F. D. above.

COLUMBUS.—See answer to J. M. J. (Surrey), in No 22.

CANTERBURY.—The work in which "The Man about Town" appears, is "The Diary of a Late Physician," by Samuel Warren; published by Blackwood: the price, we think, half-a guinea.

S. R. (Leicestershire).—1st. Yes. 2nd. We cannot make you an exception to our general rule. 3rd. Yes.

ELIZA (Blackheath).—Continue to wear the oil-skin cap during the bath. The continued loss of voice denotes serious mischief in the voice organs and larynx. We have the same "diffidence" in answering the question contained in your postscript, that a young (old) lady would have in telling her age. Great as the number is, we shall be delighted to have it increased by your kind recommendation.

ROBERT NASH.—The garden, or Cos lettuce, is the most wholesome and refreshing vegetable we possess: eat it frequently. Cucumbers are most unwholesome.

MRS. M——N (Scarbro.).—Write to Mrs. Smith, High Holborn; she will forward to you directions for measuring, &c., and will send you a bandage that will afford you the required support without pressure.

JANE PARTRIDGE (Arbour-square).—Blood may be coughed up *from the lungs*—vomited from the stomach. Blood from the lungs is generally of a bright red colour; when vomited *from the stomach* it is of a dark colour, and is mixed with the contents of the stomach. Bleeding from either organ is a serious matter, that demands immediate attention.

RICHARD BROWN (Tunbridge-Wells).—Take—rhubarb powder, one drachm; Castile soap, one scruple; oil of cloves, four drops; mix, and divide into twenty pills; take one at eleven o'clock, another at four.

FEARFUL.—The symptoms and treatment of POISONS will, of course, form a series of articles in our Journal. For the bite of a dog, the immediate excision or burning of the bitten part is the best and safest antidote to any ill effects arising from the bite: apply a tight ligature immediately above the wound: the application of cupping-glasses will prevent the absorption of any poison.

A. SMITH (London).—Certainly, filtered water should only be used: we do not positively assert that the water you are drinking, and in which you detect worms, is the cause, the only cause, of your being troubled with the small thread-worm; but in all probability such is the case. See the articles on WORMS in numbers 13 and 14.

LOLA (Godmanchester).—It is impossible we can answer your very interesting note in this column: any information and advice we can give, will be cheerfully rendered if you send your address.

O. X. Y. (Dulwich).—If you will again refer to the last number, you will find that we *did* notice your letter.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—ADELAIDE. WALTER BOYCE. A LETTER CARRIER. RICHARD R. A PORTER (Friday-street). MRS. OLIVER'S CHILD. A GARDENER (Plaistow). MR. JACKSON (Lucas-street). A BOOKBINDER. VERNON (Tredegar-place). DANIEL STREET (St. Mary Axe). A TIDE WAITER. MISERABLES. D. J. R.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—D. EVANS (Brownlow-street). MRS. MARTIN. FANNY (Leigh). TUDOR (Windsor). E. X. L. (Godalming). ESK (Morpeth). R. S. T. (Ventnor). AN ENGLISHWOMAN (Boulogne). E. N. G. (Canterbury). DASH (Canonbury-square). A POOR GIRL (Bloomsbury). EUGENE (Norwich). ASCALON. R. REYNOLDS (Deptford). P. CORBETT (York). R. S. T. (Penrith).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 24.—Vol. I.] SATURDAY, JUNE 15, 1850. [ONE PENNY.

QUACK ADVERTISING CONSULTING SURGEONS.

A NARRATIVE.

In the year 1844, after having completed my terms at college, during which I had undergone the usual course of study, I was preparing to take my degree. At this momentous period my health failed, my spirits became greatly depressed, and I felt compelled to succumb to a mental depression and bodily languor, against which I found it almost impossible to bear up. My impaired state of health being regarded as the effects of mental exertion, I was given to understand that change of air and the period of approaching relaxation would completely renovate my frame, and restore me to perfect health. I took my degree, and left the university.

A few weeks after my return home, I observed in the county paper an advertisement of a medical work, which attracted my notice. The author professed not only to treat, but in a very short time to cure, "Lowness of Spirits," "Despondency," &c., from which I was then suffering so very severely. This induced me to purchase the book, the perusal of which informed me that the author, from an early period of his professional life, had devoted himself exclusively to the study and treatment of nervous disorders, such as that from which I was suffering. He also professed to prescribe for country patients who could send a succinct and clear account of their symptoms. Never once doubting the truth and good faith so plausibly set forth, I consulted the author by letter, stating the nature of my case, and detailing the symptoms as clearly and minutely as I could. In reply, I received a communication which was calculated to excite the most painful apprehensions, and which certainly caused me no small degree of alarm; nor had I the slightest idea that my previous sedentary habits could have involved so much danger as the letter I received induced me to anticipate.

The necessity of commencing an active system of treatment, as my only chance, was strongly urged; and I was informed that by remitting five pounds I could have a case of medicine suited to my state. Anxious, as it will be readily imagined, for my own recovery, I remitted the money, and received the medicine in return, which I took regularly, at the same time strictly attending to the instructions I received.

The first case was soon disposed of, and the *firm* from which the book emanated prevailed upon me to take more cases in succession, for which I paid in the whole the enormous sum of *fifty-five* pounds; each of the eleven cases being five pounds, and each paid for in advance. I was terrified into these follies by representations, or rather misrepresentations, of the most horrible description. Misery and wretchedness of the most dreadful character were announced to me as the consequences certain to result from any neglect of their "balm."

After taking this enormous quantity of the medicine, I resolved to discontinue it; a resolve the more firmly determined by the fact, that instead of getting better, I felt considerably worse than when I began it. On my omitting to send the customary payment for the cases of balm, I received several pressing letters strongly urging me to make them a visit; and at length, on coming to London, I gave the parties a call. At this interview every attempt was made, every artifice practised—in fact, every means adopted to work upon my fears and extort further sums. At last, it was proposed to guarantee a perfect cure upon the payment down of twenty-five pounds more. Much as I suspected the nature of the concern before, I felt now convinced,—a conviction strengthened by the mode of proceeding,—that I had been duped by an organised band of swindlers. I therefore determined to make a stand: I told them plainly, that I thoroughly understood their system; that I saw through their artifices, and that I was no longer to be either alarmed or deceived.

Finding every attempt unavailing, the mode of attack was changed, and the final effort at extortion made. I was now acquainted, that they were perfectly cognisant of the fact that my disorder was the consequence of my own wickedness, and that they owed it to my family and friends to make them acquainted with the circumstances; notwithstanding, they hypocritically lamented the necessity of so painful and humiliating an exposure. I was given at the same time to understand that this threat was the result of a sense of duty to my friends and myself; but that, by entering into the arrangement and terms proposed for my complete cure, the necessity for disclosure would be prevented, as I should soon be restored to health. In a word, I was plainly told that unless I purchased their silence, exposure would be the inevitable result.

This last effort at extortion so completely roused my indignation, that my feelings got the better of my judgment, and I was about to inflict summary punishment, and undoubtedly should have done so, had it not been that being prepared, and perceiving my intention, upon a signal given, a man (who, no doubt, is kept for the purpose) appeared, and so interfered as to protect the miscreants from the chastisement they so well merited. As the safer alternative, therefore, I was forcibly ejected from the house.

After having been treated in this barefaced manner, my state of health became truly alarming. My mental depression and general despondency were of the most melancholy description; palpitation of the heart incessant, or, at least returning with such frequency, upon the slightest exertion, as to prove almost incessant. My head ached intolerably. My sight was always confused, and frequently I could not see at all; so that our family physician apprehended amaurosis of my eyes. Pimples and blotches broke out all over my face, so as to give me a most unsightly appearance. My mind was so distracted, that I could not turn my thoughts to anything, nor fix my attention, even for

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a few moments, upon any one subject. My mind was constantly wandering from subject to subject, and constantly brooding over some dire misfortune, to escape from which appeared to me utterly impossible. My melancholy wholly debarred me from entering into any society; and as for the ordinary business of life, I was wholly unfitted. My nights were restless, being disturbed by the most gloomy and fearful dreams. I frequently awoke in such terror, that it became necessary for an attendant to sleep in my chamber. My hands and feet, and indeed the whole body, assumed a complete bloodless appearance; and a feeling of numbness, or mortal coldness, extended along the whole length of my back-bone.

* * * * * * * * *

Having now got quite well, and determined to unmask these miscreants, I instituted a minute inquiry respecting them. I was informed that they are, for the most part, members of one family—father and brothers, as closely related by blood as their publications are allied by knavery; that they have no pretence whatever to medical knowledge, even of the most subordinate description, and have not the slightest title or claim to rank even in the very lowest departments of the profession.

I have been much surprised, and indeed no less perplexed to understand, how or by what means their publications not only passed triumphantly the ordeal of criticism, but that some of the most respectable journals spoke so favourably of them as almost to stamp upon them a real value. No person in the possession and full exercise of his faculties could estimate so highly or praise so lavishly these productions; and I for some time attributed this singular anomaly to "something rotten in the state" of criticism. The means, however, by which their reviews, or rather their own puffs and self-praise, get admission into respectable papers, is by sending advertisements of their works to some well-known and leading journal, which inserts them as advertisements, appended to which is an address to fathers of families, clergymen, guardians, and especially to sufferers, recommending their works to be perused. This is then taken to another paper; but in a new form, an important change having taken place, by which the impudent address is made to appear as if it actually emanated from the respectable journal in which it had originally appeared as a mere advertisement.

Thus it is that many are imposed upon, and led to believe that a work so extolled by a respectable paper offers the best guarantee for the respectability and talent of its author, who is, in consequence, not only considered a regularly qualified practitioner, but ranked amongst the most eminent members of the profession. Persons led away solely by these false statements of the favourable estimations of the press, are induced to apply to these quack firms, in the expectation of obtaining "that certain and prompt relief" so prominently held forth as the reward of all who apply to them.

This quack family, among its different members, I am credibly informed, expend annually the enormous sum of *sixty-five thousand pounds* in advertising alone. The majority sail under false colours, assuming names differing from their own real ones, as much as *Hebrew differs from English*. They select the most eminent characters, and appropriating their names to themselves, appear before the public as respectable and experienced persons. Thus the honourable names of "Cooper," "Brodie," &c., figure away in their advertisements as traps to catch the unwary. It will hardly, perhaps, be credited, that the early part of the lives of these miscreants was passed in occupations such as provide the youths of London with oranges, peppermint drops, lozenges, and black-lead pencils!

These artful traders announce, that "they never notice any letter unless accompanied with the usual fee of one pound." And if paid, it lays the foundation of future exactions, end of extorting additional sums. Should, however, the application be a personal one, the tactics are different; they begin at once to excite alarm, and rouse the fears of the patient. Death is announced, preceded by "*consumption*," "*madness*," "*melancholy*," or some other equally frightful calamity, unless recourse be had to a "peculiar balm, a very expensive medicine," which they alone can furnish, and which it is their rule should always be *paid for in advance*. In this way, twenty or thirty pounds, and in some cases much larger sums, are extorted at once, to be followed in due time by further exactions.

To work securely on the shattered nerves of their victims, these demons show them a wax cast of the face of a man who, they said, had died of the disease under which they labour. This cast, of course, serves the same purpose with all other patients. Can one think on their diabolical arts without resolving to dedicate one's life to crush those capable of resorting to such trickery and fraud?

According to the suspected wealth, or the amount of terror excited, is the sum demanded for a cure. If the victim hesitate, on the score of inability to pay so large an amount, he is favoured by the extraction of all the cash he can muster; and is informed that, to oblige him, his note of hand will be taken for the remainder. If, however, he still prove rebellious and obstinate, he is next threatened "with the exposure of his infirmity to his family and friends." The price of silence is generally paid. Many have been reduced to beggary by such exactions, and not a few have been driven to the mad-house.

It is much to be regretted that neither the profession nor the medical press has attempted to suppress and extinguish this nefarious system of treachery and fraud. Will it be believed that these impositions upon the public have been suffered to exist for upwards of twelve years, without any attempt even at exposure? †

IODINE IN WATER-CRESS.

M. Chatin, Professor at the School of Pharmacy at Paris, lately read before the Academy of Sciences, a paper on the existence of iodine in fresh-water plants. The author mentioned that Dr. Lindley had first pointed out the fact of iodine being present in cress; M. Chatin wished to verify this, and in the course of his investigations he found iodine not only in cress, but likewise in horse-radish, phellandrium aquaticum, and generally in all the plants which grow in fresh water. It was noticed that the plants which are found in strong currents or large sheets of water, contain more iodine than those which grow in stagnant pools. M. Chatin draws certain conclusions, from which it would appear that therapeutical applications of these properties should be made.

HARE-LIP IN FRANCE.

It is, perhaps, not generally known in this country, that French surgeons are in the habit of operating upon children for this deformity a few days after birth. The justly celebrated Paul Dubois is a great advocate of this practice, which, it is contended, is extremely advantageous, as children, at that early period, do not struggle; union is obtained very rapidly, and the little creatures cry but little, take the breast well, and do not seem to suffer much. M. Guersant, surgeon to the Children's Hospital, stated the other day, before the Surgical Society of Paris, that out of seven children operated upon almost immediately after birth, he failed only once; whilst out of the same number of children one month old, he failed five times. He attributes this disproportion to the fact, that newly-born children can do without the breast during four days; (?) they thereby are not apt to tear open the sutures by efforts at suction.

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THE EFFECTS OF INDOLENCE AND LUXURY.

When a man follows an indolent mode of living, and enjoys himself a good deal in eating and drinking, the food which, in proper quantity and quality, would produce a nutritive juice of a mild and homogeneous nature, which, carried into the blood, would restore the strength, is transformed into a slimy, tenacious, and acrid fluid, which does not form an homogeneous mixture with healthy blood. It is not immediately, nor even in the first years, that the depraved state of the juices causes any particular inconvenience to the individual, which might warn him of the approaching evil. He still feels himself tolerably well, though the blood becomes from time to time more vitiated, till at length the corruption of the juices arrives imperceptibly at such a degree that it induces morbid conditions in the solid parts, and now the individual will not fail to experience the effects, as the acridity stimulates the sensible and already weakened vessels to increased activity, and the tenacious blood is no longer able to penetrate the finer kind of vessels; whence arise obstructions, which take place chiefly in the abdominal viscera, and from neglect often rapidly increase. The juices which stagnate in the obstructed vessels fall at last into corruption; they become decomposed, corrode the solid parts, and occasion irremediable changes in the organs. The glands become hardened, almost without hope of their being again restored. The obstructed bile hardens in the gall-bladder into gall-stone. The urine, which remains a long time in the excretory vessels, lays the foundation for stone in the kidneys, &c.

OXYGEN GAS A CURE FOR CHOLERA.

Dr. Macrae civil surgeon at Hourah, has according to the *Indian Times*, discovered a new and most successful mode of treating cholera patients. He causes them to inhale a certain portion of oxygen gas, which communicates a strong stimulus to the frame, and finally throws the patient into a refreshing sleep. On awakening, he finds himself restored to health, with the exception of the general weakness which always succeeds any physical prostration. Dr. Macrae has tested his mode of practice upon fifteen European seamen, who have been carried to the Hourah hospital in the last stage of the disease, and the patient has in every instance recovered.—*Allen's Indian Mail.*

RUSSIAN VAPOUR-BATHS.

A Russian bath is for the most part constructed of wood. It consists of one great hall, in which there is a stove against the wall, containing besides fuel large stones in a state of incandescence. Opposite to this, at regular degrees of elevation, are two or three rows of benches, on which the bathers sit or recline: some apertures at the top admit a faint glimmer of light, and give vent to the vapour in which the bather is involved, and which is supplied by pouring water over the heated stoves. The heat of the vapour to which the bather is exposed is from 122 deg. to 132 deg., Fahrenheit. After the expiration of a quarter of an hour, or even double that time, when the body is in a profuse sweat, it is washed with soap and water, and gently switched with small birch-brooms; affusions of tepid, and finally of cold water, are practised by pouring buckets full of it on the head. Sometimes, when there are no conveniences for a supply of cold water, a Russian will rush out from the bath and plunge into the nearest stream, or even roll in the snow. After the bath, the man of rank takes a drink composed of a mixture of English beer, French or German white wine, and sugar, to which are added toasted bread and a few slices of lemon. The peasant or the slave will content himself with a drink of spirits or warm beer, into which at times mint is infused.

Acerbi states that almost all the Finnish peasants have a small house built on purpose for a bath: the apartment is usually dark, with only a hole at the top. They remain for half an hour or an hour in the same room, heated to 167 deg. F. The Finlanders will sometimes come out, still naked, and converse together, or with any one near them, in the open air. If travellers happen to pass by while the peasants of a hamlet or little village are in the bath, and their assistance is needed, they will leave the bath, and assist in yoking and unyoking and fetching provender for the horses, or anything else, without any sort of covering whatever, while the passengers sit shivering with cold, though wrapped up in good wolf's skin. The Finnish peasants pass thus instaneously from an atmosphere of 167 deg. F. to one in which the thermometer is as low as 24 deg., below zero, which is the same thing as going out of boiling into freezing water, and, what is more astonishing, without the least inconvenience, while other people are very sensibly affected by a variation of but five degrees, and in danger of being affected by rheumatism by the most trifling wind that blows.

CALCULUS IN THE BLADDER ORIGINATING IN FRACTURE OF THE SPINE.

Dr. M'Donnell exhibited to the members of the Pathological Society, Dublin, a preparation of the spine, in which fracture had taken place. It was taken from the body of a soldier, who fell from a considerable height. He was brought into the Richmond Hospital complaining of severe pain in the lower part of the dorsal region on the least motion. Sensation and motor power of the lower extremities seemed lost; there was considerable projection of the spinous process of one of the last dorsal vertebræ; he complained also of retension of urine, and there was paralysis of the sphincter ani. After several curious changes, he died in six months. The most curious fact, perhaps, in the case was the formation of a calculus of ammoniaco-magnesian phosphate, the result of the spinal derangement. The poor man at first lost flesh very rapidly, with a pallid countenance, and was afflicted with intractable bed-sores. He rallied, however, after being in the hospital, and for two months signs of amendment were very perceptible. He recovered slight motion of his limbs, and in about three months he was able to move the toes; his sensation also was improved, and the rectum and bladder became more obedient to his will. Bad symptoms, however, again appeared, bed-sores began to form, hectic set in, and he lingered out only a very short time. The result of the *post-mortem* was a fracture running nearly transversely in the last dorsal vertebra, the lower fragment displaced backwards; much less, however, than at first; the lower moiety of the spine appeared rotated on the upper; the spinal marrow nearly cut through and softened. The disease in its symptoms puts one in mind of the capricious paralysis mentioned by Chomel and Graves, depending, of course, on peripheral disease of the nervous system, where you have, first, exaltation of sensibility, followed by diminution; this by abolition, and this in its turn by the normal condition of the parts engaged. Here, however, was sufficient cause for his various symptoms. Among the more marked features of the case, the bladder presented a condition of high inflammation, and contractility; its coats much thickened, and containing a remarkable calculus, of the size of a kidney-bean, as already noted. The case is not without interest; the work of reparation seems to have been going on, and would lead us to look upon all such cases as not entirely hopeless. The connexion of paralysis with diseases of the kidney and bladder has been long recognized, but the actual formation of stone is rare, and leads to many suggestions whether this state may, oftener than we are aware, modify affections of even this very grave character.

CHARLATANISM.

Dr. F——, as soon as he arrived in a city where he was not known, began loudly to lament the loss of his dog, which had escaped from him on his way to the hotel, and he sent the town crier to announce with the roll of a drum throughout all the principal streets, that Dr. F—— offered a reward of twenty-five louis to whoever should bring back his dog. The crier took care to add all the academic titles of the doctor, and to indicate the hotel where he put up. Soon nothing was talked of in the town but Dr. F—— and his dog. "Do you know," said the gossips, "that a celebrated physician has arrived, and is staying at the Hotel ——. He must be famously rich, since he offers twenty-five louis reward for his dog." Thus his name passed rapidly from mouth to mouth, and from house to house; and although it did not bring him the lost dog, which he had never possessed, yet it brought him a goodly number of patients.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. X.

(*Continued from page* 179.)

Treatment of Carditis and Pericarditis.

Of all the inflammatory diseases, inflammation of the heart and its membranes is the one above others which demands the most prompt and energetic treatment. The loss of a few hours at first may be irretrievable; and hence hesitation and indecision may seal the fate of the patient.

During the first few days, when inflammatory fever and pain exist, the disease should be treated precisely after the plan proposed in the first stage of pleurisy (see No. 18, page 141). If the attack be recent, and the patient's strength will admit, blood should, in the first place, be freely abstracted, and by a very large orifice, from the arm, so as to reduce the patient to the verge of fainting. According to the strength of the individual and the intensity of the inflammatory symptoms, must be regulated the further abstraction of blood by leeches and cupping; it is more prudent to get away from the circulation a sufficiency of blood, so as to make a decided impression on the disease at its onset, rather than to have occasion to return to repletion hereafter; with this view, from five-and-twenty to forty leeches, regulated by the power of the patient, should be applied to the region of the heart, as soon as the faintness from the bleeding at the arm disappears, and re-action commences, which generally happens in the course of from ten minutes to an hour or two. Unless the pain be completely subdued by these measures, the leeching may be repeated two, three, or more times, according to the strength, at intervals of from four to twelve hours; or, what is a better rule, as soon as the pulse and action of the heart denote a recommencement of reaction. As a general rule, in a patient in the prime of life, affected with intense pericarditis, three or four bleedings from the arm, always from a free orifice in the vein, carried to the extent of decidedly depressing the action of the heart, or to the approach of faintness, and seconded by the application of leeches, or cupping repeated two or three times, will, during the first three or four days, suffice to cure the inflammatory disease. "Few pericardites," says M. Boullaud, "will resist this plan of treatment, if attacked in their commencement." But when the disease persists after the foregoing plan of treatment, "different revulsives, such as the application of warm turpentine, blisters, antimonial ointment, croton oil, moxas, setons, and mercurial frictions, are to be employed."

While the bleeding just detailed is in progress, other means should not be neglected. The bowels, if at all confined, should be immediately evacuated; and an enema, composed of two or three drachms of senna leaves and an ounce of Glauber's salts, infused in a pint of boiling water and then strained, answers the purpose best. At the same time, five grains of calomel, with five or ten of the compound extract of colocynth, and two or three of the extract of hyosciamus, should be given, and followed in a couple of hours by a senna draught.

The strength of the remedies employed must in each case be apportioned to the vigour of the patient's constitution;—"but the object," says the late Dr. Hope, "is the same in all—expeditiously to prostrate the action of the heart, and for a time to keep it prostrate by preventing the re-establishment of reaction. If this object can be accomplished for the first twenty, thirty, or forty hours, the disease frequently does not rally, but remains perfectly under the control of remedies." We feel satisfied that a degree of activity in the first instance, which to some may appear excessive, is an ultimate source of economy to the strength of the patient; for the disease is subdued at once, and the protracted continuance of depletory measures, the most exhausting to the constitution is rendered unnecessary.

In addition to the above measures, diluent, cooling drinks, as four scruples of the supertartrate of potash, or two of the nitrate of potash in a quart of water, and flavoured at pleasure with tamarinds or lemon juice, should be allowed in unlimited quantity, in order, by diluting the blood, to render it less stimulant to the heart. Nauseating doses of the tartrate of antimony, as one-sixth to one-eighth of a grain, every two hours, may be employed with advantage. The diet should consist wholly of the weakest slops, barley-water, gruel, weak tea, arrow-root, &c.

The antiphlogistic treatment just recited is not alone to be relied upon: the practitioner frequently finds these resources gradually exhausted, while the disease proceeds with an even, uncontrolled tenor to its fatal termination. Sometimes, indeed, all the other symptoms disappear; but the action of the heart remains stronger than natural; at other times, the heart regains its healthy action and the cure appears complete: yet in both these cases, the palpitation, accompanied with symptoms of organic disease of the heart, recurs when the patient resumes his accustomed occupation; and, unless the cause of the continuance of this disordered action, namely, the effused lymph, be removed, adhesion of the pericardium takes place, and thus a destructive disease is established. In such cases, mercury is the sheet-anchor of the practitioner. It is the only remedy that can prevent the effusion of lymph, and the only one on which we can depend with any certainty to cause its absorption after it has been effused. Mercury in such cases should be carefully administered, so as not to excite salivation, but rather to keep the mouth tender for some short time. From three to five grains of calomel, or from five to ten grains of blue pill, prevented from passing off by the bowels by a proper proportion of opium, may be administered three or four times a day; and in persons to whom the mercury, taken inwardly, produces adverse effects, as sometimes happens, the inunction, or "rubbing in" of the mercurial ointment, may be substituted A manifest abatement of the symptoms generally takes place immediately after the effect of the remedy becomes apparent in the mouth; and the tenderness of the gums should be maintained for a week or ten days, or even longer, unless the symptoms completely yield before the expiration of this period.

When, as most frequently occurs, the nervousness and irritability of the patient is great, much benefit may be obtained from the exhibition of from fifteen to twenty minims of the tincture of hyosciamus, with the same quantity of the tincture of digitalis, taken in camphor mixture, three or four times a day. As a general and safe rule, sedative remedies, should not be given until the first severity of the inflammation has subsided.

In chronic pericarditis or carditis, it is proper to keep up for some time a certain amount of counter irritation in the neighbourhood of the heart; for this purpose, a large blister should be applied without delay, and the discharge consequent upon its application may be promoted by some irritating dressing. The moxa, that is, the ignition of a piece of "German tinder" on the part where it may be required, is a remedy much in vogue on the continent. A seton kept open for five or six weeks, even after the pain has entirely subsided, is a safe precautionary means; a relapse in this disease being always more severe than the original attack. The patient should avoid all sudden or violent exertion, especially walking fast or climbing stairs quickly; towards evening he should be kept as tranquil as possible, so as to diminish the probability of a recurrence of those frightful dreams of "headlong precipices and rushing waters, of quick pursuit and impossible escape."

During convalescence, the diet must be nutritive, but devoid of everything likely to stimulate the circulation; a proper and increased secretion of urine must be obtained, and the general management of the patient governed by those rules pointed out in the paper on Chronic Pleurisy. (See No. 19, page 148.)

(To be continued.)

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PHARMACOLOGY.

No. XIV.—Saline Purgatives.

(*Continued from page* 181.)

Potassæ Tartras: Tartrate of Potash—Is a mild and efficient purgative, and when given with resinous purgatives, as jalap and aloes, or with senna, it corrects their griping properties by accelerating their operation. In the dose of a scruple to a drachm, it acts as a cooling aperient; when the quantity is increased to an ounce it acts as a brisk purge. It is an excellent purgative for melancholy patients, and for such may be thus prescribed:—Take—tartrate of potash, one drachm; tincture of senna, a drachm, syrup of saffron, half a drachm; infusion of senna, an ounce; mix for a draught. It may be given to children in this form:—Take—tartrate of potash, four drachms; manna, an ounce; boiling water, four ounces; mix. When cool, strain. Dose: two table-spoonsful every two hours, until it operates

Potassæ Bitartras: Bitartrate of Potash—Is frequently given as a purgative in cases of dropsy. It is mostly administered in the form of an electuary, thus:—Take—bitartrate of potash, four drachms; powdered jalap, and powdered ginger, of each, two drachms; syrup, sufficient to form an electuary. Or, Thus—bitartrate of potash, and sulphur, of each, one ounce; confection of senna, three ounces; syrup of ginger, sufficient to form an electuary; mix. Dose: a large spoonful twice or three times a-day.

Potassæ Acetas: Acetate of Potash—Is a mild laxative, but is seldom used as such; the dose is from two to three drachms.

Magnesia: Magnesia.—This is the carbonate of magnesia deprived of its carbonic acid by burning. It is an excellent purgative for infants, especially when they are troubled with wind as well as constipation. The dose is from a few grains to a drachm. It may be administered in the simple powder, in a mixture, or electuary. As a mixture for infants, thus:—Take—magnesia, twenty-five grains; powdered rhubarb, eight grains; sugar, a drachm and a-half; oil of aniseeds, five drops; tincture of castor, fifteen drops; tincture of opium, four drops; water two ounces; mix. Dose: from a drachm to three drachms. Or, as a draught for an adult, in the following form:—Take—magnesia, a drachm; tincture of orange peel, a drachm; peppermint water, one ounce and a-half; mix. Magnesia is given with advantage in gout, combined with colchicum.

Magnesiæ Carbonas: Carbonate of Magnesia—Is prepared by the combination of sulphate of magnesia and carbonate of soda—the result of which is carbonate of magnesia and sulphate of soda. Its action as a purgative is much increased when it meets with acid in the stomach; hence it is a valuable antacid, and afterwards a purgative in cases of heart-burn. The dose is from a scruple to a drachm. The following draught may be taken with much advantage an hour before dining:—Take—carbonate of magnesia, a drachm; powdered rhubarb, a scruple; compound tincture of cardamoms, a drachm; peppermint water, eleven drachms; mix.

Soda Murias: Muriate of Soda—Common Salt—Is occasionally added to glysters, and then has a laxative effect. The quantity used is from half an ounce to two ounces.

Sodæ Phosphas: Phosphate of Soda:—formerly called alkali minerale and sal mirabile perlatum:—In the shops it is sold as "tasteless purging salts." Dose: from a drachm to an ounce.

Sodæ Tartras: Soda Potassio Tartras: Tartrate of Soda—Rochelle Salt.—This is the basis of the seidlitz powder—it is inodorous, bitter and saline; it should be kept in a well stoppered bottle. The dose is from two drachms to an ounce.

Sulphur: Brimstone—A crystallised, hard, brittle substance, dug up in some parts of Sicily and Italy, and manufactured in this country by washing the sulphuret of iron, or *martial pyrites.*

The Sulphur Sublimatum: Or Flowers of Sulphur, as it is commonly called, from its occurring in the form of bright yellow flowers—is the chief medicinal preparation of sulphur. The dose is from half a drachm to two drachms. It may be administered in the form of powder, electuary, or bolus. When taken in powder, milk is the best vehicle; in hæmorrhoidal affections (piles), it is found very useful combined with the bitartrate of potash: thus—Take—flowers of sulphur, one ounce; bitartrate of potash, three drachms; confection of senna, two ounces; syrup of roses, sufficient to form an electuary. A dessert-spoonful to be taken occasionally.

The passions are in morals, what motion is in physics; they create, preserve, and animate; and without them all would be silence and death. Avarice guides men across the deserts of the ocean; pride covers the earth with trophies, and mausoleums and pyramids; love turns men from their savage rudeness; ambition shakes the very foundations of kingdoms. By the love of glory, weak nations swell into magnitude and strength. Whatever there is of terrible, whatever there is of beautiful, in human events, all that shakes the soul to and fro, and is remembered while thought and flesh cling together—all these have their origin from the passions.

THE SENSES.

BY THE EDITOR.

No. V.

(*Continued from page* 181.)

The Sense of Touch.

Touch is a sense which acquaints us with most properties of bodies, and from being esteemed less liable to error than the other senses, and from serving occasionally to dissipate the errors into which the other senses have led us, it has been regarded as the sense by way of excellence, the first of the senses. Touch, or feeling, is the only sense which seems common to animals; for the most part it pervades the whole surface of their bodies, whence M. Cuvier supposed that the material of touch was the sensorial power in its simplest and uncompounded state, and that the other senses were only modifications of this material, peculiarly elaborated by peculiar organs, which were also capable of receiving more delicate impressions.

Touch, like the other senses, has its peculiar local organ; in man, the whole skin is an organ of touch, the sense residing with greater delicacy in the tongue, the lips, and the extremities of the fingers. In opposition to Cuvier's theory that the other senses were merely modifications of touch, Sir Charles Bell states, "The sensibility of the skin, is one thing; the sensibility of the surface of the eye, is another; the sensibility of a third part (as the throat) differs again from these; the sensibility of internal parts differs from the sensibility of external parts; and each degree and kind of sensibility are benevolently bestowed for a definite purpose. When you compare the external and the internal parts, you find, that it is a common sensibility which they partake of. What would be your condition, were the parts within and around the knee joint, or the ankle joint, as sensitive as the surface of the body? You would be creeping home, as if you had inflammation in the joints. You could not walk, if the parts that were bruised in the motions of the body possessed sensibility like the integuments. On the other hand, what would be the consequence if there were no sensibility there? You would have no guidance in the measure of your exertions; you would have nothing to tell you how much power in using the limbs was compatible with the texture of your body; you would be subject to injury, not from without, but from within, to rupture and to laceration. Thus you will now find, that the sensibility which is to guard the body, is suited to the particular part." Sir Charles Bell afterwards refers to another illustration of this doctrine, afforded by that delicate organ, the eye; the sensibility of the surface of which has a relation to the projecting apparatus, so that the fine structure and transparency of the globe may be preserved; while the sensation of the retina is adapted to the varieties of light and colour only. In the operation of couching, the pain from the passage of the needle through the retina, is not so great as that which proceeds from a particle of sand under the eye-lid.

The skin (the organ of touch) consists essentially of two distinct layers—the dermis, or true skin, which is internal, and the epidermis, or scarp-skin, which is external. The former, which constitutes the immediate and proper envelope of the body, is formed of fine, pliant, flexible and extensible laminæ, closely matted together, and perforated by innumerable exhalant and absorbent vessels, for the purpose of carrying on the perspiration and absorption which take place from the surface, as well as the sentient extremities of the nerves, which a microscopic inspection shows rising through it, in minute papillæ destined to exercise the sense of which we are now speaking. These, therefore, constitute the internal part of the organ of touch; but were they directly brought into contact with the objects of which they are to judge, they would, from their extreme sensibility, give us scarcely any other perception than that

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of pain, which we know to arise where any sensation is carried to excess. To prevent this, therefore, the external part of the organ of touch is added, namely, the scarp-skin, which is a fine, transparent, flexible envelope, placed over the entire body, completely insensible itself, and sufficiently blunting the sensibility of the nerves of touch by interposing its thin membraneous substance between them and the bodies which they are to examine. It is this scarp-skin which is removed by the application of a blister, and we well know what pain then results from the simple exposure to atmospheric air of the unprotected ends of the nerves. The uses, then, of the two parts of the skin are perfectly distinct—the external (the rete-mucosum, cuticle, or epidermis) preventing the impression of touch being too acutely felt by the internal part (cutis-vera, or dermis) on which the nerves terminate.

Almost every physical property of bodies is able to throw the organs of touch into action; their form, dimensions, various degrees of consistence, weight , temperature, changes place, vibration, &c., are easily ascertained; and it is sufficient alone that bodies be in contact with the skin for us immediately to acquire more or less accurate information concerning them. Touch also enables us to judge particularly of temperature; when bodies take heat from us, we call them cold; and when they impart heat to us, we call them hot.

Every point of the skin is not endowed with the same degree of sensibility, so that the same body applied successively to different parts of the cutaneous surface produces a series of different impressions — the lips, the tongue, the eyelids, are peculiarly susceptible of impressions. In man the perfection of this sense is situated in the hand, than which there is no organ more beautifully adapted for its exercise. Situated at the extremity of a long flexible lever, it can be easily applied and moved in all directions round the object to be examined; composed of several small bones (so many as twenty-seven), it obtains, from their motions on each other, a sufficient degree of flexibility, which becomes much increased towards the end, where the division into separate fingers takes place; supplied with nerves, numerous and highly sensitive, supported, particularly towards the ends of the fingers, by a soft pulpy cushion, which enables them to be applied with the greatest accuracy and effect, while they are stimulated and excited to act by the rush of blood to the fine muscular tissue in which they are imbedded, the hand concentrates in itself every necessary qualification for exercising this sense in its greatest perfection, and is, in itself, the most splendid example of the wisdom, the power, and the goodness of our Creator.

As long as the hand remains motionless on the surface of a body, it only acts as an organ of tact; to exercise touch it must move; either running over the surface to inform us of the form, dimensions, &c., or compressing the object so that we may ascertain their consistence, elasticity, &c. When a body is of considerable dimensions, we employ the whole hand to touch it; if, on the contrary, the body is very small, we touch it with the extremities of the fingers, and the power which we possess of opposing the pulps of the extremities of the fingers to each other, adds to the delicacy of this sense.

The sense of touch may become deranged in several ways; it may be too acute, and give rise to soreness, itching, heat, or coldness: it may be deficient or insensible, that is, wanting general feeling; and it may be illusory, giving rise to an imaginary sensation, as is sometimes felt in hypochondriasis, and various mental affections.

In Germany it has of late been attempted to be shown that every man is possessed of a sixth sense, though of a very different kind from those we have endeavoured to describe; for it is a sense not only common to every one, but to the system at large, and consists of that peculiar kind of internal, but corporeal feeling, respecting the state of our health that induces us to exult in being "as light as a feather," "as elastic as a spring," or to sink under a sense of lassitude, fatigue and weariness, which cannot be accounted for, and is unconnected with muscular labour or disease. To this sensation M. Hubner has given the name of Cenisthesis, and several of his compatriots that of selbstgefuhl, and gemeingefuhl, "self-feeling, or general feeling;" and its organ is supposed to exist in the extremities of all the nerves of the body, except those that supply the five external senses. This pretended sense is, however, a German fallacy, for the existence of these sensations is nothing more than a general sympathy which takes place between different organs and parts of the body, expressive of a pleasurable or disquieting feeling, according as the frame at large is in a general and uninterrupted health, or affected by some cause of disquiet.

RATIONAL MEDICAL ADVICE.

All parts of the body require a regular supply of nervous energy from the brain, and without this they stand still. It is like the steam that puts the machinery in motion. Stop it, and the function stops, as in syncope. Diminish it, or dilute it, the function will become slower and feebler, while the organ itself remains otherwise healthy. The breathing, for instance, of a man in a passion is hurried and irregular; but it is his brain, and not his lungs, that is at fault. A panic-stricken person turns pale, scarcely breathes, and perhaps falls to the ground; but it is the brain, and not the face, the lungs, or the muscles, that is affected. Hence you will see that a slighter but *more permanent* emotion may effect, in a slighter but *also in a more permanent degree*, any part, especially any otherwise weak part of the system, *and yet little or no actual disease be present in the latter*, and hence you cannot trust to your own apprehension for correct information. For example two years ago I attended an elderly lady for three months, who insisted that her liver and heart were dreadfully diseased; but there was no symptom of anything but an affection of the head of twelve or fourteen years' standing. She would not believe this, but referred everything to the liver. She and I, consequently, soon parted. Last month she died, and, having expressed regret that the prejudice she entertained against me had prevented her again calling me in, she left an urgent request that I should be present at opening her body. The liver, stomach, and heart were quite sound, but the brain was greatly diseased, showing that the pain, palpitations, &c., arose from it alone. I tell you this, because you may see and take comfort from the fact, that all is not disease that seems to be so; and that "cautiousness," with all its imposing gravity, is not to be trusted to, unless with a certificate from "causality" and "comparison" that it is right. Neither must you listen to fear, if it tell you that your *brain* must be affected. The case alluded to was, in this respect, as different from yours as possible. The influence of "cautiousness," to which I allude, is nowhere more remarkable than on the pulse; it quickens it often in an extraordinary degree, so that no counting can be depended on while the patient is noticing the counter. I have seen a difference of twenty beats in the space of five minutes from attending to this.—*The late Dr. Andrew Combe.*

INDESTRUCTIBILITY OF ENJOYMENT.

Mankind are always happier for having been happy; so that, if you make them happy now, you make them happy twenty years hence, by the memory of it. A childhood passed with a due mixture of rational indulgence, under fond and wise parents, diffuses over the whole of life a feeling of calm pleasure; and, in extreme old age, is the very last remembrance which time can erase from the mind of man. No enjoyment, however inconsiderable, is confined to the present moment. A man is the happier for life, from having once made an agreeable tour, or lived for any length of time with pleasant people, or enjoyed any considerable interval of innocent pleasure; and it is most probably the recollection of their past pleasures which contributes to render old men so inattentive to the scenes before them, and carries them back to a world that is past, and to scenes never to be renewed again.

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

ABERNETHY'S PILLS.—The nostrum to which this distinguished surgeon's name has been used is said to consist of two grains of blue pill, and three grains of the compound extract of coloeynth.

DALBY'S CARMINATIVE.—This quack preparation is, according to Dr. Paris, thus made:—Take—carbonate of magnesia, two scruples; oil of peppermint, one drop; oil of nutmeg, two drops; oil of aniseed, three drops; tincture of castor, thirty drops; tincture of assafœtida, fifteen drops; tincture of opium, five drops; spirit of penny royal, fifteen drops; compound tincture of cardamoms, thirty drops, peppermint water, two ounces; mix.

THE cradle in which a child is put, ought to be turned directly to that side of the room from which the light proceeds, otherwise he will be in danger of learning to squint.

THIRST.—We ought not to quench the thirst we generally feel after exercise by cold liquids. If we cannot wait till we are cool, some warm or tepid liquors may be taken; or, if likely to be faint, a mouthful of bread, with a little salt, to gain time till the blood and the liquor to be drank have acquired a more equal temperature. When heated by exercise, diluents made too hot are highly improper. It is much better to eat some solid meat, such as cold animal food and bread, by which the digestive organs may be exercised; and to drink after it some ale or beer, or wine and water; but never strong wines or ardent spirits. Perhaps the most suitable of all substances to mix with water as a cooling drink after exercise, is the pure tartaric acid. This affords a cooling and refreshing beverage, without relaxing the bowels like lemonade.—*Willich.* [See IMPERIAL, No. 18, page 143.]

DR. CHEYNE made a calculation of the quantity of food sufficient to keep a man of an ordinary stature, following no laborious employment, in due plight, health, and vigour; and he recommends eight ounces of flesh meat, twelve of bread, or vegetable food, and about a pint of wine, or other generous liquor, in the twenty-four hours. He adds, that the valetudinarian, and those employed in sedentary professions, or intellectual studies, must lessen this quantity, if they would wish to preserve their health and the freedom of their spirits long.

COMPOUND MIXTURE OF GENTIAN.—Take—of the compound infusion of gentian, six ounces; compound infusion of senna, three ounces; compound tincture of cardamoms, two fluid ounces; mix. This is an excellent aperient and tonic, and may be taken in the dose of a wine-glassful twice a day, with much advantage in dyspeptic cases attended with constipation.

DIETARY, WHOLESOME AND ECONOMIC.

STEWED TONGUE.—Extract from the letter of a valued correspondent:—"To-day I bought a corned tongue, and have been stewing it. Did you ever cook a tongue this way? It must not be salt, only corned; put it into as small a pan as you can get it into, so that the water may cover it; let it boil very gently for five hours, then skin it, take out all the small bones and gristle; curl it round, and put it into a round tin, or a basin; press it down with a trencher, and place heavy weights upon it. When cold, turn it into a dish; it will come out beautifully bright, and almost like brawn. In this way there is not any waste."

VEAL AND HAM PIE.—Cut about a pound and a-half of veal into thin slices, as also a quarter of a pound of cooked ham; season the veal rather highly with white pepper and salt with which cover the bottom of the dish; then lay over a few slices of ham, then the remainder of the veal, finishing with the remainder of the ham, add a wine-glassful of water; then have ready half a pound of half-puff paste, cut off a small piece, which roll into a band, and lay round the edge of the dish, having previously wetted it with a paste brush, dipped in water; then roll out the remainder of the paste upon the dish, and lay the piece over; make a hole with a knife at the top, press the edges evenly down, trim the pie round with a knife, egg over the top with a paste brush, and ornament it with the trimmings of the paste according to fancy; bake it rather better than an hour in a moderate oven, and serve it either hot or cold.—*M. Soyer.*

BAKED EGGS WITH ASPARAGUS.—Cut twenty heads of sprews into small pieces, keeping only the tender part, boil them for fifteen minutes, put them into a stew-pan, with half an ounce of butter, set them on the fire for three minutes, season with a little pepper, salt, and sugar; when done, put them in the dish you intend to serve it in, break six eggs over, which season also, put it into the oven until it sets, and serve; in case the oven is not sufficiently hot, place a salamander over the eggs.

A RICH SEED CAKE.—Take a pound of flour well dried, a pound of butter, a pound of loaf sugar beaten and sifted, eight eggs, two ounces of caraway seeds, one nutmeg grated, and its weight of cinnamon; first beat your butter to a cream, then put in your sugar, beat the whites of your eggs half an hour, mix them with your sugar and butter, then beat the yolks half an hour, put to it the whites, beat in your flour, spices and seeds, a little before it goes to the oven; put it in the hoop and bake in two hours in a quick oven, and let it stand two hours. It will take two hours baking.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE following subjects are already completed in the published numbers of the PEOPLE'S MEDICAL JOURNAL:—

Indigestion, its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7, inclusive.

Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.

Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, and 5.

On the Diseases and Management of the Teeth; Nos. 5 to 9.

On the Diseases of Women and Children; Nos. 3 to 6, and No. 16.

On Rheumatism; Nos. 8 and 9.

On Gout; Nos. 10 to 13.

On Headaches; Nos. 12, 13, and 14.

Intestinal Worms; Nos. 13 to 17.

Diseases of the Heart; No. 15, and now in continuation.

Pleurisy; Nos. 17, 18, and 19.

The Senses; Nos. 20, 21, 22, 23, and 24.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index. Vol. I. will be ready July 1st.

WITH VOL II. we shall commence a series of articles on CONSUMPTION, and a series on MELANCHOLY.

TO THE SECRETARIES OR LIBRARIANS OF MECHANICS' INSTITUTES, Working Mens' Libraries, Book Clubs, and other institutions for the social advancement of the Industrial Classes.—Dr. Yeoman will be happy to present copies of his Medical Journal and published works to such societies, if the address of a London agent or correspondent be forwarded to Lloyd-square.

ANTI-SPECULUM.—The following paragraph appeared in a letter from Dr. Marshall Hall, in the "Lancet" of the 1st instant:—"There is a case of 'poisoned mind' in the male sex, induced by the quack doings of the day, relative to the existence of impotency, which all of us must have treated and deplored. A similar case of 'mental poisoning' is now being induced in the other sex by the frequent, constant, and undue reference on the part of the profession (?) to the condition of 'the uterine organs.'" We wish we could publish the whole letter, and we wish every mother could read it.

CHARLOTTE (Blackfriar's-road).—The person's name is not in the Medical Directory as a qualified practitioner; as he *advertises* to perform impossibilities, he should be shunned as you would shun a mad dog, a viper, or a pickpocket.

R. HAWLEY (Oldham).—All the back numbers are in print. Mr. Dodge in your town can supply you.

A VISITOR (Brighton).—Mr. Blundell, in Middle-street, is a skilful dentist; he has been nursed and educated in the profession; he is not a *parvenu*, like nine out of ten of the *pseudo*-dentists.

A POOR MAN (Poplar).—How can we assist you? Point out the means, and, if within our influence, depend on our best services. Call at 78, Gracechurch-street, on any Saturday.

JANE POTTER (Brompton).—A series of articles on CONSUMPTION will be commenced in the first number in July.

A SUFFERER.—You are quite correct: the authors, or proprietors of the advertised books, only strive for the fees. Fame, credit, and respectability, are to them as nothing, compared to the *moneh*. See the narrative published in this number, also VICTIM'S letter in No. 2. Write again.

H. F. (City).—We did not receive your former note. You had better call in Lloyd-square.

THE LONDON JOURNAL week after week makes copious extracts from the PEOPLE'S MEDICAL JOURNAL without the least acknowledgment. Is this courteous, brother?

A GREAT SUFFERER (Berwick).—When the spasm is violent, take a dose of the following mixture:—Compound spirit of sulphuric æther, two drachms; compound spirit of lavender, two drachms; syrup of ginger, half an ounce; camphor mixture, seven ounces; mix. Dose: three table-spoonsful, repeated every four hours, if necessary.

T. P. (Manchester).—See page 12 in the Editor's small work on INDIGESTION, &c.

INQUIRER.—The book on HEADACHE, uniform with INDIGESTION, &c., will be ready July 1st, at the latest.

D. P. E. (Serle-street, Lincoln's Inn).—Will find the information he requires, in the article on CONSTIPATION published in No. 6.

FRANK (Brighton).—Your question is almost extra to our purpose—here is the best answer we can give you. The positive and negative qualities of the electric fluid, and the attractive and repulsive qualities of the magnetic fluid, as well as the direction of the magnetic needle to the North pole, are *not* the effects of any peculiar properties in those fluids, but are occasioned solely by the circumstance that the two fluids are in perpetual motion (when free) upon the earth's surface, and that they progress invariably in the direction of the Arctic pole. We would much more cheerfully answer practical, than theoretical questions.

CURIOSUS.—We have already explained that the pulse is the vibration given to the arteries by the impulse the blood receives at each beat of the heart. (See No. 17, page 131). At each contraction of the heart, it sends into the arteries a quantity of blood, and the shake or vibration is communicated to all the branches of these vessels.

MIRANDA (Blackheath).—The Wick spring, at Brighton is a chalybeate; the ingredients combined in the water are sulphate of iron, sulphate of lime, and the muriates of lime, magnesia, and soda. It is altogether a more stimulant water than the carbonated chalybeate of Tunbridge Wells, and in many respects is preferable to the latter spring.

WANOTA (Newmarket).—The vapour bath will reduce your weight more readily, and more safely than "sweating up hill, with two or three great coats." We read, within the last few weeks, an account of a jockey at Horndean, dying almost immediately after taking violent exercise, thus clad.

C. O. T. (Mary-le-bone).—The dose is from half a-drachm, to one drachm. Copaiba is best taken in the capsules.

ANN WILLIS (Norwich).—As well for economy as for health, we would recommend you to use Nevill's patent flour of Lentils.

AN APPRENTICE (Bedfont).—Take—four grains of calomel and six of the compound rhubarb pill, at bed-time, twice a-week, for four doses; and early every morning take a wine-glassful of the compound decoction of aloes. Pay attention to your skin by dry rubbing. At the lapse of two or three weeks, bathe every other day.

A PATIENT.—James' Powder—*pulvis Jacobi verus*—should be used: every respectable chemist keeps it; but if you get your prescription dispensed at —, in — Lane, the common antimonial powder will, doubtless, be substituted.

E. R. S. (Tottenham-court-road).—*Placenta*, the after-birth.

JAMES (Sunderland).—When the skin is red, hot, and dry, we can excite perspiration by the cautious application of cold; when it is pale, cold, and dry, by the application of heat.

A TOURIST.—Dr. Granville's "Spas of England" is the best book to which we can refer you.

A PARENT.—If your son is delicate, the business of a painter and plumber may be injurious. We know many healthy men who follow these employments, and who have never had colic or any disease caused solely by their occupation.

JONATHAN DODD (Woolwich).—We never *hazard* an opinion, and never prescribe for, or direct an invalid in our Journal, unless the history of the case forwarded to us, is detailed so clearly and carefully, that *a doubt* as to the proper treatment cannot possibly exist. Your letter leaves us in doubt.

J. A. M.—Act gently on the bowels by castor-oil, rhubarb, or the confection of senna: if very painful, sit over the vapour of boiling water, and apply the compound gall ointment. As a preventative, improve the general health. Piles are only symptoms of other diseases. See article on PILES in No. 10, page 78.

WELLS (Somerset).—Will the hon. secretary forward to us a prospectus of the "Wells Working-Man's Literary and Scientific Institution"? To the many other secretaries who have applied to us, we beg to announce that we shall delay forwarding the Journal, &c., until the completion of the first volume, June 30.

SARAH P. B. (Pimlico).—We are much pleased to learn that your child is better, and thank you for the kind expressions contained in your letter. The description of the symptoms affecting yourself is too indefinite. THE PEOPLE'S MEDICAL JOURNAL may be obtained in Newark from Mr. Tomlinson.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—NANCY (Walworth-road). D. R. (Mincing-lane). HENRY SCOTT. WILLIAM R. (Dulwich). THOMAS NASH. ANTHONY. JUVENIS. ANOTHER POOR MAN. A WATCHMAKER. BENJAMIN FELLOWS. MRS. SLANEY'S CHILD.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—ANN DEMPSEY (Macclesfield). WILLIAM HODGSON (Hull). D. R. P. (Erith). AMBROSE. MELVIN AUBREY (Chesterfield). A MARINER. BRISTOL. DAVID JONES (Cardiff). ONE WHO HAS BEEN DUPED. DREARY DRURY. P. R. Q. ESPERANCE. A SALOPIAN. MARY S.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 25.—Vol. I.] SATURDAY, JUNE 22, 1850. [ONE PENNY.

APPETITE AND DIGESTION.

A distinction has been drawn between hunger and appetite; the former being considered "the natural expression of a real want," the latter as "the habitual result of an artificial desire." Many theories have been advanced with regard to hunger. Some ascribe it to an uneasiness arising in the stomach from its being empty and unoccupied; others to the rubbing together of the internal coats of its opposite sides: others to the dragging of the liver, when no longer supported by a full stomach; others to the action of the gastric fluid on the coats of the stomach; it has also been attributed to a sympathy of the stomach with a general feeling of want in the system. There are, however, many plausible objections to each of these theories; and it must, I think, be admitted, that no single cause is sufficient to account for all the facts connected with hunger, but that we must look to a combination of several, as well as take into the account the powerful influence of habit and of the nervous system. Hunger ceases as soon as the stomach is filled, no matter whether the substances used be nutritious or not. The Otomacs, during the periodical inundations of the rivers of South America, when the depth of the waters almost entirely prevents fishing, appease their hunger for two or three months, by distending their stomachs with prodigious quantities—a pound and upwards in the day—of a fine, unctuous, strong-smelling, yellowish-grey clay, slighly baked, and destitute of all organic substance, oily or farinaceous. For the same purpose the Kamtschatkans distend their stomachs with sawdust, for want of something better; this, however, we know contains some particles capable of being digested. The faquirs and dervises, who are by their vows obliged to long fasts, blunt the sensibility of the nerves by the free use of opium and tobacco, which they find to diminish the pangs of hunger. The same object is attained amongst some tribes of Northern Asia, by a girdle braced tightly over the stomach, and laced behind with cords, drawn closer as the uneasiness increases. Some attribute this to the principle on which pressing on a limb lessens the communication of pain from its extremity. Hunger is diminished by heat, and everything that relaxes the system generally and detracts from the nervous energy of the body; and is increased by those agents which act oppositely; thus a draught of a cold liquid, which contracts the stomach, and corrugates its inner coat, increases hunger; and acids, bitters, and astringents, have the same effect, and from their nature may be supposed to act in the same way.

Appetite is considerably influenced by habit, by the imagination, and by the will. The recollection of a disgusting object will often dissipate the appetite, and even change it into an aversion for food; professional meditation, agreeable amusements, or strong passions, deaden the sense of hunger, and render us, for a time, insensible to its effects: exercise greatly controls the appetite, as well by exhausting the innate strength of the body, and thus demanding a fresh supply of nutriment, as by exciting the digestive organs to more vigorous action, and enabling them readily to dispose of their contents. We are all the creatures of custom, and in no one instance is this more prominently conspicuous than in the periodical return or absence of the appetite. Man is capable of so regulating even his absolute requirements, that, to a certain extent, he may, by degrees, retard the supply of food without injury, to a period which, at the onset of his experiment, would be attended with unpleasant and perhaps dangerous consequences. I imagine there is no class of men who more frequently or severely task this capability of their systems, than the citizens of this metropolis. How many do we all know who, after taking an early breakfast, leave their homes for their business resorts, and never allow food to pass their lips until they return to a late dinner. By habit little or no evil ensues; hunger is never felt during the day, and they have a constant and relishing appetite at their accustomed hour.

It must, however, be apparent that the greater the regularity in taking the meals, so will be the increased power of the stomach to digest its contents. If the stomach be overloaded with a burden more than it can with ease chymify, and be afterwards left idle for too long a period, it ensues that its function is impaired, digestion does not go on, and the appetite is fickle, ravenous, or inordinately impaired, and thus the first stride of disease is implanted: if, on the other hand, the stomach receives its proper supply of food, of wholesome quality, at regular intervals, its function has the greater chance of going on with benefit to the whole frame, and of preserving its own healthy action. Far be it from me to wish that any one should devote that care to his palate and his stomach which must render him either a gourmand or a valetudinarian; but I would still impress on the notice of my readers that the stomach is such an irritable, self-willed, quarrelsome appendage to their bodies, that it will neither be offended, over-taxed, nor remain idle with impunity. I must, however, add, it seldom commences the warfare with its owner, but is, in the majority of cases, more sinned against than sinning.

From some most interesting experiments which were made by Dr. Beaumont, of the United States' army, in the case of a young man who had perfectly recovered (as far as his general health was concerned) from the effects of an accident by which a hole was made into the stomach, and thereby afforded him an opportunity of studying the phenomena of healthy and natural digestion, it appears that the average time of chymifying a mixed diet is about three hours and thirty minutes; and this is generally about the time that the first yearning for food is experienced, after a meal. Custom has to a great extent confirmed this natural demand, by regulating the time at which our meals are prepared, which allows an interval of four or five hours to elapse between breakfast, dinner, and the evening repast. I consider breakfast, to be the most important meal in reference to health: the person

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who can eat heartily at this meal is not only in good health, but he prepares himself for undergoing the fatigues and anxieties of the day before him, without annoyance, or experiencing that feeling of "sinking," or faintness, which is common to those who commence the day with an "empty stomach." Breakfast should be taken as soon after we arise as may be convenient; if delayed, the appetite frequently leaves us, and in its place we have a sensation of sickness, and gnawing around the stomach; to those who are unable to have their regular meal prepared at the time they commence their daily avocations, I would recommend the eating of a crust of dry bread or biscuit, with, if it can be obtained, a cup of new milk. I have known many men who previously were unable to take breakfast, after the labour of two or three hours, make a very substantial meal by allaying the first craving of the stomach in this manner.

There is a remark—I think I may almost call it a proverb—that "Manchester dines at one;" at which hour business is to some extent stopped, to enable the inhabitants to dine; this is one of the many things in which our Lancashire friends show their wisdom. One o'clock is, without doubt, the most natural time for again replenishing the stomach with sustenance; even fashion obeys this dictate of nature, but as fashion has little sympathy with "vulgar custom," the mid-day meal is elaborated into luncheon, and what is really supper is called dinner.

The man who makes a hearty breakfast and dinner, requires but little more substantial food during the day; at the same time, it is not prudent to allow the stomach to remain totally unsupplied with nourishment: the moderate use of tea or coffee appears admirably adapted for all the real requirements of the body after these meals. Suppers taken immediately before retiring to rest are universally admitted to be injurious, and the manner in which a loaded stomach at this hour may be hurtful, will be apparent to those who reflect that while in the horizontal position, we must experience greater uneasiness by the pressure of an unnatural weight, such as a full stomach creates, upon the great blood-vessels which are immediately behind it, by which the circulation is impeded, the blood may be congested, and apoplexy ensue. Old maxims are not slightly to be noticed, and the one familiar to us all,

After dinner rest awhile,
After supper walk a mile,

has much truth with it; it is certain that the stomach is better able to digest its contents when the body is in a comparative state of repose, than when we run into active exertion immediately after eating. As a proof of this, the experiment of John Hunter is conclusive: he fed two pointer dogs, at the same time with the same quantity of food; one he allowed to dose before the fire, the other ranged the fields for two hours in pursuit of game: at the expiration of this time, both dogs were killed. In the stomach of the one which remained quiet, the food was found to be entirely digested; in that of the other it was nearly in the same state as when swallowed.

The manner in which the processes of mastication and deglutition are performed deserves some notice. By thoroughly masticating our food, and properly mixing it with the saliva, we materially assist the stomach, as it then becomes more minutely divided, and is crushed into that pulpy mass which is necessary for its perfect dissolution in the stomach. It also acquires those salts and secretions which are the product of the salivary glands, and which are essential to digestion, and it is rendered of the same temperature as the body. Nothing can be more disgusting, or more opposed to healthy digestion, than swallowing food partially or imperfectly masticated. Look at the Northern Americans in particular, who "bolt" their food; they are sallow, dyspeptic, and lean. John Bull, who "goes-a-head" more steadily, but quite as vigorously, has, on the contrary, a rubicund face and a "glorious paunch." The Arabs say, "he who does not take care to chew his food, hates life." T. H. Y.

MARRIAGE.

LISTEN, reader, to the learned and quaint Robert Burton, who, in his wonderfully erudite work, "The Anatomy of Melancholy," thus discourseth:—

"But what do I trouble myself to find arguments to persuade to, or commend marriage? Behold a brief abstract of all that which I have said, and much more, succinctly, pithily, pathetically, perspicuously, and elegantly delivered in twelve motions to mitigate the miseries of marriage, by Jacobus de Voraigne."—Here follow the "twelve motions," beginning *Res est?* which glorious Burton thus translates:

"1st. Hast thou means? Thou hast hope to keep and increase it.—2nd. Hast none? Thou hast one to help to get it.—3rd. Art in prosperity? Thine happiness is doubled.—4th. Art in adversity? She 'll comfort, assist, bear a part of thy burden to make it more tolerable.—5th. Art at home? She 'll drive away melancholy.—6th. Art abroad? She looks after thee going from home, wishes for thee in thy absence, and joyfully welcomes thy return.—7th. There 's nothing delightsome without society, no society so sweet as matrimony.—8th. The bond of conjugal love is adamantine.—9th. The sweet company of kinsmen increaseth, the number of parents is doubled, of brothers, sisters, nephews.—10th. Thou art made a father by a fair and happy issue.—11th. Moses curseth the barrenness of matrimony: how much more a single life?—12th. If nature escape not punishment, surely thy will shall not avoid it.

"All this is true, say you, and who knows it is not? but how easy a matter it is to answer these motives, and to make an *Antiparodia* quite opposite unto it? To exercise myself, I will essay:

"1st. Hast thou means? Thou hast one to spend it.—2nd. Hast none? Thy beggary is increased.—3rd. Art in prosperity? Thy happiness is ended.—4th. Art in adversity? Like Job's wife, she 'll aggravate thy misery, vex thy soul, make thy burden intolerable.—5th. Art at home? She 'll scold thee out of doors.—6th. Art abroad? If thou be wise, keep thee so; she 'll perhaps graft horns in thine absence, scowl on thee coming home.—7th. Nothing gives more content than solitariness, no solitariness like that of a single life.—8th. The bond of marriage is adamantine, no hope of loosing it; thou art undone.—9th. Thy number increaseth; thou shalt be devoured by thy wife's friends.—10th. Thou art made &c., &c., &c.—11th. Paul commends marriage, yet he prefers a single life.—12th. Is marriage honourable? what an immortal crown belongs to virginity!

"So Siracides himself speaks as much as may be for and against women, so doth almost every philosopher plead *pro* and *con*.—every poet thus argues the case: (though what cares *vulgus hominum* what they say?)—So can I conceive, peradventure, and so canst thou, when all is said—yet, since some be good, some bad, let 's put it to the venture."

SINGULAR CURE FOR THE TOOTH-ACHE.

An instance of temporary cure of tooth-ache by a charm is recorded by one of the editors of the *American Journal of Dental Surgery*. A countryman called upon him to have a tooth extracted; this operation having been performed, he immediately jumped from the operating chair, his countenance beaming with joy at the relief it had afforded him, pulled from his bosom a handkerchief, and from it took a paper, on which was written, in German, a doggrel couplet, which, rendered into English, read as follows:—

Tooth-ache, tooth-ache, go away,
And from this tooth for ever stay.

On inquiry, the patient informed him that, having been attacked about four weeks before with violent tooth-ache, he had applied to a German charm-doctor, residing in his neighbourhood, who gave him this scroll, which he directed him to wear in his bosom, assuring him, if he would do so that it would cure it; and this, he asserted, it did for several days; but it having failed to produce the same effect on a recurrence of the pain, he was at last compelled to have recourse to the more certain remedy of extraction.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. XII.

(*Continued from page* 188.)

ANGINA PECTORIS.—"BREAST-PANG."

By Angina Pectoris is understood a sudden violent pain about the breast-bone, extending towards the arms; anxiety; difficulty of breathing; sense of suffocation; and, occasionally, fainting.

There has been, and there still exists, considerable ambiguity as to the correct pathology of this disease. It was first discovered by Dr. Heberden, in 1753, and was referred by him to some chronic derangement of the heart, either functional or structural. It has been attempted by certain morbid anatomists to attach the peculiar symptoms exclusively to an ossified state of the coronary arteries of the heart, or, if not perfect ossification (conversion into bone) to a degree of induration equalling that of cartilage. Laennec considers angina pectoris as a variety of neuralgia of the heart. Andral states it to be an impairment of the *innervation* of the heart; and Dr. Latham, in an interesting communication to the London College of Physicians, has described two cases of enlarged liver, in which all the genuine symptoms of angina pectoris were observed.

There can be no doubt that the symptoms which we are about to describe as characteristic of this disease, frequently exist in cases in which no *disease* of the heart can be detected after death; and our own experience leads us to believe that many cases of *so-called* angina may be referred to indigestion, or some sub-acute inflammation of the stomach. The left side of the stomach is situated close to the heart, and a violent pain in the stomach frequently shoots upwards, sometimes as far as the shoulder, and even down the arm, and these signs, as we shall presently see, are common to angina pectoris, as well as to dyspepsia.

The earliest assault of this disease is usually felt whilst the patient is walking, and especially if he happens to be walking soon after eating, or during the process of digestion. He will complain of a sudden violent pain in some part of the chest, near the heart, and especially at the breast bone. The feeling of pain is so acute, that if he is walking at the moment he is attacked, he is compelled instantly to stand still, and the sensation he endures is as though he were about to expire on the spot: he feels that a perseverance in whatever exercise he may be engaged in at the time of the paroxysm, would produce a total suspension of the living power. At first the pain is confined to a circumscribed spot near the heart; but at length it extends to the shoulder—more commonly on the left than on the right side—darts through the spine, goes down the arms, and soon winds its way to the elbow, wrist, and fingers' ends. In some few cases the pain has extended to the right shoulder, and down the right arm, and even down the front of the loins; but this usually occurred after it had existed for some time at the breast bone, and down the left arm.

With these symptoms we do not invariably find any great palpitation, and the character of the pulse is subject to considerable variety; for the most part, it is intermitting and irregular. There is always some difficulty in breathing, or, at least, a distressing sense of suffocation: the anxiety is extreme, and the poor sufferer anticipates immediate dissolution.

At first the paroxysms do not continue longer than a few minutes, and occur only at long intervals. Gradually they lengthen, and a habit of return is soon induced after a few attacks have paved the way: and when this is effected, the action of walking is not necessary for its production; for it will sometimes be brought on by the most trivial circumstances, as coughing, swallowing, going to stool, or a slight disturbance of the mind, or a little burst of irascibility. The duration of the paroxysm has been, in some severe cases, protracted to half an hour or more, the face and extremities becoming pale, and bathed in a cold sweat, and the patient, for a while, perhaps, deprived of the power of sense and voluntary motion.

Angina pectoris rarely attacks the young, or those who are under five-and-thirty, or forty years of age. Persons with short necks, inclined to corpulency, or of a gouty temperament, and especially those indulging in a sedentary and "easy" life, are peculiarly predisposed to its invasion. It is frequently a fatal disease; in other instances the constitution of the patient becomes habituated to the paroxysms; and, although he often becomes greatly debilitated by them, and the paroxysms themselves increase in duration, he passes through the attack with less violence and immediate danger.

In every case of angina pectoris that has presented itself to our notice have we found some disturbance, and some considerable disturbance, in the stomach and in the function of digestion. The individuals have complained of flatulence, acidity, perhaps vomiting, and oppression after meals. Whether the angina be the cause, or whether it be the effect, the condition of the stomach should obtain, in our treatment, equal consideration with the immediate seat of the more urgent symptoms.

In the treatment we have two objects to attain; first to afford some degree of relief while the paroxysm is actually present: second, to remove and avoid, as far as possible, all those circumstances which occasion its renewal. When we can refer all the symptoms to an irritated or disordered state of the stomach, an emetic should be instantly given, and the antimonial preparations form the best medicine for this purpose, as they produce a longer action. As soon as the patient rejects the emetic, he may be allowed a little warm water, administered to him sparingly. The perspiration hereby induced should be assisted by a moderate warmth of bed-clothes, and particularly by placing the patient between the blankets, with his head considerably elevated; and, if the constrictive pain or difficulty of respiration still outlast the sickness, opium, combined with ether, camphor, or other diffusable antispasmodics, should be employed pretty freely. Where the patient is gross, and the temperament decidedly plethoric, or the heart itself is evidently implicated in the affection, blood-letting will sometimes afford immediate relief; but in other cases, where the pulse is little disturbed, and the heart without palpitation, the use of the lancet proves injurious rather than beneficial. The prussic or hydrocianic acid, prepared according to Scheele's formula, and given during the paroxysm, has sometimes proved rapidly successful. Antispasmodics and cordials, especially wine, palliate the symptoms for a few minutes; but they should be administered with the greatest possible caution, for we must remember the heart is *oppressed*, not *weakened*.

It is in the intervals of the attack that medical skill and ingenuity are likely to be most efficacious. If we find the complaint connected, as it so often is, with other disease or disorder, as gout, the sudden suppression of any habitual discharge, or a chronic affection of any other organ, as the stomach or liver, our attention must be immediately directed to what may thus prove a predisposing cause, which we must endeavour to palliate or remove, according to the nature of the cause we may be fortunate enough to detect; and as everything that hurries the circulation is sufficient to bring on a paroxysm, the patient should be cautioned to keep his mind quiet (sometimes, truly, a most difficult task), and to refrain from all severe exercise.

(To be continued.)

CONVERSATION.

Let your subject be something of necessity and use; something that may advance the love and practice of virtue, reform the passions, or instruct the understanding.—*Epictetus.*

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TREATMENT AND CURE OF DIABETES.

The leading symptoms of Diabetes are :—Emaciation, debility, depression of spirits, thirst, gnawing sensations at the stomach, white tongue, constipation, dry skin, *irritable bladder and greatly increased secretion of urine.* The urine on being examined is found excessive in quantity, of a pale colour, wanting its proper odour, and containing sugar in greater or less quantity.

Notwithstanding the immense labours bestowed by some of our best physicians and most talented chemists, on the nature and treatment of this disease, these important points are still involved in much obscurity, and many practitioners of the present day still adhere to the prognosis long since given by Prout and Rayer, *viz* , that diabetes is almost always a fatal disease. Few have studied this complaint, both at the bed-side and in the laboratory, with greater assiduity than M. Bouchardat; and his labours have not been fruitless; for he announced, at the last meeting of the Academy (Paris), as the result of extensive practice, that the method of treatment founded on his researches, leads to the cure of diabetes in a majority of cases. It may, therefore, be interesting to notice briefly the successive steps of experiment and investigation which had led M. Bouchardat to this splendid result.

In one of his early memoirs M. Bouchardat determined experimentally that the *thirst* of patients affected with diabetes is directly proportionate to the quantity of saccharine, or starchy matter, contained in their food; and that the quantity of sugar in their urine bears a constant proportion to the quantity of the same principles in the food. M. Bouchardat likewise set at rest the controverted question of the presence of sugar in the blood of diabetic patients, and showed how the sugar may be found in the blood a few hours after a meal, whereas it has disappeared from the circulation many hours later. This proves that the kidney merely acts as an organ of elimination; during diabetes it eliminates sugar instead of urea. In simple diabetes, a particular matter also is eliminated; but not sugar. It is a mixture of glucose, urea, aud certain salts.

Having shown that the sugar of diabetes is formed neither in the kidneys nor stomach, M. Bouchardat adduces various reasons which lead him to attribute the elaboration of this principle to the liver; and the primary cause of the disease to disturbance of the nervous system. This latter opinion derives some support from the well-known experiments of M. Bernard, who produced diabetes in animals by wounding a particular part of the brain.

Although the practice of Rollo was, undoubtedly, an immense improvement in the treatment of diabetes, further experience demonstrated that the exclusive use of animal food was not sufficient to prevent the formation of sugar. M. Bouchardat therefore proposed the gluten bread; and this, together with the carbonate of ammonia, forms the basis of his treatment. All substances containing starch or sugar, are, of course, forbidden; but M. Bouchardat replaces them by other substances of the same physiological class, as alcoholic drinks and fatty matters.

The best mode of combatting the functional derangement of the liver, which, according to the author's views, is intimately connected with diabetes, consists in the use of purgatives. M. Bouchardat employs them in extraordinary variety, from white mustard-seed to the pills of Belloste, and the remedy of Durande.

In some cases of diabetes, however, the most careful attention to diet and the state of the liver fails to relieve the complaint. Here some serious disturbance of the nervous system is to be suspected. Indeed, it often manifests itself by general excitement, numbness of the limbs, partial amaurosis, or severe pain in the lower part of the spinal vertebræ. These desperate cases the author does not abandon, but endeavours to act on the nervous system, and sometimes with success, through means of those substances which act most powerfully on the nervous centres, as belladonna, strychnine, opium, and the solaneæ.

M. Bouchardat has now treated forty-one cases of diabetes by his improved method, and saved more than one-half of the patients. This is the best eulogium that can be passed on his practice.

PHYSICIANS' FEES.

We extract the following from a memoir of Dr Chambers, which appeared in a recent number of the "Lancet:"—

"We have carefully recorded many of the particulars we have been able to collect respecting fees, because income is the best and only test of practice, and we are desirous of placing before the profession the prizes which are open to those who cultivate it honourably and laboriously. We believe, that considering the many years over which the large practice of Dr. Chambers extended, his receipts must, with few exceptions, have well-nigh equalled those of any physician of modern times. Sir Henry Halford's professional receipts were all made up, from the time he commenced practice to the day of his death. They amounted, we believe, to something more than £230,000, and average £6000 a-year for the *whole* of the thirty years he was engaged in practice. We believe that at the end of the year 1809, Baillie and Halford compared notes, and found, from their fee-books, that each of them had made, during that year, £9000. This was in the sixteenth and fifteenth years of their practice respectively. Baillie's practice, like that of Dr. Chambers, was slow and progressive. In 1789 he left off lecturing, because he had made £1000 within the year. At this time he had reached thirty-eight years of age. No man would leave off lecturing, now-a-days, for such a reason; but in Baillie's case it answered, for in 1803 he made £5000. In one of the subequent years of his career, in 1813 or 1814, Baillie made £11,300, paper money, although he was absent from town two or three months of the year; but this included his salary during the last illness of King George III., and was probably the largest sum ever made by purely medical practice in an equal space of time. Dr. Warren, the predecessor of Dr. Chambers at St. George's, and who in his day led the town, made, in one year, a little more than £8000; but he hated morning business, and so discouraged it that he seldom had any patients at his house of a morning. He took this amount, also, without receiving any very large fees. These sums seem small, in comparison of the fees of Sir Astley Cooper; but the doubt has been started, whether Sir Astley did not reckon his whole income, the interest of his previous earnings, as well as the actual professional receipts of the year. It would perhaps be difficult to determine this point; but it is generally admitted that Sir Astley's fees were larger than those of any other practitioner before or since. There is one curious circumstance connected with this—namely, that Sir Astley Cooper and paper money flourished together; and it is declared, that when fees were paid in paper, large and double fees were more common than in any other medical period. Paper, although having an equal value, was given more prodigally than the solid guinea or the sovereign."

THE INFLUENCE OF THE EAST WIND.

In Holy Writ mention is made, nearly four thousand years ago, in a distinct and clear manner, of the malignant property of one of the four cardinal winds. It is well known, that at that early era the subdivisions of the compass were not discovered; that the four cardinal winds were all which were noticed as existing; and hence it is that we have only the north, south, east, west, mostly spoken of in all the writings of the ancients.

Joseph speaks of the blighting character of the east wind on the corn, when the seven years' famine was to befal the Egyptians. Moses, again, while residing in captivity under the sovereign authority of the Pharaohs, was directed to infest the Egyptians with yet another plague, and which was effected by the instrumentality of an "east wind;" and we find, when it was necessary to stay the plague, that the influence of the wind from a directly opposite quarter of the earth, possessing different electro-magnetic properties, is invoked. We have here, in the earliest history, a satisfactory statement of the relative properties of two of the four winds then known, one having the property, from its inherent nature, of injuring mankind by the destruction of vegetable growth; and the other, the counteracting the baneful influence. Can it be possible that such a state of things would exist without the vital ingredient in the air being in some way radically changed? Late experiments on the electricity of the atmosphere, faithfully observed on that useful philosophical apparatus, the electrometer, have shown in the most emphatic and clear manner, that we have electricity on some days positive, and on others, negative; on others, again, we have it hardly perceptible. Thus alternations are continually taking place on the globe's surface, causing at some times attractive actions on the composition or materials of living structures, and repulsive powers of the molecules of vegetable and animal life at other periods.

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PHARMACOLOGY.

Mild Acrid Purgatives.—No. XV.

(*Continued from page* 189.)

Senna Foliæ: Senna Leaves.—Senna is a general term for the dried leaves of several species of cassia. Their purgative principle has been procured in a separate form, called *cathartine*. Senna is imported from Mecca, Tripoli, Aleppo, and some parts of Italy: the acute-leaved senna is that which is chiefly used in England, and is the best, but it is frequently much adulterated. The pharmacopœia directs a compound: infusion of senna; the compound tincture of senna; a confection of senna; the syrup of senna; and it also enters into the composition of the compound mixture of gentian. The compound infusion of senna, (*senna tea*) is thus directed to be made:—Take—senna, fifteen drachms; ginger, sliced, four scruples; boiling water, a pint; macerate for an hour in a vessel lightly covered, and strain. The dose for an adult is from three to four ounces. This infusion spoils quickly; when exposed to the air a yellow precipitate is formed in it, and its purgative qualities are lost. The compound tincture of senna is an excellent stomachic and purgative: the dose is from two teaspoonsful to a large spoonful.—The confection of senna (*lenitive electuary*). This valuable and much employed purgative is generally very badly prepared, and some druggists scruple not to sell an article for the confection that does not contain a particle either of senna or cassia. It should be thus prepared:—Take—senna, eight ounces; figs, a pound; tamarind pulp, cassia pulp, the pulp of prunes, of each, half-a-pound; coriander seeds, four ounces; liquorice, three ounces; sugar, two pounds and a-half; water, three pints. Rub the senna with the coriander, and by the aid of a sieve separate ten ounces of the mixed powder; boil the figs, liquorice, &c., in the water down to one half; then press and strain the liquor; evaporate the strained liquor in a water bath, until of the whole twenty-four ounces remain; then, the sugar being added, let a syrup remain. Lastly, rub the pulps gradually with the syrup, and having thrown in the sifted powder, mix them all. Dose: a teaspoonful to a large spoonful. The confection of senna when combined with the following ingredients is a valuable purgative in piles:—Take—confection of senna, four ounces; flowers of sulphur and cream of tartar, of each, one ounce; syrup of ginger, sufficient to form an electuary. Dose: a teaspoonful three times a-day. The syrup of senna is an agreeable and gentle laxative for children; it is thus prepared:—Take—senna, two ounces and a-half; manna, three ounces; fennel, six drachms; sugar, fifteen ounces; water, a pint; macerate the senna and fennel in water, with a gentle heat, for an hour; mix the manna and sugar with the strained liquor; then boil down to a proper consistence. Dose: two teaspoonsful to a large spoonful.

Rheum.

Rheum palmatum. Rhei Radix. Rhubarb Root.—The best medicinal rhubarb is brought from the East Indies and China; that which is imported through Russia in flat perforated pieces is considered superior. Turkey produces a large quantity, and the domestic rhubarb of our own gardens yields a medicinal rhubarb of an inferior quality, which too often adulterates the more pure drug. The dose of powdered rhubarb as a purgative, is from ten grains to half a drachm. It is a most valuable remedy, especially for children. It is a useful adjunct to neutral salts and calomel, rendering their operation more easy and speedy. Rhubarb enters into the composition of the following preparations:—*Infusion of rhubarb*; dose: one ounce to three ounces. *The extract of rhubarb* (seldom employed, as the purgative property is said to be much diminished during the process of extraction); dose: ten grains to thirty. *Wine of rhubarb* (Edinburgh Parmacopœia): An excellent remedy in weakness of the stomach and bowels; is directed to be made by macerating two ounces of rhubarb and one ounce of powdered canella in eighteen ounces of sherry. Dose: half an ounce to an ounce and a-half. *The compound tincture of rhubarb.* Dose: two drachms to an ounce and a-half. *Compound rhubarb pill.* Dose: eight grains to a scruple. (See No. 19, page 151.) The following are formulæ for administering rhubarb:—Take—powdered rhubarb, a scruple; magnesia, two scruples; compound cinnamon powder, ten grains; mix. Of which, four grains or five grains may be given to a child six months' old. Or, Take—powdered rhubarb, a scruple; hydrargyrum cum creta, ten grains; compound cinnamon powder, five grains; mix. Of which, four grains shall be a dose for a child eight or ten months old; for an adult it may be combined with a neutral salt in this form:—Take—powdered rhubarb, fifteen grains; bisulphate of potash, fifteen grains; mucilage of gum arabic, one drachm; cinnamon water, an ounce; mix for a draught. The following is an admirable purgative for pregnant women:—Take—infusion of rhubarb, and infusion of calumba, of each two ounces and a-half; sulphate of magnesia, four drachms; compound tincture of senna, tincture of orange-peel, of each six drachms; mix, for a mixture. Dose: two large spoonsful twice or three times a day. Combined with calomel rhubarb may be thus given:—Take—powdered rhubarb, twelve grains; calomel, three or four grains; compound cinnamon powder, five grains; mix for a powder for an adult. To be taken in honey or preserve.

BLEEDING FROM WOUNDS.

Bleeding from a wound may in general be for a time, or even completely stopped, if the wounded part be on a bone, as for instance on the skull, or on parts of the face, where it can be pressed firmly against the bone by the finger or by a bit of cork, or a hard pad bound tightly on with a roller. But if this do not succeed, each end of the wound must be lifted up, carefully examined, and if any small jet of blood be seen, it may be presumed that some little artery is wounded. The point of a tenaculum (which is a steel hook with a sharp point) should then be dipped in as near as possible to it, and the spouting mouth drawn up sufficiently to pass a strong thread of silk round it, below the tenaculum; one end of the silk should then be passed through the other, and both ends drawn steadily till the blood cease to flow from the vessel, the mouth of which is then seen gaping open and white. Any other spouting vessel must be hooked up and tied in the same way. After which, if the bleeding cease, the wound may be brought together with plaister.

When, however, wounds happen in the limbs, and are followed by much and continued bleeding, it cannot usually be stopped by pressure on or near the wound, but requires the whole current of blood to be prevented passing through the limb. This is very easily done, and an unprofessional person can be taught with little difficulty to do it.

If the bleeding be from a wound in the arm, more especially if near the armpit, in which case nothing more can for the moment be done, a bystander should press his thumb firmly into the neck behind the middle of the collar-bone, which will stop the flow of blood through the great artery of the arm as it is first coming out of the chest. As however, the pressure thus made soon tires the thumb, the handle of a door key, wrapped in three or four folds of linen, may be pressed behind the middle of the collar-bone, and held without fatigue for almost any length of time, till proper assistance can be obtained.

If there be very severe bleeding from a wound in the leg or thigh, especially if high up in the latter, the great artery which supplies blood to the limb may be pressed so as to prevent the flow of blood through it by pressing with the thumb immediately below the crease of the groin. This pressure is made with less difficulty than in pressing behind the collar-bone, because the patient lying on his back, the pressure is made directly upon the groin, at a right-angle with the body. The door key may be here also used, but the thumb is most convenient.

When, however, the bleeding wound is anywhere below the middle of the upper arm, or below the middle of the thigh, a temporary contrivance may be used which will command the bleeding. It consists merely of a stout pocket handkerchief and piece of tough stick, which from its mode of employment is called a stick-tourniquet.

The handkerchief is to be passed once or twice round the limb, some distance, if possible, above the wound, and tied tightly and firmly. The stick is then pushed beneath the circular bandage thus formed between it and the skin, and twisted so that it screws the handkerchief tight till the blood ceases to flow; the screwing should only be continued till the bleeding stops, for if the bandage and stick be strong, and the twisting be continued, the soft parts beneath may be severely and unnecessarily bruised.

Surgeons have a brass tourniquet with a bandage and pad, the action of the pad being to press specially upon the artery; but as the situation of the vessel requires an anatomical knowledge, it is not useful to an unpractised person; and the stick tourniquet applied as directed, and screwed tight, answers the purpose exceedingly well, till proper assistance can be obtained.—*Mr. South.*

PASSIONS.

A man can always conquer his passions if he *pleases*; but he cannot always *please* to conquer his passions

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OZŒNA AND NEURALGIA OF THE FACE CURED BY THE EXTRACTION OF A TOOTH.

Dr. C. A. Harris has communicated to the *American Medical and Surgical Journal* the case of a person who had for a little more that two years been the subject of an obstinate and distressing affection of the left nasal fossa, and of frequent attacks of pain, which he represented as being, at times, almost excruciating; commencing immediately over the first left superior molar, then shooting back to the angle of the jaw, to the ala of the nose, inner angle of the eye, and not unfrequently to the top of the head. Ulceration had taken place in the mucous membrane of the affected nostril, and as this fetid matter, occasionally streaked with pus and blood, was almost constantly discharged, excoriating the parts with which it came in contact, the cavity of the nostril had become so much closed by the thickening of its membranes, that the passage of air through it was prevented, and the external integuments had assumed a dark florid appearance, and become considerably tumefied and sensitive to the touch. The teeth were carefully examined by a dentist, but were found to be apparently sound. After trying several plans of treatment unavailingly, he placed himself under the care of Dr. Harris, who ascertained that his teeth, at least so far as their crowns were concerned, were all free from disease, but the socket of the first left superior molar, which had been the seat of pain for some time, was considerably wasted, the tooth itself, particularly its outer and posterior surfaces, thickly coated with tartar, slightly loosened, and partially protruded from the jaw; whilst the surrounding gum was inflamed and spongy. The tooth had thus, as it would seem, from some cause or other, become obnoxious to the parts within which it was contained; and, as it had no antagonist, its removal appeared to constitute the first and principal indication of cure. To this, upon its being advised, he readily submitted. The operation was followed by a sudden gush of thin fetid matter from the antrum, which communicated with the socket of the tooth by an opening sufficiently large to admit of the easy introduction of the end of a small goosequill, and a subsidence of pain. The cause of his complicated malady was now revealed. The fangs of the tooth were found to be greatly enlarged by exostosis. The intervening transverse and longitudinal alveolar walls had been destroyed, and the place which they had formerly occupied was filled with fungus. The edges of the surrounding wall were considerably wasted, and its surface, interiorly, rough and enlarged. A strong solution of nitrate of silver having been applied to the diseased socket, by means of a camel's-hair pencil, and the antrum syringed out with diluted tincture of myrrh, which last was directed to be repeated twice a-day as long as the opening into the cavity should remain unclosed, the cure was entrusted to the restorative energies of nature. He left the city the next day, and Dr. Harris saw him twice afterwards. He had but one attack of neuralgic pain after the removal of the tooth; the discharge diminished and became healthy; he could breathe through the affected nostril, and when last seen was entirely recovered. Dr. Harris observes, that the circumstances connected with this case would seem to justify the conclusion, that the irritation produced by the enlargement of the roots of the tooth had given rise to a morbid excitement in the mucous membrane of the maxillary antrum—that this had extended to the left nostril, where the parts, being more exposed to external irritating agents, had taken on a new and aggravated form of disease; and that the neuralgia was the result of the irritation in the nose, antrum, or socket, and most probably of the last. How far the deposition of tartar that had formed on the tooth may have been accessory to the exostosis, is a question perhaps not easily solved. That it might produce such an effect can very readily be conceived, for when the morbid influence the presence of this substance frequently exerts upon the secretions of the mouth, the gums, and alveolar processes, is taken into consideration, it will not appear at all strange that it should give rise to it. The disease being dependent on inflammation of the periosteum of the roots of the teeth, may be brought on, when favoured by a constitutional tendency, by anything producing unnatural excitement in these membranes; and that salivary calculus often does this, is a fully recognised axiom in dental pathology. But how far it may have been concerned, either primarily or secondarily, in its production in this instance, Dr. Harris is unwilling to decide, inasmuch as there was one other circumstance connected with the history of the case that may have been the primary cause of the whole disturbance. That was, the want of an opposing tooth; and he remarks that, whenever this happens, especially to a superior molar, as in the present case, the surrounding gum is apt to become inflamed, the periosteum of its roots morbidly excited, and the socket to waste, and sometimes to become gradually filled with ossific deposition, as though nature, conscious that the tooth was of no further use, exerted her energies to expel it from the jaw.

SYMPTOMS OF POISONING BY A COPPER COIN.

Dr. Bing, of Dettlebach, reports the following case:—A boy of about three years of age swallowed a copper coin. After some days, he became restless, sallow, complained of pain in the abdomen, great thirst, and sleeplessness. The author found the abdomen much distended and sensible to pressure, the tongue dry, want of appetite, obstruction of the bowels, pulse small, hard, and contracted; from these symptoms, he diagnosticated poison by copper. Thinking the chance of spontaneous expulsion of the coin to be somewhat doubtful, he preferred attempting to bring about its solution, and ordered for this purpose a powder consisting of five grains of jalap, three grains of liver of sulphur, five grains of starch, and the same quantity of sugar, to be taken every three hours; he also recommended a beverage composed of milk and water, with sugar and white of an egg; and prohibited all fat, salted, spiced, and acesent food. After the patient had evacuated several times, his excrements were incinerated in a crucible, then mixed with a sufficient quantity of dilute nitric acid, and digested in the sand-bath. The liquid was then filtered, and tested by a solution of ferrocyanate of potass, and liquor ammon. caust. The former reagent occasioned a *reddish brown* precipitate, the latter gave the liquid a *blue* colour. A piece of polished steel, dipped into the liquid, was quickly covered with a strong coating of copper. Thus, the presence of copper was clearly shown. When the patient had continued the above powders for some time, he gained a better appearance; his appetite returned; his evacuations became regular, and now he enjoys his former good health.

BOY OR GIRL?

The following mode was adopted a few years ago in a branch of my family residing in Denbighshire, with the view of discovering the sex of an infant previous to its birth. As I do not remember to have met with it in other localities, it may, perhaps, be an interesting addition to your "Folk Lore." An old woman of the village, strongly attached to the family, asked permission to use a harmless charm to learn if the expected infant would be male or female. Accordingly, she joined the servants at their supper, where she assisted in clearing a shoulder of mutton of every particle of meat. She then held the blade-bone to the fire until it was scorched, so as to permit her to force her thumbs through the thin part. Through the holes thus made she passed a string, and, having knotted the ends together, she drove in a nail over the back door, and left the house, giving strict injunctions to the servants to hang the bone up in that place the last thing at night. Then they were carefully to observe who should first enter that door on the following morning, exclusive of the members of the household, and the sex of the child would be that of the first comer. This rather vexed some of the servants, who wished for a boy, as two or three women came regularly each morning to the house, and a man was scarcely ever seen there; but, to their delight, the first comer on this occasion proved to be a man, and in a few weeks the old woman's reputation was established throughout the neighbourhood by the birth of a boy.—*Notes and Queries.*

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

Saline Purgatives.—To the use of saline aperients, as Glaubers' salt, the Epsom salt, the Cheltenham salt, the seidlitz salt, &c., there is some objection; as, by diminishing the temperature of the stomach and bowels, they are apt to occasion a determination of blood to the head, to excite pain and very troublesome flatulency of the stomach and bowels, and frequently produce many nervous and other complaints.

Appetite.—The dyspeptic should carefully attend to the first feeling of satiety. There is a moment when the relish given to the appetite ceases; a single mouthful taken after this, oppresses a weak stomach. If he eat slowly, and carefully attend to this feeling, he will never overload the stomach.—*Dr. Paris.*

Washing Infants.—As soon as the young babe is taken from its couch in the morning, it should be washed in warm water, about 90° or 96° temperature, and in the evening a similar ablution should be performed. To use cold water at this early stage of its existence, is most hurtful, dangerous, and cruel; and no means will be found more efficacious in undermining its health and producing disease; but, in course of time, the temperature of the water should be gradually diminished.—*Dr. Conquest.*

Mixture for Diarrhœa.—Take—electuary of catechu, one drachm; tincture of kino, one drachm; tincture of opium, forty drops; cinnamon and pimento water, of each, one ounce and a-half; simple water, two ounces: mix. Dose: two large spoonsful every three or four hours.

Ventilation.—Ladies and other tender people, pass a great deal of their time in rooms extremely well fitted up, so as to admit scarcely any outward air, except by opening of the doors and windows; the air of the room is thus tainted with animal steam, and the effluvia of candles, lamps, &c. Query: May not some of their nervous symptoms proceed from this cause?—*Sir John Sinclair.*

Sleeping with the Mouth open.—A watchmaker in London, whose family connexions died of coughs and pulmonary complaints, from a practice they had of always sleeping with their mouths open, even in the coldest weather, and who could not cure himself of that custom, prevented any injury from it, by covering his mouth when he slept with a thin silk handkerchief, which he called a hot bath.—*Idem.*

DIETARY, WHOLESOME AND ECONOMIC.

To Preserve Rhubarb.—The following recipe, if rightly followed, will make a most delicious preserve. To one and a quarter pounds of rhubarb, put one pound of loaf-sugar, half an ounce of bitter-almonds, and about half a lemon-peel chopped fine. Boil all together. It will require as much boiling as any preserve, and still more if the rhubarb be rather old. In the latter case also, the sticks must be peeled. Care must be taken to wipe the rhubarb perfectly dry, if not so when gathered.

Raspberry Jam.—Let your fruit be perfectly ripe, and gathered free from moisture, without their stems. Look them over, that no impurities may be mixed up among them. Beat them into a pulp in a preserving pan, and boil them over a tolerably brisk fire, constantly stirring, till a considerable portion of the watery part of the fruit is evaporated; then add the same weight of good raw, or what is better, of lump sugar, as you have of fruit when boiled, and let the whole boil gently for half an hour, or rather longer if the quantity be large.

Strawberry Jam may be made in exactly the same manner.

Gooseberry Jam may be made with any kind of ripe gooseberries, and half their weight of sugar, remembering that rather more raw sugar is requisite than of white, and that jams made of refined sugar are more delicate in their flavour than those prepared with raw sugar, which if used at all must be of a good quality, not particularly white, but yellow and sparkling.

Jams should be kept in a very cool place, but by no means in a damp one: they should be well protected from the air, by being tied over with a bladder or other prepared skin. The less sugar that can be employed in making jam, consistently with the keeping it, the better the peculiar flavour of the fruit will be preserved.

Black Currant Jelly.—Get your currants when they are ripe and dry, pick them off the stalks, and put them in a large stew-pot; to every ten quarts of currants put a quart of water, tie a paper over them, and set them in a cool oven for two hours, then squeeze them through a very thin cloth; to every quart of juice add a pound and a-half of loaf sugar broken in small pieces, stir it gently till the sugar is melted; when it boils skim it well, let it boil pretty thick for half an hour over a clear fire, then pour it into pots; put brandy papers over them, and keep them for use.

Bell's Biscuits.—Three ounces flour, three ounces ground rice, six ounces sifted lump sugar, quarter-pound of butter worked to a cream. Beat up one egg, add it to the butter, with the grated peel of half a lemon. Then mix in the sugar, and afterwards the flour and rice. Drop in small lumps on floured tins to bake, allowing them room to spread. They require from five to ten minutes in a brisk oven.

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NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

THE PEOPLE'S MEDICAL JOURNAL will be published half-yearly as a volume, bound in strong boards, cloth; each volume will contain an index. Vol. I. will be ready July 1st, price 4s. 6d.; covers for binding may be obtained at the publisher's, price 1s. 6d.

WITH VOL II. we shall commence a series of articles on CONSUMPTION, and a series on MELANCHOLY.

TO THE SECRETARIES OR LIBRARIANS OF MECHANICS' INSTITUTES, Working Mens' Libraries, Book Clubs, and other institutions for the social advancement of the Industrial Classes.—Dr. Yeoman will be happy to present copies of his Medical Journal and published works to such societies, if the address of a London agent or correspondent be forwarded to Lloyd-square.

A SUBSCRIBER (Canterbury).—We have frequently objected to such signatures: "a reader," "a subscriber," is too indefinite. The pimples are the result of impaired general health, disordered digestion, and perhaps some other cause. You merely mention one fact—there are others equally as important in connexion with it.

E. B. L.—We hesitated, and still do hesitate, about the propriety of continuing the articles on the DISEASES OF WOMEN. It is our wish to render the Journal truly a Family Journal; and you, as a mother, know that however careful we may be, a single sentence might arouse inquiry on such a subject that ought to remain dormant for years. Should it be the general wish of our subscribers that we should continue the articles, we shall yield to their opinion. You are quite right—the Editor *has* much to think of.

G. R.—"Give sorrow words: the grief that does not speak
Whispers the o'erfraught heart, and bids it break."
"Dispute it like a man." "Feel it as a man." 'Tis moral medicine you require; we must see you.

A SYMPATHISER.—Your opinion is the reflex of our own. Until there are properly governed medical colleges, and until the public shall be better educated in the structure and functions of the human body, all kinds of quackery are sure to meet with a certain amount of encouragement; and the more preposterous the projects, and the more they outrage common sense, and violate all the inductions of science, the more certain are they of receiving support. We are delighted to know that our efforts have been attended with the success you kindly attribute to them.

JOSEPH HEALD (Shrewsbury).—Beer is certainly our national beverage; John Bull thrives on it; it is adapted to our constitution, and to our climate. We wish every man in the three kingdoms had his daily pint, and every woman her gill! Listen! Chaucer talks of a "draught of moist and corny ale," and the "ale of Southwark" affected the cook's sobriety during the pilgrimage to Canterbury. Launce in the "Two Gentlemen of Verona," speaks in the fulness of the popular heart in the popular voice, when he exclaims—"Blessed be her heart, for she brewed good ale!"

BOBERTUS (Canterbury).—See No. 7, page 55, article TO ARREST BALDNESS.

A. ROSS (Leeds).—We shall be glad to receive your promised letters. Where is Stevens, and where is Harle—Coffin's late *confrères?*

ALPHOIDES LEPRA (Cambridge).—Did you not correspond with us two or three years since? We fancy we recognise the handwriting, and remember the case. If we are correct, send your address.

AN INVALID (Heaton Norris).—1st. You are suffering from chronic laryngitis—your note does not detail the case with sufficient distinctness. Do not go to the sea-side. 2nd. A disordered stomach is in all probability, the cause of your mother's disturbed and unrefreshing sleep. See answer to THOMAS BOLTON, in No. 20.

A. Y. L. (Forres, N. B.).—We will insert a paper on the affection about which you are interested, at an early period.

STEPHEN ROBERTS.—You are in the hands of a quack. Do not be frightened by his plates, wax models, and fearful histories. Put up with your pecuniary loss, and repair the mischief he has inflicted on you by consulting some respectable physician

A WATCHMAKER (St. John's-street-road).—The person's name is not in the Medical Directory as a qualified man: he is only, we believe, a prescribing druggist. Your last question is a legal one.

SURPRISE (Jewin-street Crescent).—We have seen the "portrait" displayed in barbers' and other shops in your locality. We are surprised that any respectable physician would permit such "bill-sticking," as you properly term it.

T. W. (Chelsea).—The man in Beaufort Buildings is one of the tribe Quack. The gentleman you name (in Piccadilly) is a regularly educated man, although he does puff a *leetle* too much.

P. B. C.—A man cannot lose flesh without some cause, and that cause is frequently disease. A gradual and progressive loss of weight is always a bad symptom, and the longer it continues the worse it is.

EMILY E. B. (Bedford-street).—You will find an article on HAIR DYES, in No. 8, page 62. Remember grey hairs are honourable. The advertisements to which you allude, proceed from quacks.

W. B.—(a painter, Leeds).—Your intemperate habits have vitiated your stomach, hence the offensive breath; people "addicted to drinking," as you say you are, in general have some penalty to pay: reform, resolve, and renovate. Read INDIGESTION, CONSTIPATION, &c.

NERVOSUS.—We decline answering your question in this column: the reason must be obvious.

ABRAHAM SMITH (Bilston).—See answer to J. F. D. (Friar-street), in No. 23.

B. SETTLEWOOD (Waterside, Derby).—The Journal and other books will be presented as a gift, and application for them must be made by some office-bearer in the Institute or Society. The price of the half-yearly volume, bound in strong boards, cloth, gilt lettered, &c., will be 4*s.* 6*d.* Covers, ready for binding, may be ordered through your local bookseller, price 1*s.* 6*d.*

C. ADAMS (Manchester).—The fits you describe are *epileptic*. You must communicate your address, and do write more distinctly. *You can.*

ETHELBERT (Leek).—You have wasted much precious time: the pills, according to the prescription sent, are dangerous; the sarsaparilla, useless and expensive. Send your address.

A. B. (Burntisland).—Local applications to ulcers can only be palliative: search for the constitutional cause, and remove it. See chapter "on the Constitutional Causes of Local Disorders," in INDIGESTION, &c. Try a carrot poultice; keep the parts clean; improve the general health; give wine or beer, if the strength fail.

FAIR PLAY (Manchester).—We fear conviction will not follow: the law regarding malpractice by quacks and unqualified persons is most defective. The summing up of Mr. Baron Rolfe, at the trial of George Winterbottom, almost offers a premium for murder, and the propagation of medical swindling. See the PEOPLE'S MEDICAL JOURNAL, No. 16. The case of Bates, who is now awaiting his trial, for the manslaughter of his wife, will, we hope, give us another version of the law on the question. Coffin himself, not his ignorant dupe, should be held responsible. Pending the trial of the agent, we forbear further comment; but we earnestly caution all who value life, not to take the deadly poison *Lobelia Inflata*, unless prescribed in its proper dose, for its proper purpose, by a medical practitioner.

A HEALTH SEEKER.—Horse-hair gloves and straps, are better than coarse towels, and in the long run are cheaper. Lawrence's are the best.

CITOYENNE.—("Citoyenne," by the way, is feminine, your infirmity is decidedly masculine). You will find your question answered in the reply to J. F. D. (Friar-street), in No. 23.

D. W. J. (Bayswater).—For a laxative suitable to your case and age, see No. 1, page 7. For a cough pill—Take—powdered squilla, half a-drachm: gum ammoniacum, a drachm and a-half; extract of conium, half a-drachm. Beat and mix well together; divide into thirty pills, of which take two every six hours.

AN OBSERVER.—We thank you for your letter; all the facts, ideas and suggestions which it contains, have been detailed in the admirable letters of VICTIM, PATER FAMILIAS, and in the article on QUACK CONSULTING SURGEONS, in No. 24. We wish, with you, that "some unfortunate being, who has been the subject of their base stratagems, had sufficient courage to demand the assistance of the stern arm of justice, thereby to expose their villanies, and to warn others from their snares." If such an one, who could prove *conspiracy* and *fraud*, were to apply to us, he should not lack assistance.

MEDICO NOVICIO.—Answered privately. A parcel sent to Mr. Berger.

GEORGE FRANKLIN (Hackney-road).—We cannot do anything for you, without examining for ourselves: it is impossible that an invalid, afflicted as you are, can detail his or her case with the required accuracy.

ADDRESSES REQUIRED.—Mr. Richards, late of 11 Suffolk-street, Rotherfield-street, Islington. Mr. William Creed, late of London-road, Chertsey.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—JOHN TOOTHE (Tower-hill). R. U. P. AGNES (Deptford). ELIZA B—— (Rotherhite). W. B. (Tracy-street). JUVENIS (Stratford). A WAREHOUSEMAN. A CLERK (Custom House). MRS. NORRIS. E. B. T. (Upper Thames-street). FLORENCE (Hackney-road).

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—JOSEPH CURTIS. VIATOR (Ramsgate). AN INVALID (Norwood). D. L. P. (Tottenham-court-road). R. J. (Trinity-square). A TRADESMAN (Swansea). A POOR PLAYER (Hull). AGNES ST. CLAIR (Clifton) DUPPA. C. J. C.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M. D.

No. 26.—Vol. I.] SATURDAY, JUNE 29, 1850. [WITH A SUPPLEMENT, PRICE TWOPENCE.

ON TRAINING.

The state of health, or "condition," as it is termed, into which a man may be brought by training, is often extraordinary. This training, it must be understood, consists in nothing more than regular exercise and living. The most salubrious and retired country places are usually chosen, and there the man, under the guidance of an experienced trainer, performs his systematic duties. He retires early to his bed, which is a mattress, with sufficient covering to ensure a suitable warmth, without encouraging unnecessary perspiration. He rises betimes in a morning, and after a general washing and rubbing partakes of a slight repast, and commences his day's work by a quick walk of a few miles. He then returns home, and eats with what appetite he can. After a short rest, he is again exercised until his next meal time, and so on throughout the day. His diet is chiefly confined to the lean of underdone beef and mutton, fowl, and stale bread. He takes two or three glasses of sherry, with, perhaps, a little old ale daily. The distance he is made to walk and run, every day, varies from ten to forty miles. He begins with what he is conveniently able to bear, and increases his exertions in proportion to his increasing strength. By these means, a man is shortly brought from a state of plethora and listless inactivity to one of liveliness, energy, and endurance. Body and mind are alike invigorated and improved; but the benefit is mainly referrable to the air and exercise. No training, however skilfully conducted, would bring a man into good condition who had to breathe an impure atmosphere.

In proof of the influence which even temporary physical education exerts upon the human frame and its stamina, may be mentioned the following example: In the summer of 1839, the then Editor of the "Medical Times" had an opportunity of witnessing one of the trial races of Oscroft, at that time one of the swiftest runners in England. On the occasion he speaks of, he ran one hundred and twenty yards in eleven seconds; his pulse, just before starting, beat sixty-one strokes per minute, and at the termination of his extraordinary feat, it beat only ninety-four! When it is further taken into account, that, whilst in the act of running, he never made a complete inspiration or expiration, the performance can be considered little short of wonderful. The man said himself, that though he was naturally remarkable for nimble-footedness, he was anything but "good-winded." Two months previously, he had been taken from a stocking-frame, and, by a process of merely careful training, was brought into the state of bodily condition alluded to. Had it been possible for him before commencing to train, to have run the distance in the time stated, the effort, if it had not killed, would have nearly asphyxiated him. He would have been breathing for his life, and his pulse could not have been counted. As it was, at the completion of his task he breathed without difficulty, and his pulse was increased only thirty-three beats per minute! After such evidence as this, and it is only one of a multitude of examples with which the world is familiar, no man, not actually diseased, need despair of becoming active and vigorous, if he will only attend to the simple rules which are to guide his physical discipline. The man of whom we have spoken had not a good chest, for which reason he could not under any circumstances have run a long race, and his configuration of thorax was even opposed to an effort of speed for a short distance, but the natural obstacle was overcome, for the time being, by temporary training. We are, perhaps, not justified in saying, *ex uno disce omnes;* but, at least, we can say, that if two short months of rigid living, and exercise in pure air, can do so much for a man's constitution and strength, how much more permanent service may be done by a continued observance, though in a milder degree, of the principles we have laid down. How many listless and enfeebled frames would be roused, refreshed, and made fit for the wear and tear of a protracted life! How many minds sinking into imbecility from actual lassitude, or oppressed by the melancholy of fancied cares, would be stirred by the busy and cheerful objects of worldly enterprise! We would fain teach the man too ardently devoted to learning, to science, or to worldly business, that with all his toil, and care, and penury of time, he is not a gainer; he may appropriate to his idol object an hour that should be sacred to his own service, and in so doing he is a loser of twain; let him husband his moments as niggardly as he will, there is a certain reckoning which he must daily have with himself, a certain time for his own rest and refreshment, and if that time be not granted, it becomes no matter of idle debtorship;—day after day registers a fresh account against him, and, at the end of a few years, the unsuspected fact of premature old age is announced by decrepitude, decay, and death. Ah! how little does it then avail a man, that, with all his gathered wisdom, he has only been reaping sorrow—that his lamp of life has burned brightly and beautifully, but withal, too fast—that he has drank deep of the intoxicating draught of ambition, and has not lived out half his days—that he has crowded rapidly into one gorgeous mass the reputation of intellect, and the honour of a name; and yet, at this devoted shrine of popularity, himself stands a solitary, distinguished victim, the last pausing place of his life being a Trophy and a Tomb. In regarding such splendid folly, we can only sigh, and say: "alas, poor human nature!"

Not only is a man in danger of becoming a sacrifice to protracted and unremitting study, but, waiving this, he is not a gainer in proportion to the number of days and nights successively passed in any intellectual pursuits. There is a relation which must necessarily obtain between physical and mental power; there is a chain of connexion between the two, which, injured in any wise, mars the beauty and usefulness of the whole:

> In such a chain, whatever link you strike,
> Tenth, or ten thousandth, breaks the chain alike.

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Some men are capable of more endurance than others, but there is a certain point at which every man will tire, and the consciousness of having reached it, should prompt him to desist from labour. Any effort maintained beyond it, makes but a poor return, and the longer the effort the more scanty will be the recompense. We have known men to study for two or three days and nights in succession, and not only have the last few hours been employed to no purpose, but the brain has become so exhausted and bewildered, that the impressions received even in its more vigorous state have been for a time obliterated.

A man who had a certain amount of physical exertion to undergo, would never think of commencing his task after having been tired by previous labour, but would come to it as fresh and invigorated as possible; and if his toil were required to be protracted, he would take care to husband his strength with all caution, and avail himself of every seasonable opportunity of rest. Not so with the man who engages without thought in any intellectual task. He never considers that his mind requires to be treated with alternations of relaxation and labour: it does not concern him to inquire what are the periods most favourable to its exercise; but at any hour, and under any circumstances, he will spur it on to fruitless exertion. If he were engaged to run a given distance in a certain space of time, he would be mindful to slacken his pace up hill, and over heavy ground, and reserve his strength and speed for fitting opportunities; and yet he will act diametrically the opposite of this in trying the activity and powers of his mind. He expects to have at night time all the vigour and freshness that possessed it in the morning, and he makes no allowance for the burden of a heavy meal, or for the anxiety and enervation of prolonged fasting. And thus, by not permitting himself to be reinvigorated in the proper seasons of rest, he is only a partial gainer in the seasons of labour. On the other hand, that man pursues his studies both with greater ease and with more certain success, who prepares his mind by timely repose and cheerful relaxation for the heavier duties it may be required to discharge.

Plutarch tells us that Cicero in his youth was thin and weakly, and had so delicate a stomach that he could eat but little, and only late in the day; yet the discipline he underwent at Athens not only rendered his system hardy and robust, but his voice, naturally harsh and disagreeable, was also made soft and sonorous. Thus, whilst fitting his mind for the duties of the forum, he was also preparing his physical powers for the same enterprise. And in the like manner did Julius Cæsar overcome the bodily impediments which nature had thrown in his way, and made himself famous both in the senate and in the field. What the ancients did, we can do, and the tutorship which made them mighty, may make us also their rivals in intellect and vigour. "I was," says Sully, "always of the same opinion as Henry IV. concerning these sports and exercises. He often asserted that they were the most solid foundation, not only of discipline and other military virtues, but also of those noble sentiments and elevation of mind which give one nature superiority over another." He who hopes to increase his mental, whilst he decreases his bodily strength, deceives himself with a false expectation. The judicious man, whilst cultivating his mind, improves, by the most natural means, his body also.

The wise for health on exercise depend,
God never made his work for man to mend.

BURNING THE DEAD.

A society has been formed for the purpose of substituting burning the dead, instead of interments. Such a proceeding would have the great inconvenience of preventing all possibility of discovering poisoning, if suspicions should arise at any future time. Under the present system, poisoning by arsenic has been detected fourteen years after death. If incremation be generally adopted, such a discovery of crime would be utterly prevented.

POISONING BY MACKAREL.

Dr. Christie relates a case of poisoning from the use of the above fish which occurred in his practice. The *Princess Royal*, a vessel of which Dr. C. was medical attendant, on her homeward voyage from Calcutta, put in at St. Helena for water. The lengthened mastication of salt junk, had given the officers of the ship a *relish* for fresh provisions. Accordingly, on leaving the island, they, *inter alia*, took in a supply of fresh mackarel, having dined upon it at the Hotel in St. Helena, when they pronounced it excellent. Having directed it to be cooked next morning, they breakfasted upon it, and found no inconvenience result for about an hour. Dr. Christie was the first attacked. The symptoms of poisoning began with a sensation of heat and constriction about the pharynx, slight nausea, fulness and swelling of the face, particularly the eyelids, which could not be fully opened. Then followed headache, and throbbing of the temples, and slight dyspnœa. Looking around, he saw others similarly affected. Suspecting at once what had caused the mischief, Dr. Christie took himself, and administered to the others, an emetic. After its action had subsided, and the stomach had been well cleared out, he prescribed some ether in camphor mixture to remove the nervous uneasiness and languor which remained behind. This languor was not quite removed for some days. The captain, as well as two children who had partaken of the fish, were similarly affected. A dose or two of purgative medicine removed all the unpleasant symptoms from the children; but the captain (who refused to take anything) remained weak and languid for eight or ten days after. Dr. Christie thinks that the poisoning in this instance could not have been owing to individual idiosyncrasy, or so many persons would not have been attacked at once. He says that he can ascribe it but to two causes: the first, to slight decomposition of the fish—an event likely to happen quickly under a tropical climate; and the last—which he does not think very probable—namely, that the species of mackarel used on the last day was different from that had at the hotel, and one of the two poisonous species of that fish said to be met with in the tropics.

IMPACTION OF A BARLEY BEARD UNDER THE TONGUE.

Dr. Ranking has published in the *Provincial Medical Journal* the case of a lad, 17 years of age, the son of a farmer, who was affected with sore throat and swelling of the soft parts forming the floor of the mouth. The fauces were not implicated. Deglutition was painful, from the difficulty experienced in moving the tongue; articulation was impeded, and there was considerable fever. These symptoms were attributed to the irritation produced by a beard of barley, which was supposed to be in the mouth, but could not be discovered. The usual treatment failing to afford relief, and the swelling increasing, several deep punctures were made with a bistoury, in the neighbourhood of the sublingual ducts. No appearance of the barley "haw" could be discovered. Next day he had a severe rigor, and the pulse became rapid and lost power; the features likewise became collapsed. Under the impression that an abscess had formed, the part was again punctured deeply, but without giving issue to pus. The patient died two days after, and the body was examined thirty hours after death. The neck was livid and puffed up with emphysema; the brain healthy, but slightly congested. Upon cutting into the neck, the cellular tissue was found to be dark, and filled with air. Dissecting inwards, through the genio-hyoid muscles, a gangrenous abscess, the size of a turkey's egg, was discovered. The genio-hyoglossus, and lingualis muscles, and the substance of the tongue, as far back as the epiglottis, were converted into a complete putrilage; and in the centre of this mass of gangrene was found a portion of barley "haw," or beard, an inch in length.

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DISEASES OF THE HEART.

BY THE EDITOR.

No. XIII.

(*Continued from page* 195.)

Structural, or Organic, Diseases of the Heart.

The symptoms occasioned by the several kinds of structural disease of the heart and the great vessels, have been closely investigated by modern pathologists. Notwithstanding the attention which has been devoted to them, or, if you will, the *fashion* they have acquired, we think we are not going too far when we add that every *disorder* of the respiration, or of the circulation, which to the practitioner is obscure, and to the patient painful and alarming, is too frequently and erroneously termed a disease of the heart; and with the term "disease of the heart" there is, of necessity, allied the idea of danger and fatality.

We look upon disease of the heart—as an alteration in its structure, a change in its organization, a destruction of, or injury to, the mechanism of the heart. And this change, this destruction, is comparatively rare; it exists more frequently in imagination than in fact.

Now, disorder of the heart—that is, irregularity in the working of the machinery, an impaired action and imperfect performance of its function—is the more frequent, and fortunately the more remediable, affection.

In disease, the wheels are broken; in disorder, they are only impeded by dust, dirt, and neglect. We cannot add cogs or spokes to the wheel, we cannot remove the valves; but we may and can brush off the dust, we may scrape off the corroding collection; and when we have done so, the machine again works well, correctly, and easily.

We have already spoken of the functional disorders of the heart; we now proceed to consider the structural *diseases* of that organ.

DILATATION.

The simplest, and one of the most frequent organic derangements of the heart, is dilatation, or enlargement, either general or partial, of its cavities; and this dilatation may exist under three different conditions of the substance of the heart; that is, we may have enlargement without any increased thickness of the walls, or muscular parietes of the heart: sometimes there is an increased thickness, and the heart is enlarged by an addition of solid substance, cellular and muscular, its cavities remaining little, if at all, more capacious than usual; and in other instances there may be an absolute thinness of the walls or sides of the heart.

The symptoms vary according to the nature of the enlargement which the heart undergoes. Simple dilatation of its cavities is attended with a sense of oppression about the chest, a full, slow, soft, or sometimes even an *imperceptible* pulse. Persons have been known to live in this state for many years. The disease goes on, in almost all cases, to produce dropsy, and most remarkable dropsy of the pericardium, and, consequently, urgent dyspnœa, or difficulty of breathing. In some instances chronic inflammation (with adhesion) of the pericardium supervenes a short time before death; and then the character of the symptoms very essentially changes. Nothing is known regarding the causes of simple dilatation of the heart. It has been observed in young persons without any disease of the valves, or other mechanical impediment to the transmission of the blood; from its frequent occurrence in particular families, it may, to a certain extent, be considered hereditary.

When the heart is enlarged by increase of its muscular parietes, the patient suffers from a constant sense of struggling in the chest, with inexpressible anxiety referred to the heart. The palpitation is violent, and is a source of greater inconvenience to the patient when he lies on the left side. In general, in a simple affection or disorder of the heart, attended with palpitation, the patient lies best on his right side; the heart is then not so near the ribs as when he lies on the left side, and causes less inconvenience. There is a continual uneasiness at the left side, and sometimes it amounts to a sharp pain. Another symptom is difficulty of breathing, and the least motion makes the patient worse in this respect: going up a small ascent, or walking fast, will in a moment cause the patient to lose his breath in a remarkably sudden manner. The pulse is quick, hard, and *jarring;* and when the hand is applied to the chest, the stroke of the heart seems restrained, and is succeeded by a kind of *thrilling*. Such cases are truly deplorable, and much more formidable than those of simple dilatation. The bodily strength becomes exhausted, the faculties of the mind are overpowered, and the patient is debarred from every source of enjoyment. Frequently there is dropsy; and the force of the heart is such as to cause headache; if the vessels of the head are weak, it will cause throbbing of the temples and neck, vertigo, and apoplexy.

But none of these symptoms may be depended on alone. We may observe dropsy, and dropsy with palpitation, without any *disease* of the heart, but merely from its functions being disturbed. There may be a violent pulse, strong palpitation, and dyspnœa, from a mere general irratibility of the whole system, when the heart is disposed or excited to beat violently, whether from structural disease or not. Again, as the walls of the heart may be much thickened, the pulse may be rendered small because the cavity of the left ventricle is lessened: we may also have a small but rapid pulse when the valves of the aorta are diseased.

It is with the wish to render these articles complete, and not from affectation, or the love of employing technical terms—which, to a great extent must be, to many of our readers, an unknown tongue—that we here detail the signs of disease of the heart which are recognised by physicians accustomed to the use of the stethoscope. The stethoscope, as we have before described, in our papers on diseases of the lungs, is a simple cone of wood, in general cedar; it is perforated throughout its extent, and acts in fact as an extension of the external orifice of the human ear. Laennec, at an early period of his life, conceived it possible to detect the presence of "morbid hollows" or other diseased conditions of the chest, with greater exactness by an acoustic instrument than had been heretofore attained by *percussion*. His mind was directed to the fact, that if the ear be applied to one end of a beam of wood, we may distinctly hear the scratch of a pin when made at the other end: and taking advantage of this hint, he first made a roll of a sheet of paper wound up close, and well tied, when "applying," says he, "one end of it to the region of the heart, and placing the ear at the other end, I was as much surprised as gratified on hearing the heart beat more clearly and distinctly than I had ever done by a direct application of the ear itself." And hence he foresaw that the same instrument might also be employed to ascertain a variety of modifications in the pulsation of the heart and the larger arteries.

Having experimented upon a series of substances, Laennec found that bodies of such a density as folded paper, wood, or cane, were best calculated for the purpose; and he at length fixed upon a cylinder of wood, having a bore or canal in the centre, to which he gave the name of Stethoscope, and the purpose for which it is used he called Mediate Auscultation.

In a healthy person, of moderate stoutness, and well-proportioned heart, we may discover, upon the application of the stethoscope, that the action of the heart extends beyond the

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cardiac region, or that space which is comprised between the cartilages of the fifth and seventh ribs, and under the lower end of the sternum or breast-bone. The pulsation, however, is often traced, in a state of disease, through the whole of the left, or the right side of the chest, as well as in the corresponding part of the back, and this is generally owing to the feebleness of the heart, and the attenuation of its walls. It may, therefore, be taken as a general rule, according to M. Laennec, that a perceptible extent of the heart's action is in the direct ratio of its thinness and weakness, or inversely to its substance and power.

By the stethoscope we may compare and measure the *shock* or *impulse* of the stroke of the heart; the *sound* of the heart's pulsation; and the *rhythm*, or relative duration and succession of the ventricular and auricular contractions. When the muscular walls of the heart are stouter and thicker than is compatible with health, the impulse, as a consequence, is more violent; in fact, in some cases it is sufficient to elevate the bed-clothing by which the patient may be covered. This impulse is peculiarly caught hold of by the stethoscope, and is in some cases so energetic as even to lift up the observer's head, and to give an unpleasant shock to the ear. When the action of the heart is peculiarly violent, as in vehement palpitations, the individual himself becomes sensible of a peculiar *sound*, as well as of an increased impulse; and it has, in a few rare cases, been heard at a distance from the patient's person. Now the application of the stethoscope heightens the sound of the pulsation considerably at all times, insomuch that, in the ordinary tenor of health, it communicates a certain degree of sonorous vibration, which cannot be perceived otherwise; the sound, however, produced by the contraction of the ventricles, and which is *accompanied by the stroke of the pulse*, being much clearer than that produced by the contraction or systole of the auricles; so that there is at all times to the ear of the listener, a double or alternate sound, consisting of a louder volume, succeeded by a lower one. The seat of this double sound, in a state of health, is the cardiac region, to which it is limited; but in a state of disease it spreads much wider, and is distinctly heard in parts more remote from the heart itself. The sound, moreover, varies from the standard of health, both in intensity and in hebetude. When the diameter of the heart is enlarged by a dilatation of its cavities, whilst its walls are weakened and rendered thinner, the sound is loud and distinct; but when, on the contrary, its walls are considerably thickened and enlarged, the cavities of the heart remaining but little disturbed, the sound is then morbidly dull or obscure; and when the same diseased thickening exists in considerable excess, the contraction of the ventricles produces a mere shock or impulse, without any sound whatever.

By the stethoscope we can also detect the peculiar *rhythm* of the contractions, which sometimes alternate with considerable but irregular intermissions, and sometimes are far too rapid in their succession.

It will appear from this general outline of the uses of the stethoscope in heart diseases, for which we are to some extent indebted to the writings of Dr. Good, that the method of *mediate auscultation* may be advantageously employed in the detection and diagnosis of diseases of that organ; but we need not add it will be but an imperfect guide unless employed with that precision which long and repeated experience alone can afford.

From this digression we now go back to the treatment of *Dilatation* and *Hypertrophy* of the heart. As there is in general some degree of inflammation, the medical treatment does not materially differ from that required in, *Carditis*. (see No. 24, p. 188) The diet should be light, if not "low;" occasional cupping over the heart affords material relief; the patient must be kept as quiet as possible, both in mind and body; the bowels should be relieved whenever requisite, so as to prevent the possibility of congestion in any organ. If with this general treatment cautious doses of colchicum, perhaps digitalis, and sometimes mercury, be administered, we may happily see the symptoms of hypertrophy gradually decline. However urgent the symptoms may be, it should be borne in mind that local bleeding answers better than general bleeding. In many diseases of the heart it is not safe to bleed at the arm, for now and then patients will fall into a fainting fit, and it is dangerous in diseases of the heart to bleed to syncope.

Cases of dilatation of the heart *without* hypertrophy more often than not depend on debility; consequently active means are not required. Even local bleeding should only be had resorted to when we have reason to apprehend congestion; a few leeches applied to the region of the heart frequently do good; the bowels should be kept in an open state, and the patient should be enjoined to maintain perfect rest and quietude. Very often tonics are required; but they must be prescribed with great circumspection. We must always be on the watch for congestion and effusion; and while we endeavour to remove the debility, take care at the same time to obtain proper and plentiful secretions from the bowels and kidneys.

(To be continued.)

NATURAL WEATHER-GLASSES.

The pimpernel has been justly named "the poor man's weather-glass." This little plant blooms in June in our stubble-fields and gardens, and continues in flower all the summer. When its tiny brilliant red flowers are widely extended in the morning, we may generally expect a fine day; on the contrary, it is a certain sign of rain when its delicate petals are closed. It must be recollected, or rather impressed on the mind, that long before the heavens are overcast, or a drop of rain has fallen, this humble little flower gives indication of the coming rain; it can then be only by the change of wind favourable to rain, conveying long before the actual shower the electrical conditions necessary for pluvial descents. How often have patients, like the above delicate flower, foretold of weather, or rather change of wind, by their feelings, when closely shut up or imprisoned in a room, not exposed even to the whispering of the wind! The common chickweed is an excellent natural barometer; for if the small upright flowers are closed, it is a certain sign of rain. Spiders will even prognosticate the character of weather to be, many days before the actual change takes place. I have watched them with great interest. The north or east wind will cause them to leave their webs, and to shelter themselves in holes. I might enumerate many other instances, but those I have spoken of will abundantly prove the fact of there being something in the atmosphere which, by change of wind, causes a simultaneous action on all living substances and structures. The actions of composition and decomposition, attraction and repulsion, are peculiar and necessary properties of electro-magnetism, and not the influence of nitrogen and oxygen, the ultimate elements of air, which remain unaltered in all countries, at all periods and seasons, nor of any gaseous products, which have known and fixed properties.

HEREDITARY INSANITY.

M. Baillarger states that the development of hereditary insanity may be feared in children, if the father or mother were insane at the period of conception, or previously, or since; when either parent have been remarkable for oddity, originality, weakness of mind, violence of character, or irregularities of imagination, or have suffered from dementia senilis at an age but little advanced; or from diseases of the nervous system, or have been long addicted to excessive drinking, or if the mother have experienced any violent moral emotion, or convulsions during pregnancy, or if one or more relatives have committed suicide, or if the children were begotten by parents in extreme old age.

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PREMONITORY SYMPTOMS OF APOPLEXY.

Dr. Blakemore thus describes the premonitory symptoms of apoplexy. They may be viewed as referring principally either to the functions of the brain, or to those of the digestive organs. The symptoms chiefly referrable to the nervous and sanguiferous systems present themselves under two forms:—the chief of which are, shivering, headache—dull and oppressive, or acute, constant or remittent, in some cases subsiding shortly before the apoplectic invasion—delirium, slight convulsion, feelings of heat and turgescence in the head, a throbbing at the temples, swelling of the face, which is pallid and cold, or flushed and heated, vertigo in the common form of seeing objects in motion, or the more alarming kind, feeling himself in motion; momentary loss of vision; sleeping or lethargy not amounting to stupor, attended with a sense of lassitude, apparently from debility, but which is really from incipient pressure on the brain; while the pulse is becoming full, firm, and slower than ordinary. The second form is a state remarkably different from the former, characterised by a leucophlegmatic habit; pallor and coldness of the face; lowness of spirits, sometimes amounting to mental despondency; nervous irritability, and in some cases deceptive hysterical symptoms; slight transient paralytic feelings; giddiness; intolerance of strong liquors; a weak irregular pulse; transitory sickness and faintness. In some cases, in exhausted, constitutions an increase of debility, shortly before the apoplectic attack; in others a wonderful transition from a state of great and protracted weakness, to one of vehement action of the whole vascular system, and particularly the arteries about the head. Another class of symptoms refers to the state of the stomach and bowels. In one case, they are those of a long and habitual dyspeptic affection, without head symptoms adequate to excite a suspicion of the serious disease which is forming in the brain. Dyspeptic symptoms during pregnancy, and which appear to proceed from utero-gestation, are sometimes occasioned by latent disease in the head, which is to end in apoplexy. Sudden vomiting is in some instances the earliest symptom premonitory of the most dangerous form of apoplexy; in one case there was vomiting of all the ingesta for six weeks before the fatal coma. Costiveness is a frequent precursor of sanguineous apoplexy; and the interruption of the action of the intestines for a single day has had an injurious effect on the brain.

QUACKERY AND DEATH.

Three deaths have occurred within a very recent period from that most ignorant of all species of quackery, appropriately termed "Coffinism." One occurred at Blackburn, after overdoses of Cayenne pepper, a material used in almost every disease by the *soi-disant* Dr. "Coffin's" satellites. The two other were the subjects of judicial investigation, inquests having being held in both cases. In the one held in Middlesex, by Mr. Baker, at which Dr. Letheby exposed the pernicious effects of astringent remedies in a case of inflammation of the bowels, the practitioner, a quack herbalist, narrowly escaped a committal for manslaughter; the other case, which has created much public interest at Northampton, was that of a woman who died a week after delivery, and subsequently to an ounce of acetic tincture of *lobelia inflata* having been administered to her by her husband, an agent for the sale of Coffin poisons in that town. Dr. Kerr, Mr. Terry, and Mr. Bryan, all medical practitioners of eminence in Northampton, gave evidence on this occasion, and that of Mr. Bryant, which is reported at length in the local newspapers, contains a very complete account of the *post-mortem* appearances of the poisoning by *lobelia inflata*. In this case, a verdict of *Manslaughter* was followed by a committal of the husband of the deceased woman, on the warrant of the coroner.—*Lancet*.

PHARMACOLOGY.

Mild Acrid Purgatives.—No. XVI.

(*Continued from page* 197.)

Aloes: Aloes Socotrina—Barbadensis—Hepatica. Aloes. This excellent and well-known drug is the product of a genus of plants of the order *Asphodelex*. The Socotrine and the Cape aloes are the best. Aloes are distinguished by the following properties:—Odour not unpleasant, rather fragrant; taste very bitter, not unlike that of animal bile, and slightly aromatic; colour redish brown with a shade of purple; mass hard, friable; fracture, conchoidal and glossy: soluble in diluted alcohol; powder of a bright cinnamon-yellow colour. Aloes act as a warm and stimulating purgative; they are stomachic, destroy worms, and are hurtful in piles, inasmuch as they act especially on the lower intestines. The following are the medicinal preparations of aloes:—*The compound decoction of aloes.* (See No. 19, page 151). Dose: from a table-spoonful, to a wine-glassful. *The purified extract of aloes.* By treating the aloes with water, as in this preparation, the medicine is deprived of its resinous matter, and is then said to be less irritating and more purgative. Dose: from five grains to fifteen. *The compound extract of colocynth*, contains a large proportion of the purified extract of aloes; it is esteemed to be particularly efficacious when combined with calomel in relieving habitual costiveness, and obstinate visceral obstructions. Dose: five grains to a scruple. *The compound tincture of benzoin*, contains aloes; it is never used as a purgative. *The compound tincture of aloes:* this is a grateful and aromatic purgative, generally given in combination with the infusion of senna. Dose: one drachm to three drachms. *Wine of aloes.* This is a most valuable, and not disagreeable stomachic and purgative; it is thus prepared; Take—aloes, rubbed to powder, ten ounces; powdered canella, four drachms; sherry wine, two pints; macerate for fourteen days, frequently shaking, and strain. Dose: as a purgative, one to two ounces; as a stomachic, one to two drachms. *Compound powdered aloes* is both purgative and sudorific. Dose: ten grains to a scruple. In cases of habitual constipation, occurring in over-fed, plethoric patients, it may be thus prescribed:—Take—of the compound powder of aloes, one drachm; compound antimonial powder, five grains; Castile soap, ten grains; mix into a mass, which divide into twenty pills, two to be taken every night. *Pill of aloes and myrrh:* this preparation is yet commonly called "pill Rufi," and has been very long in use: it is an invaluable remedy in some of the irregularities peculiar to females. The dose is from five grains to a scruple. The *compound aloetic pill*, is an excellent remedy in habitual constipation. The dose is from ten to twenty grains. *Compound gamboge pill:* this is a much more powerful purgative than the last, and is used in similar cases: dose from eight to fifteen grains. *Compound rhubarb pill:* aloes is a chief ingredient in this pill, (see No. 19, page 151), which is admirably adapted to cases of indigestion attended with costiveness. Dose: ten grains to a scruple, twice a day, if requisite. *Compound sagapeni pill:* this pill contains a small proportion of aloes, and is a very useful antibilious purgative. It has been very successfully employed in cases of colic induced by sedentary occupations. The following are formulæ in which aloes may be advantageously employed:—A good "dinner pill:"—Take—aloes, a scruple; powdered rhubarb, half a-drachm; ipecacuanha powder, ten grains; oil of carraways, six drops; syrup, sufficient to form a mass; mix well together and divide into twelve pills; one to be taken before dinner. For scrofulous persons, with irregular evacuations:—Take—purified extract of aloes, half a-drachm; powdered myrrh, two scruples; extract of gentian, one scruple; sulphate of iron, twelve grains; treacle sufficient to form a mass. Beat well together, and divide into twenty pills; of which from two to four may be taken as a dose. For females affected with headache depending on torpidity of the intestinal canal:—Take—compound decoction of aloes, six ounces; compound infusion of orange peel, three ounces and a-half; aromatic spirits of ammonia, four drachms; mix. Dose: a wine glassful early in the morning. In chorea (St. Vitus' dance):—Take—compound decoction of aloes, one ounce; compound infusion of senna, half-an-ounce; bicarbonate of soda, ten grains; mix for a draught to be taken early every morning. For females troubled with habitual constipation:—Take—compound decoction of aloes, and of camphor mixture, of each three ounces; tincture of jalap, half-an-ounce; sulphate of magnesia, (Epsom salts) one ounce; mix. Dose: two table-spoonsful every morning. To remove the small thread-worm:—Take—compound decoction of aloes, an ounce and a-half; wine of aloes, two drachms; extract of liquorice, two drachms; mix. Dose: from one to three teaspoonsful twice or three times a-day. An occasional aperient pill:—Take—pill aloes with myrrh, one drachm; calomel, four grains; mix, and beat well together. Dose: two, one, or three at bed-time, occasionally.

[(To be continued.)

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THE EVIL EFFECTS OF TIGHT-LACING.

BY H. WHITFELD, ESQ., M.R.C.S.

ALLOW me to call the attention of your readers to the enormous evil resulting from the use of stays. These instruments of torture inflict on the fair sex a great degree of suffering, and tend, moreover, to deteriorate the human race.

The chest is the seat of organs whose functions are necessary to life, *viz.:* respiration and sanguification. For the due performance of these functions, it is essential that the chest be of full dimensions, and *free* in its motion.

By actual measurement, the waist of well-formed women, of the average height, varies in circumference from twenty-seven to twenty-nine inches; and there is scarcely any difference in its proportional size between male and female. But such is the power of fashion, that the waist is seldom permitted to expand to the dimensions of twenty-five inches; the majority are within twenty-four; thousands are compressed to twenty-two; and some even to less than twenty inches;—and by the aid of wood, whale-bone, and steel, the capacity of the chest is very often reduced to less than one-half. The penalties attending this infringement of the organic law are as follows:—shortness of breath;* palpitation and oppression of the heart; cough, and pain in the side; headache, with a feeling of weight at the vertex; neuralgia of the face, and eruptions; œdema of the ancles; dyspepsia and chlorosis. The temperature of the body partakes of the extremes; there is generally a chilliness of the whole surface; the viscera of the pelvis are liable to derangement; and, in married women especially, prolapsus uteri occurs. The lateral curvature of the spine is a consequence, not uncommon, of this pernicious practice.

The frequency of this deviation in females has been attributed to their sedentary habits, but without sufficient grounds. It is well known that thousands of females in Switzerland, and even in our own country, who are occupied during the whole day in a sitting posture, but who wear no stays, remain free from this deformity. But this is not the worst effect of tight-lacing: thousands of victims are annually doomed to the tyranny of this fashion, ere they have yet passed the first years of womanhood. What is the cause of so frightful a waste of life? Simply the opposition between the laws of nature and the laws of society; the former are disregarded, while the latter are submitted to without a murmur.

It is mere empiricism, to prescribe quinine or iron, wine or porter, to relieve a general debility with shortness of breath, palpitation of the heart, and faintness, when the lungs are denied their fair play.

It is scarcely necessary to detail cases in illustration of that which is so self-evident; but a short account of four may not be altogether useless.

C. R., aged 23, consulted me in June, 1843. Had not been well for more than two years, and had been under medical treatment for fifteen months; her figure and countenance indicated her sufferings. The symptoms were: shortness of breath, distress in the region of the heart, cough, indigestion, great debility, cold perspirations, with a chilliness of the whole frame, and disturbed sleep; in addition to which, she had not spoken beyond a whisper for nine months. She was naturally a tall and well-made woman, and her waist should have been twenty-eight and a half inches in circumference, but was reduced to twenty-three inches, though *not*, as she assured me, "*tight-laced.*" She was directed to enlarge her *stays* and *dress* as much as two inches, and after a fortnight one inch more, and to abolish the busk as quickly as possible.

She recovered her voice in five weeks, and in three months she was restored to good health: no medicine was prescribed!

Mrs. B., aged 30, naturally healthy and of good figure, had not been well for three years; is now much reduced in flesh and strength; has had a troublesome cough for many months; the appetite is small, and digestion weak; and she suffers much from palpitation of the heart and pain in the side. Has been five weeks in the country without benefit. The chest was compressed to the extent of two-fifths of its natural capacity. The treatment was similar to the first case. She steadily progressed towards recovery from this period, and in a few months her health was restored.

A young lady, aged 16, had a slight lateral curvature of the spine, accompanied with debility and general ill health; her stays were of the same dimensions as when they were first worn at seven years of age. She was directed to throw aside the stays, and to substitute other warm loose clothing; to take moderate exercise in the open air, and to divide the fatigues of the day by lying down for a couple of hours on a hard mattress. Her general health soon improved, and in five months the deformity was removed.

Mrs. B., aged 44, has been suffering much for four months with prolapsus uteri; she was naturally of a stout, robust make, but had attempted to model herself in accordance with the laws of society. She was directed to enlarge her stays and dress as much as three inches, and to remove the whale-bone, and to lie down for three hours during the day. Her improvement was immediate, and she was quite well in six weeks.

The simplicity of treatment is the chief point of interest in these cases.

The want of due expansion of the chest in young persons, at a period when every other portion of the body is increasing in dimensions, must be attended with serious consequences. The organs of women cannot be duly developed, if the organs within the chest are circumscribed within the proportions of infancy.

As it is ordained that punishment shall not always immediately follow the transgression, but often after an interval of years; so many, having hitherto escaped, and being ignorant of natural philosophy, will oppose these views, and comfort themselves with the idea that they shall pursue the same course with impunity; this idea is, however, erroneous, and has often led to fatal consequences. For Mr. G. Combe truly remarks, that "Nature may be said to allow us to run an account current with her, in which many small transgressions seem at the time to be followed by no penalty, when, in fact, they are all charged to the debit side of the account, and after the lapse of years are summed up and closed with a fearful balance against the transgressor." Lord Bacon observes, "that it is not safe to say, I find no offence of this, therefore I may use it; for the strength of nature in youth passeth over many excesses, which are owing a man till his age." The fondled animal on the hearth-rug can trace effects to their cause, so long as they are immediate, and in its wisdom avoids the heated embers. But more than this is expected from rational beings.

* An ancedote of a Scotch physiologist, some twenty years ago, had almost put an end to tight-lacing, from its placing in a very prominent point of view two of its most dreaded ill-effects. "Tight-lacing," said he, more quaintly than elegantly, "stinks the breath and reddens the nose."

FOREIGN BODY IN THE TRACHEA.

Dr. Bowie has communicated to the *Montreal Medical Gazette* the case of an elderly man, who suffered from chronic bronchial inflammation, dyspnœa frequent fits of coughing, and muco-purulent expectoration for two years when suddenly one of the neck-bones of a fowl, about the size of a large pea, was thrown up during a fit of coughing, and then all the symptoms disappeared, and the man recovered.

THE CHOLERA.

By the last accounts from Havannah, the cholera was raging so violently that the deaths were sixty per diem. It was also reported that the disease ha again appeared on the Mississippi.

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FAMILY PRESCRIPTIONS AND MEDICAL PRECEPTS.

Treatment of the Sting of a Bee.—A woman died within the last fortnight, at the London Hospital, and the cause of death is registered "the sting of a bee." We have, in consequence, searched for the most approved applications and remedies that may be within the reach of all at the time of the accident. Sweet oil has, in our hands, always proved efficacious, but a professional friend says he has found it in many instances useless. Mr. South writes, "It is always necessary to look carefully and see if any part of the sting be left behind, and if so it should be carefully pulled out with a pair of tweezers. If, however, a bit of the sting be broken off and left in, and it be incautiously rubbed, this increases the mischief; the sides of the wound should then be gently squeezed, if possible to push it out. When the wound is thus cleared it is best to anoint the part with sweet oil, which generally relieves the pain; the swelling, however, does not subside for some hours. If the wound become angry and tender, it is best to apply a poultice." A French practitioner recommends the part to be rubbed with garlic; and in the *London Journal of Medicine* we find that "the immediate application of honey is good; the use of indigo is better; and tobacco juice, though we cannot speak of it from experience as of the other two, may be equally or more efficacious. It is thus recommended in De Vreind Van Den Landman:—'Apply the juice of tobacco as you find it in the mouth-end of a smoked cigar, or in the reservoir of a German pipe. It not only relieves the pain, but prevents swelling." The substance recommended is not, it must be remarked, the juice, but the empyreumatic oil; which, as the experiments of Dr. Morris (*Edinburgh Medical and Surgical Journal*) have shown, is a much more energetic poison than the juice.'"

Por Pourri.—Put into a large china jar the following ingredients in layers, with bay salt strewed between the layers:—two pecks of damask roses, part in buds and part blown; violets, orange flowers and jasmine, a handful of each; orris-root sliced, benjamin and storax, two ounces of each; a quarter of an ounce of musk; a quarter of a pound of angelica-root sliced; a quart of the red parts of clove-gillyflowers, two handsful of lavender-flowers; half a handful of rosemary-flowers; bay and laurel leaves, half a handful of each; three Seville oranges, stuck as full of cloves as possible, dried in a cool oven, and pounded; half a handful of knotted marjoram; and two handsful of balm of Gilead dried. Cover all quite close. When the pot is uncovered, the perfume is very fine.

Offensive Feet.—Take one part of muriatic acid to ten parts of water. Rub the feet well with this mixture every night before going to bed.

DIETARY, WHOLESOME AND ECONOMIC.

Pickling is a very useful thing in a family, but it is often ill managed, or at least made to please the eye by pernicious things, which is the only thing that ought to be avoided, for nothing is more common than to green pickles in a brass pan for the sake of having them a good green, when, at the same time they green as well by heating the liquor, and keeping them in a proper heat upon the hearth, without the help of brass, or verdigris of any kind; nothing ought to be avoided more than using brass or copper that is not well tinned; the best caution we can give, is to be very particular in keeping the pickles from anything of the kind, as the least particle of copper or verdigris will act as a poison.

To Pickle Radish Pods.—Gather your radish pods when they are quite young, and put them in salt and water all night, then boil the salt and water they were laid in, and pour it upon your pods, and cover your jars close to keep in the steam; when it grows cold make it boiling hot, and pour it on again; keep doing so till your pods are quite green, then lay them on a sieve to drain, and make a pickle for them of white-wine vinegar, with a little mace, ginger, long pepper, and horseradish; pour it boiling hot upon your pods; when it is almost cold make your vinegar twice hot as before, and pour it upon them, and tie them down with a bladder.

To Pickle Nasturtium Berries.—Gather the nasturtium berries soon after the blossoms are gone off, put them into cold salt and water, change the water once a-day for three days, make your pickle of white-wine vinegar, mace, nutmeg sliced, pepper corns, salt, shalots, and horseradish; it requires to be made pretty strong, as your pickle is not to be boiled; when you have drained them, put them into a jar, and pour the pickle over them.

To Stew Ducks with Green Peas.—Half roast your ducks, then put them into a stew-pan with a pint of good gravy, a little mint and three or four sage leaves chopped small, cover them close, and stew them half-an-hour, boil a pint of green peas as for eating, and put them in after you have thickened the gravy; dish up your ducks, and pour the gravy and peas over them.

Green Peas—The French Way.—Choose them young and fresh; put them into a pint of cold water, to which add some butter, four button onions, six sprigs of parsley, one ounce of sugar, two salt-spoonsful of salt, and one of pepper, put it over a tolerably good fire, moving the pan often; if getting rather dry, add a wine-glassful of water; let them remain on the fire twenty minutes; then add one ounce of butter, in which mix a teaspoonful of flour; mix the yolk of one egg with a quarter of a gill of cream, which add gradually; take out the parsley and onions; and serve.—*M. Soyer.*

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE. It is indispensable that letters requiring a private answer contain a postage stamp, or stamped envelope, whereon is written the address of the applicant.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays, Thursdays, and Saturdays, from Two till Three o'clock.

WITH THE NEXT NUMBER, THE FIRST IN VOLUME II. WILL BE COMMENCED A SERIES OF ARTICLES

ON CONSUMPTION; ON MELANCHOLY; AND NERVOUS DISEASES;

AND OCCASIONAL PAPERS, ENTITLED,

THE EDITOR'S CASE BOOK.

These papers will describe interesting or uncommon cases of Disease that have occurred in our practice: they will be detailed as the cases of Mr. 5, or of Mrs. 18, or of Master 32, so that the identity of the patient cannot be detected.

G. G. (Cross-street, Nottingham).—See answer to JONATHAN DODD (Woolwich), in No. 24.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

☞ In consequence of the great demand for the 1st Volume of the PEOPLE'S MEDICAL JOURNAL, we are happy in being able to make a reduction in the price, which will be Four Shillings instead of Four Shillings and Sixpence, as mentioned in our last. The Covers for binding, our Publisher will be enabled to sell at One Shilling and Three-pence.

THE WEEKLY DISPATCH.—We are much gratified by observing the following critique on our Journal, in the *Dispatch* of the 23rd instant—(unfortunately, by a typographical error, our work is therein styled The People's Medical Adviser, instead of the PEOPLE'S MEDICAL JOURNAL.)—"Doctor Yeoman's large practical experience renders him eminently capable of conducting a Journal of this nature. * * * * To the working classes we most heartily recommend it."

BELL'S WEEKLY MESSENGER.—How gladly do we notice the following sentence in this admirably conducted Family Newspaper:—"Nothing of an immoral tendency, either in the shape of *advertisement* or otherwise, is admitted into the columns of the *Messenger*." The example thus set, conjointly with the *Times* and *Illustrated News* will, must be, followed by the daily and weekly press. The heads of every family should exclude from their hearths all newspapers that contain the filthy advertisements of the quacks.

L. H. JUN. (London Wall).—To a pailful of cold water add a drachm of muriatic acid, in which immerse the feet night and morning. To the bunion apply an elastic pad, which may be obtained at any druggist's.

AQ. ROSÆ (Paddington).—We did not receive your former note. Bellerby, York.

INQUISITOR (Temple).—The disease from which you have suffered is sufficient to account for you "continually catching cold:" your salacity will account for the rest. Moral medicine.

DOUBTFUL (Ipswich).—The cause is your own folly.

"The *animal spirits* from *pure blood* arise,
Like gentle breaths from rivers pure."

A. C. B. (Bayswater).—Cataract is an opacity of the crystalline lens or its capsule; the cataract may be either hard, soft, fluid, or membraneous. See article on SIGHT, in No. 21.

CIVIS (Dublin).—Your letter is under consideration. You will see it is only a repetition of what we have already written about those *vampires*, the QUACK CONSULTING SURGEONS. Accept our best thanks for the pains you have taken.

CYMON (Coventry).—The dyspepsia is aggravated by your profession. How well do we know—know, unfortunately, by experiencing, the wear and tear of body caused by the wear and tear of mind. What is the cause, known or supposed, of the irritable periosteum? A blow? scrofula? syphilis? mercury?—Communicate privately.

WILLIAM P.—The anti-venereal specific is a gross imposition; it is also a dangerous one, in as much as it might lull a man into false security, so that at the end of twelve months he may awake some fine morning and find himself a mass of disease. The only specific with which we are acquainted, that is a *specific* that shall arrest disease as water arrests fire, is sulphur, when used to destroy the itch.

W. W. W. (Whitehaven).—See answer to ABRAHAM SMITH, (Bilston), in No. 25.

LEPRAE (Southamption).—We cannot trust to your description. How can we know that you have given the disease its correct name?

R. W. Z (Wigton).—1st. The continued use of the nitrate of silver will be dangerous; it may permanently discolour the skin. 2nd. Canterization has never produced any real and continued good result, the pain of the operation is agonizing. 3rd. Sea-bathing is not indispensable; the shower bath answers every purpose. 4th. Wearing a belt might be of much service—it is support, not pressure that is required. The case is remediable.

C. M. A. (Wrangle Boston, Lincolnshire).—We never read "crossed letters."

F. R. B.—You say you are "no chicken," and beg we will give our opinion "without reserve." Were we to comply with your request, your vanity would be wounded, although your lion heart might remain undaunted.

P. O. T.—Decayed teeth may be, and often are, the causes of indigestion, Apply to a dentist. See Mr. Smartt's articles on the teeth in Nos. 5, 6, 7, 8, of our Journal.

FENELLA (Ramsay, Isle of Man).—The loss of the eye-brows is a sad loss to a lady; and, truly, we cannot with a positive faith in its efficacy advise any application for their restoration. Try the following:—Take, camphor, one scruple; citrine ointment, two drachms; sepermaceti cerate, six drachms; mix, and apply every night.

ANDREW ANDREWS.—Phagedæna is a spreading ulcer—the worst form of ulcer—that, as it were, *rots away* the flesh.

A. M. G. (Canterbury).—Certainly, "the disease might be got under by proper treatment;" but we cannot tell you what that treatment should be in this column.

P. P. IGNORANCE.—The detail of your case is too indefinite. See answer to A. M. G. above.

ALPHONSO.—"Percussion" consists in striking the surface of the chest or abdomen with one, two or more fingers, and observing the degree and quality of the sounds produced.

HENRY B——H (Folkstone).—Remain in the recumbent position, and employ an enema (glyster) thus composed, every other night:—Take—laudanum, thirty drops; olive oil, half an ounce; decoction of starch (not too thin) six ounces; mucilage of gum, half an ounce; mix, for an enema.

THE LATE PROFESSOR BURNS, OF GLASGOW.—With deep sorrow we record the death of this good man, and great physician. He was a passenger on board the ill-fated, and we fear ill-directed steamer, the Orion, on her passage from Liverpool to Glasgow, and he, alas! was among the many who perished. We have received much kindness from Dr. Burns, and, in common with all who knew him, we deplore his untimely end, and testify our respect for his memory.

SARAH HOLMES.—You will find an excellent recipe for Beef Tea in No. 1, page 7.

BARNES SURREY.—A bath twice a-week; a horse-hair glove, night and morning; walk home, and the money you save in omnibus hire expend in a clean shirt daily. You will then be cooler, better, and stronger.

A POOR CLERK (Glasgow).—We repeat again, we do not give gratuitous advice in complaints originating in vice, or indiscretion.

J. W. (Southampton).—Your whole system must be in very disorded condition, when so trifling a cause could produce so much mischief. Wash the mouth frequently with cold water made tolerably acid with recent lemon juice, and act upon the bowels with some saline purgative.

F. WOODWARD (62, Park-street, Derby).—We decline your proffered tee-total controversy.

JANE WILLIAMS (Aldermanbury).—Should not your application have been signed *James Williams*? We do not advise gratuitously, in such cases.

J. W. (Leith)—The symptoms you describe are the forerunners of paralysis. We will not venture to advise you, knowing, as we do, so little of your past and present condition. Communicate privately, and go into detail. We would rather read a well-expressed *long* letter, than a *short* indefinite note.

THE FOLLOWING CORRESPONDENTS can only be answered privately, in person, or by letter:—JAMES MACGREGOR (Berwick-on-Tweed). AN ENGINEER (Lambeth). MARY P. (Guildford). F. PETERS (Liverpool). AN ARTIZAN (Soho Works). ROBERT (Mile End). WANOTA (Newmarket). USED UP. A DRUGGIST'S ASSISTANT. A SERVANT GIRL. R. S. T. (Rochdale). ELLEN (Brighton). AN ANXIOUS CORRESPONDENT. WILLIAM EASTON (Glasgow). PERSEVERANCE. W. K. (Goole). HANNAH (Kirby Moorside). CITOYENNE.

PRESCRIPTIONS and private instructions as to diet and regimen are left with THE DISPENSER, 78, Gracechurch-street, for the following correspondents:—MRS. COWLEY. F. D. P. (Trinity-square). A CLERK (Upper Thames-street). L. H. (Tredegar-place). A WEAVER (Globe Fields). AN EXCISEMAN (Broad-street). Joseph D. (St. Mary-axe). A SAILOR (Stepney-causeway). P. P. P. (Camberwell). C. W. (Nelson-square). THOMAS GRAY (Blue Anchor-road). E. M. FRED. A NEWSTENDOR. JUBA (Waterloo-road).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN,

EDITED BY

THOMAS HARRISON YEOMAN, M.D.,

AUTHOR ON "CONSUMPTION," "ASTHMA, BRONCHITIS, INFLUENZA, AND CATARRH," "INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS," "HEADACHES," ETC., ETC.

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THE FAMILY PHYSICIAN has now made his fifty-second visit. During the last year he has ascended the tapestried halls of wealth, he has entered the dimity-clad chamber of the well-doing, he has descended the pit of the miner. In each, by all, he has been received as a Family Friend, as well as a Family Physician. For the courtesy of his reception, and the confidence reposed in him, he begs to offer his grateful thanks.

In closing a year of toil, anxiety, and pleasure, he ventures to hope he has done much good, and, he prays, but little evil, in the hints and advice he has offered to the thousands who have sought his counsel.

The same industry, the same caution, the same integrity of purpose that has raised his periodical to the proud position of being in fact, as well as in title, THE PEOPLE'S MEDICAL JOURNAL, shall ever guide his exertions, and direct his humble ability.

LLOYD SQUARE,

CHRISTMAS, 1850.

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THE

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CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M. D.

No. I.

Consumption, Decline, or Phthisis, is the plague-spot of our climate; amongst diseases it is the most frequent and the most fatal; it is the destroying angel who claims a fourth of all who die.

Does the individual exist who has not some special interest in every attempt to arrest its ravages? Is there a family without anxiety, lest some loved relative or connexion should fall a victim to its ruthless arm?

I have reason to believe that the nature of consumption is, at this day, but little understood by the non-professional public, who, it might be supposed, have an all-sufficient cause for obtaining every information concerning the disease: until within the last few years—until the immortal Laennec made his important discoveries—it was imperfectly or incorrectly understood by the medical public. Cullen, the great nosologist of the last generation, considered it as a sequel of hæmoptysis (spitting of blood); and others, that it was a disease of inflammation, or a result of inflammation. The latter is the popular, but erroneous, opinion at the present time; I anticipate what I shall presently demonstrate, and say, without the germ of the disease be already deposited in the lungs; without the germ of the disease be inherent in the system; without the system be pre-disposed to the disease, inflammation after inflammation would never induce tubercular consumption: in other words, inflammation can never cause consumption in a healthy constitution.

What is it, then, that renders hundreds of thousands of our fellow-creatures of an "unhealthy constitution," as regards this disease? It is *scrofula*, or, as it is termed in reference to phthisis, tubercle, or tuberculous disease.

TUBERCLES.

Tubercles are peculiar morbid or adventitious matters, deposited in the substance of an organ, foreign to its normal or natural structure; depending upon unnatural secretion, or imperfect nutrition; and terminating in the wasting or destruction of the organ. They exist not only in the lungs, but also in the glands of the mesentery, the mediastinum, the neck, and the groin; and sometimes they are discovered in the heart, the liver, and the uterus; in fact, in every part of the body that is capable of being affected by scrofula.

It is upon the condition and progress of these tubercles that the different stages of consumption depend, and by their advancement or arrest the symptoms are influenced and regulated: I shall, therefore, endeavour to describe, in the most simple language, the career of tubercles of that form in which they are more frequently found in the lungs, namely, *miliary tubercles;* and in doing so I shall notice them as they exist at three different periods, or stages.

In the *first stage*, these adventitious deposits are in the form of a small round body, similar to a millet seed, of a grey colour, and nearly transparent; they are firm and gritty to the touch, but if pressed between the fingers they crumble or break down, like a morsel of dried mortar, or dried putty; they are strongly adherent to the structure of the lungs, and are more commonly found in the cellular texture, or loose tissue which separates the bronchial, or air cells from each other. In number they may range from four, or six, or twelve, to as many thousands; I have made many examinations in which they were so profusely studded, that dividing the lung with a knife, gave the feeling of cutting through friable earthy matter, rather than the soft, yielding structure of ordinary lung. According to Thenard's analysis, they consist of

Animal matter, principally fibrine and gelatine.....	98.15
Muriate of Soda, phosphate of lime.....	1.85
Oxide of iron, a few traces.	

In the *second stage*, they have increased considerably in size, by additions to their external surface; and, as far as my own observations have gone, the fewer they are in number, the greater size are they capable of acquiring, so that sometimes they attain the size of an almond: their colour also undergoes a change, and they now assume, especially at the centre, a yellow tint, which gradually spreads towards the whole circumference. As they increase they become more closely approximated to each other, and, by successive growths or crops, which spring up between the interstices of the more matured tubercles, that part of the lung in which they are situated is studded with large, yellow, irregularly-shaped masses, of a hard and firm character.

The *third stage* is the period of *softening*. A tubercle never stops in the second stage; it must advance, it must soften, it must liquify; it becomes resolved into a thick yellow pus, not unlike cream, which sometimes contains more solid particles, similar to ripe cheese, or curd: when the whole is softened, it bursts into a neighbouring bronchial tube; it is expectorated by cough, and of course leaves a *cavity* in the lung, technically termed a *tubercular excavation*. Two, three, or more of these tubercles, contiguous to each other, may happen to ripen simultaneously, and run into each other; and thus, as their contents are expectorated, a still larger cavity is formed, which is called a *vomica*. It is now, *if ever*, that consumption may be cured. Nature will here sometimes make an effort to repair the destruction, or at least to arrest it, by an attempt to close and unite the opposite sides of the excavation by a *cicatrix* or scar, and thus obliterate the seat of decay. One, two, nay, three or more *vomicæ* may be in this manner healed up; but can we expect that all will thus favourably terminate? It is not one crop, or one generation of tubercles that we have to encounter; in the same

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lung we may have them, at the same time, in every stage; and as one ripens, so will the other advance.

To make the progress of tubercle better understood, we will take an illustration which is probably familiar to all, namely, the glands of the neck in a person of a scrofulous habit. We frequently see them in children and young people, enlarged and projecting; by bad diet, by exposure to cold, and a thousand other causes which will arouse the dormant disease, they become red and tender; they increase in size, and are inflamed; presently they become softer, and fluctuate on pressure; afterwards they *point*, the skin ulcerates, and ultimately they burst; they then discharge their contents, which is softened tuberculous matter, and as the constitution improves, they gradually heal with an irregular scar. We have all, perhaps, seen several of these glands similarly affected, either at the same time, or one rapidly succeeding to another; and we have then noticed that the inflammation and the pain is not confined to the immediate vicinity of the glands, but that the disturbance spreads around the whole neck and to the neighbouring parts. One after another, abscesses form and burst, until pus is dripping from innumerable points; at length the whole adventitious matter is discharged; wide and deep openings are left, the edges of which are hard, thick, and indolent; nevertheless, as the health of the patient improves, so we may hope to close the wound, and in time it heals by a cicatrix. Here we have the progress of scrofulous tubercle in a part not essentially vital, from which we may trace the progress of tubercle in that vital organ, the lungs.

A tubercle, like an egg or spawn in the animal kingdom, or a seed in the vegetable kingdom, possesses within itself a principle of life, which requires only favouring circumstances to develop and mature. A congenial soil and atmosphere is to the grain of wheat discovered in the cerements of an Egyptian mummy, what "a cold," or "pleurisy," is to tubercle; wanting this soil and this atmosphere, the grain would never vegetate; wanting an *exciting cause*, the tubercle may remain undisturbed and unmolesting for years—for ever: without the seed, we could not have the plant—without tubercle, we cannot have consumption.

Because an individual has a tuberculous nucleus in a gland of the neck, it does not follow, as an absolute and invariable consequence, that it will undergo the inflammation, the ripening, and evacuation I have just described: by attention to the health, by counteracting every approach of disease, by removing everything likely to prove an exciting cause, the germ of disease in the neck may remain dormant for ever. So it is with consumption. But let other disease irritate the system, encourage and foster the development of the germ in the gland, add exciting causes to the latent cause, and the gland will enlarge, will inflame, and go through the stages of softening and discharging. So it is with consumption. We may successfully *prevent* that which we can seldom hope to cure.

THE CAUSES OF CONSUMPTION.

The causes of tubercular consumption come under two classes: first, the *remote*, or predisposing causes; second, the *exciting* causes, or those which call the predisposition into action.

Hereditary transmission is the chief REMOTE cause. It is as certain that children inherit the diseases of their parents, as that they resemble them in feature and in character. In proportion to the development of the tuberculous disease in the father and mother, will be the disposition to the same affection in the offspring. In some families we occasionally find the elder children healthy, whilst the younger are born with tuberculous disease already established, or with a predisposition to acquire it, in consequence of the tuberculous affection having become, in the progress of time, and by the action of exciting causes, developed and matured in the parent.

Any disease and any circumstance which can deteriorate the health of one or both parents, materially influences the health of the child yet unborn; thus many persons acquire a predisposition to consumption from their parents, although the latter may attain an advanced age without evincing any symptoms of pulmonary disorder.

Indigestion, some cutaneous affections, syphilis, anxiety, grief and the depressing passions, intemperance or irregular mode of life in the mother, with insufficiency of proper nourishment during pregnancy, are all capable of inducing a scrofulous habit, and, as a consequence, a predisposition to consumption: that which was bad general health in one generation, is frequently converted into tuberculous disease in the succeeding one.

A peculiar formation of body, as distorted spine, narrow chest, and high shoulders, must also be considered a remote cause; and every pulmonary affection occurring in persons thus shaped, should always be looked upon with suspicion, even in the absence of hereditary predisposition, or more decided exciting cause.

The question will probably occur to many—can a child, born of healthy parents, free from scrofulous taint—can he in after life become affected with tuberculous disease?—that is, can tubercle *originate* in him? It can. By the combination of many circumstances, which will be noticed under the head of exciting causes, a morbid state of the system is established, which induces and favours the deposit of tuberculous matter; and by the continuance of these or other exciting causes, he may fall a victim to consumption, and be the first of his race who has suffered by the disease. If a child born of robust, healthy parents, free from all suspicion of disease, be insufficiently or improperly fed, or nursed by a woman whose milk is incapable of affording a sufficient quantity of nourishment,—and if this child be confined in a dark, unwholesome apartment, wallowing in dirt and uncleanness, tuberculous disease will, in all probability, be established: the abdomen will become large, hard, and tense, like a drum; the limbs will emaciate, and the child waste and suffer from all the symptoms of mesenteric disease: if the child live through infancy, in it the germ of tubercle is deposited; it has acquired a scrofulous habit. This is only one of the many illustrations which might be cited of tubercle being originally generated.

The peculiarities of frame and appearance which mark a scrofulous or tubercular habit, although not constant, are yet so characteristic of a dormant liability to consumption, that the occurrence of what may be an exciting cause in individuals so constituted should be sedulously guarded against. The tuberculous diathesis is usually associated with a smooth, fair, and delicate skin; a rosy countenance; light-coloured, or reddish, fine hair; bright-blue eyes; long eye-lashes; dilated pupils; a thick upper-lip; a narrow chest; a weak voice; a slender form, with high shoulders; the fingers slender, but the knuckles and joints large and "clubbed;" the veins prominent; the teeth white and clear; and, in general, there is great mental sensibility and constitutional irritability. It must be borne in mind that persons who are the very opposite to this description are not exempt from a predisposition which may be nursed into disease. Consumptive patients frequently have a dark complexion, and black hair.

At the risk of being tedious, I will recapitulate. Tubercle is the seed of the disease; it may be hereditary—it may be acquired; an individual may possess undoubted signs of its existence—he may have the scrofulous diathesis strongly marked—he may have lost brothers and sisters, father and mother, by the disease, and yet he, by preventing the germination of this seed, may escape. It, therefore, behoves such an one to avoid the thousand circumstances which may act as a hot-bed in ripening this seed; some of which I shall proceed to notice in our next.

(To be continued.)

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MELANCHOLY.

BY THE EDITOR.

A great deal of metaphysical learning has been displayed in determining the precise nature of maniacal aberration—in other words, developing the *theory of diseased ideas*. The object has been to frame from this some definition of mania, which may apply to all cases of the disease, and to afford to the medical practitioner a certain criterion by which to determine when a man is actually deranged, and to distinguish between insanity and mere singularity of manner or waywardness of temper. The result of such investigation has been concisely described by Dr. Gregory; he says:—"We may deduce the following important conclusions—1st. That all the faculties of the mind are capable of being affected in the maniacal state, though not always equally, or at one and the same time. 2ndly. That it is hardly possible to express in words the nice distinctions that mark the boundaries of reason and insanity, or to specify the delicate gradation by which weakness of intellect, depression of spirits, violence of temper, and eccentricity of manner, degenerate into actual disease. 3rdly. That in determining the question of sanity or lunacy, the common sense of mankind must ultimately be relied on; and that its decision can receive little or no assistance from metaphysical speculations."

It is not our intention to speak of the graver form of mental aberration, mania, or madness, but to confine ourselves to the more frequent types of a disturbed intellect having especial reference to a disturbed state of the bodily health.

The term MELANCHOLY is derived from the Greek, signifying black bile, or choler, because it was supposed that its undue secretion was a common cause of mental dejection, and when the irregular secretion became habitual, to produce a low or gloomy temperament; to which the term "melancholic" has continued to be applied to the present day. The proper definition of melancholy is, discrepancy between the perception and the judgment, limited to a single object, or a few connected objects or trains of ideas; the will is generally wayward and domineering. M. Esquirol exchanged the term melancholy for *monomania*; and certainly, in some cases of melancholy, the "madness" on one particular subject, comes up to the popular meaning of monomania.

The leading characteristics of melancholy are—a love of solitude, gloom, fear, suspicion, and taciturnity; but it is capable of presenting the most opposite symptoms, which induced the late Dr. Good, with much reason in the arrangement, to class melancholy into four varieties. 1st. Gloomy melancholy; in which the patient is silent, sad, and constantly endeavouring to seclude himself from observation. 2nd. Restless melancholy; in which the patient is roving, restless, and evinces a constant desire to change his abode. 3rd. Mischievous melancholy; marked by sullenness, moroseness, spite, and occasionally terminating in suicide, or the injury of others. 4th. Self-complacent melancholy; wherein the patient is self-satisfied and affable; occasionally rejoicing in a visionary superiority of rank, station, or wealth.

The form which the disorder may assume is in every instance greatly modified by the prevailing temperament and idiosyncracy of the individual. Fracastori, in the second book of his work, *De Intellectione*, says, "The phlegmatic are heavy; the sanguine lively, cheerful, merry, but not witty; the choleric are in rapid and perpetual motion, impatient of dwelling upon any subject. An acuteness of wit belongs to most of the varieties, but not to all." Diocles, in opposing Galen for holding, after Hippocrates, that gloom and terror are the leading signs of melancholy, observes: "Upon serious consideration, I find some patients that have nothing of these qualities, and others that exhibit every diversity of feeling; for some are sad without being fearful; others fearful without being sad; some neither, and some both."

The manner in which melancholy makes its approach is considerably diversified; in some instances the attack is sudden and violent, and perfectly unexpected; but in others, and probably in a much larger proportion of cases, the advances of the complaint are gradual, and by slow and imperceptible degrees. Among the earliest symptoms may be mentioned headaches, frequent attacks of giddiness, sudden confusion of ideas, peevishness, a great disposition to anger, violent agitations when irritated, and an uncommon sensibility of the nerves, whereby the patient is apt to be carried to as great excesses from causes of joy as from those of grief. There is a desire of doing well, but the will is wayward and unsteady, and produces an inability of firmly pursuing any laudable exertion, or even purpose, on account of some painful internal sensation, or the perverseness of the judgment, which, led astray by false or erroneous ideas, command a firm conviction in the mind. The effect on the circulation is very marked; the whole body appears, as it were, to shrink, or contract: the blood abandons the surface, and being thus thrown in undue quantity upon the internal organs, there follows that inward oppression, that painful sense of tightness and suffocation, and the consequent desire for fresh air which ever attends the excitement of the mind occasioned by depressing emotions and passions. The patient also sighs frequently and unconsciously, which act consists in a deep inspiration, by which the chest is freely expanded, and by affording a larger supply of air alleviates, in some measure, the heart and lungs of the suffocative load. What human being, unless privileged beyond the rest of his species, is unacquainted with that dreadful sense of tightness and weight at the chest, that panting and struggling of the breath, denoting sorrow in its graver forms?

If melancholy occur in a person possessing that temperament which has been conceived to predispose to it, namely, the melancholic temperament, the external signs become peculiarly marked and prominen; old though it be, we cannot improve the description given by Hippocrates, in his book on insanity, "The patient," he says, "is emaciated, withered, and hollow-eyed, and is at the same time troubled with flatulency and acid eructations, with vertigo and singing in the ears, gets little sleep, and when he closes his eyes is distracted with fearful and interrupted dreams."

GLOOMY MELANCHOLY.

How admirably has Shakspere described this form of melancholy! Hamlet says: "I have of late, but wherefore I know not, lost all my mirth, foregone all custom of exercise; and, indeed, it goes so heavily with my disposition, that this goodly frame, the earth, seems to me a sterile promontory; this most excellent canopy, the air, look you, this brave o'erhanging firmament, this majestical roof fretted with golden fire; why, it appears no other thing to me than a foul and pestilent congregation of vapours."

We might contentedly take the above quotation for our description of the symptoms of gloomy melancholy, for in fact it contains the burden of all that can be said. We, however, add a few of the outward and other signs which usually attend this disorder.

Gloomy melancholy most commonly creeps on so gradually, that it is frequently attributed to a temporary attack of *low spirits*, occasioned by some temporary depression, annoyance, ill-conditioned state of the stomach, or other irregularity. At length the mental disorder shows itself in the wildness or restlessness of the patient's eyes; his step, whenever he walks, is hurried, and his gestures are eccentric; he craves to be alone, to brood over the gloom which weighs him down; he can rarely be induced to converse; he seeks only for solitude, and will sit in the same posture, if allowed, from morning till night; or, if he walks at all, he does so in the gloomiest places he can find. It

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constantly happens that the mind of such a man is impressed by some imaginary ideas to which his attention is perpetually turned. "It is not, however, that the patient's ideas are incongruous with themselves, but with the world around them; for the remarks of the melancholy man, when his attention is once correctly fixed, are for the most part peculiarly shrewd and pointed."

The disturbance in the functions of life are very marked: the circulation is oppressed; the pulse is generally weakened, oftentimes increased in frequency, the skin loses its customary warmth and its rosy tint of health. The energies of the nerves becoming depressed and deranged, we find the extremities, particularly the hands, in a constant state of tremor. The organs of the abdomen are also implicated: an uneasiness, in many cases quite severe pain, is felt at the pit of the stomach; the appetite fails, and the powers of digestion become impaired, sometimes altogether suspended.

The causes of gloomy melancholy are numerous indeed. Grief, in whatever way it may afflict us, is the chief cause: the deep and settled despondency consequent on a separation from the happy scenes and associations of home; the bereavement of near and dear relatives; the sorrow growing out of defeated ambition, or reverses of fortune; deep and uninterrupted study; disappointment in the more tender affections of the heart; unhappy marriage and domestic trouble; the violent and long-continued exertion of any of the passions; intemperance; remorse at an ill-spent life; false views of, or fanatical, religion; political excitement. We may also enumerate immoderate and unaccustomed exercise; sedentary employment; isolation (and for a proof of this refer to *Model Prisons*); long exposure to the direct rays of the sun; sudden transitions from heat to cold; powerful stimuli applied to the stomach; memory of the past—

"Yes, ever and anon, of pangs subdued,
There comes some token like a scorpion's sting,
Scarce seen, but with fresh bitterness imbued;
And slight withal may be the things which bring
Back on the heart, the weight which it would fling
Aside for ever.● It may be a sound,
A tone of music, summer's eve, or spring,
A flower, the wind, the ocean, which may wound;
Striking the electric chain wherewith we're bound."

Indigestion, and some disorders of the liver, frequently produce such a degree of hypochondriasis, low spirits, or nervousness, that may be readily mistaken for confirmed melancholy.

Whenever there exists any predisposition to insanity, it is most liable to become developed by a continuance of the melancholy we are now speaking of. In looking over the reports of various lunatic asylums, we see that a large proportion of the cases are ascribed to moral afflictions. We are told that the first question which M. Pinel was in the habit of putting to a new patient, who still retained some remains of intelligence, was, "Have you undergone any vexation or disappointment?" and the reply was seldom in the negative. The causes to which we have just alluded being always most influential in civilised life, are regarded as one principal reason why insanity prevails in proportion to the cultivation of society. It has been observed, too, that in disastrous periods, when poverty and reverses of fortune are most common, every degree and every shade of mental derangement becomes more frequent.

Numerous instances are recorded, both by ancient and modern medical authors, where habitual epilepsy has resulted from the baneful influence of moral calamities. Palsies, likewise, and other melancholy nervous affections, are not uncommonly attributable to the same source.

When we consider how immediate and forcible is the impulse of grief upon the heart, it will excite no surprise that disease of this organ should be endangered under severe and continued melancholy. Nothing is more common than for derangements of the functions of the heart—indicated by intermissions, and other painful and sometimes dangerous irregularities in its pulsation—to be the consequences of lasting anxiety and mental dejection.

When melancholy becomes settled and obstinate, the whole system must ere long experience its baneful effects. Thus the circulation languishes, nutrition becomes imperfect, perspiration is lessened, and the animal temperature of the body is sustained with difficulty, the extremities, particularly the feet, being liable to suffer from cold. The skin grows pale and contracted, the eye lacks its wonted animation, deep lines, indicative of the distress within, mark the countenance, and the hairs soon begin to whiten or fall out. The sleep is generally diminished and broken, disturbed by gloomy and terrible fancies, haunted and distressed by a revival, in new and modified forms of their waking sorrows—

"My slumbers—if I slumber—are not sleep,
But a continuance of enduring thought
Which then I can resist not; in my heart
There is a vigil, and these eyes but close
To look within."

The treatment and moral management of gloomy melancholy will be considered after we have described the other varieties of melancholy.

(To be continued).

RATIONAL MEDICAL PRACTICE.

At the time when Dr. Combe entered the medical profession, it was common for practising physicians simply to prescribe medicines, and to lay down dietetic rules to be observed by their patients, without explaining to them the nature of their maladies, or the *rationale* of the cure. Blind faith and implicit obedience were required of them. He early adopted the practice of addressing the reason and enlisting the moral sympathies of his patients, in every case in which this appeared to him practicable. He preferred the intelligent co-operation of a patient in the measures necessary for the restoration of his health, to mere observance of rules; and therefore communicated as much of the nature of the disease as could be stated without exciting injurious alarm—explained, as far as the individual could comprehend it, the process which nature followed in order to reach the condition of health—and urged on him the necessity and advantage of complying with her demands. He also stated to the patient, or his attendants, the occurrences which he knew would take place in the progress of the malady before his next visit, and instructed them how to act in the emergencies as they occurred. In his communications, he practised discretion, but avoided mystery; and stated truth, as far as it could be revealed without direct injury to his patient. The consequences of this mode of proceeding were equally beneficial to his patients and to himself. They became convinced that it was nature that was dealing with them, and that although they might "cheat the doctor," they could not arrest the progress of her evolutions, or escape from aggravated evils if they obstructed the course of her sanative action. Under these convictions, they obeyed his injunctions with earnestness and attention. By being premonished of approaching symptoms, which were frequently steps in the progress of the cure, but which, if not explained, might have been regarded as aggravations of the malady, they were saved from much alarm, and he from many unnecessary calls and attendances.

COLD BATHING.

Cold bathing is not to be recommended to the old, or even to the middle-aged, unless they have been accustomed to it early, and have always persevered in the use of it. The bearing of cold is an affair of habit; and cold bathing, therefore, can never be attempted with impunity by persons advanced in life, and unaccustomed to bathing.

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PHARMACOLOGY.

No. XVII.—Strong Acrid Purgatives.

(*Continued from page* 205.—*Vol. I.*)

Jalap: Jalap.—This drug is obtained from the dried tubers of the *Ipomœa Purga*, a plant of the order convolvulaceæ, so named from Jalapa, a place in Mexico. Its odour is slightly nauseous; taste sweetish, slightly pungent. It is employed in costiveness, mania, worms, and as a hydragogue (purgatives that produce liquid evacuations) in dropsy. It is also a good adjunct to quicken the operation of calomel, and other purgatives of slow operation. A drop of essential oil prevents it griping. The dose of powdered jalap is from eight to thirty grains. *The compound jalap powder* is prepared with—jalap, one ounce; bitartrate of potash, two ounces; ginger, two scruples; mix. Dose: twenty grains to a drachm. *The extract of jalap* is a very, useful preparation, as it may be ordered in the form of pill, in doses of from ten to twenty grains; combined with soap, it loses much of its griping property; and with calomel the action of both is increased. *Tincture of jalap* is used as an adjunct to purgative draughts or mixtures, in doses of one, two, three or four drachms. The following is a good purgative draught in which jalap is a chief ingredient:—Take—tincture of jalap, two drachms; aloetic wine, four drachms; infusion of senna, an ounce; mix.

Scammonium.—Scammony is the gum resin obtained from the *convolvolus scammoneæ*: the best is imported from Aleppo, and an inferior kind from the south of France. It is a most nauseous drug; the odour is faint, but very unpleasant, the taste is bitter and acrid. In cases of obstinate constipation it is of great service; it acts powerfully and quickly; it is also to be depended on in many cases of worms. The dose of the powder, which should be recently prepared, is from three grains to fifteen. For young children three or four years old who are troubled with small thread-worms, three or four grains may be rubbed with a small quantity of sugar, or sweet almonds, and administered as a dose. *The confection of scammony* is prepared by mixing scammony, cloves, and ginger, with the addition of oil of carraways and syrup of roses, into the consistence of an extract. It is a warm purgative, searching and speedy in its action. The dose is from a scruple to a drachm, in the form of bolus. *Compound scammony powder* is a compound of scammony, extract of jalap and ginger. The dose is from seven grains to twenty. It is of much service in worm cases, dropsies, and also to remove mucous obstructions in the bowels of children.

Cambogia. Camboge, or Gamboge.—The gum-resin gamboge, which resembles cherry-tree gum, is procured from the *hebradendron cambogoides*, a guttiferous plant, native of Siam and Ceylon. It is occasionally of great utility in obstructions of the bowels and in dropsy; it is also used, conjoined with carbonate of potassa, in cases of tape-worm; it is most violent in its action, and produces pain, griping, and purging: children who are allowed "a box of paints" frequently are made ill by sucking the brush, when loaded with gamboge; others, who eat "Bath buns" and the like procured from "cheap" confectioners, also suffer much, as the rich tint is not the product of the domestic bird, but of the foreign gum. The dose of gamboge is from two grains to ten. *The compound gamboge pill* is a compound of gamboge, aloes, ginger, and soap. In cases of obstinate constipation it may be given in ten-grain doses, occasionally. The following is a formula for a very powerful purging pill:—Take—compound gamboge pill, and compound extract of colocynth, of each, fifteen grains; calomel, ten grains; syrup of ginger sufficient to form a mass, which divide into twelve pills. Two or three to be taken for a dose, occasionally.

Colocynthus? Colocynth.—The pulp of the bitter apple, a native of the Cape of Good Hope. The taste is intensely bitter, nauseous, and acrimonious. It acts as a powerful drastic purgative; indeed, so powerful is its action, that it is seldom administered alone. *The extract of colocynth* is a valuable preparation, mild in its operation compared to the pure colocynth, and is not apt to occasion griping: it is ordered, in conjunction with other purgatives, in cases in which there is an accumulation in the intestines. The dose is from five grains to twenty, in pills, at bed-time. *The compound extract of colocynth* ranks first in utility in this class of purgatives. It is composed of colocynth, extract of aloes, scammony, soap, and cardamoms, so that, in fact, it is a happy combination of all the sharp purgatives. Perhaps there is no medicine so deservedly popular as this extract, when it is properly prepared. It acts as a stimulant, as well as a purgative, and after its operation as a purgative it excites a healthy re-action in the intestines. It is useful in cases of visceral obstructions, a loaded colon, habitual constipation, and worms. The dose ranges from six grains to twenty-five. The following are good prescriptions for an occasional aperient pill.—Take—compound extract of colocynth, half-a-drachm; powdered rhubarb, twenty-four grains, calomel, six grains; oil of carraways, two drops; mix—and divide into twelve pills. One, two, or three to be taken for a dose. Or—Take—compound extract of colocynth, half-a-drachm; extract of jalap, a scruple; calomel, six grains; oil of carraways, two drops; mix—and divide into twelve pills. Dose; two or three.

THE EDITOR'S CASE-BOOK.

The morning was in January, the snow ankle deep, the cold intense, and the wind keen and cutting, when Mr. 46 called upon me for advice. He was a tall, well-made man; in appearance, forty years old—in fact, thirty-two. His carriage was that of a gentleman; his costume that of a needy-one. He was a player. "I seek your counsel," said he, "for my cough: I have no pain, but I cough continually, and I fear I shall lose my voice; and that, you know, sir, would ruin me." In answer to my questions, he replied, "Yes, I certainly have seen the expectoration marked with blood, but it was trifling, very trifling; *that* can't be of any importance, for really I felt better after it, and I am entirely free from pain;—no, not even when I cough does it hurt me. I don't eat much, in fact I can't eat; I sit down with my wife to dinner, but it's more to gratify her than from the leading of appetite. All I want is something to stop this cough; if that was eased, I know I could eat, and should soon be stronger."

I examined him carefully: his lungs were fearfully diseased;—Consumption had made her first assault.

I endeavoured to impress upon him the necessity of repose and rest from his professional labours, which involved not only mental anxiety, and the violent exercise of his voice and respiratory organs, but also compelled him to be exposed at night to all the vicissitudes of the weather, on his return home from the theatre. Rest, he said, was impossible; he was nightly engaged in a play that had been brought out "regardless of expence,"—as the announcements state; and his absence would entail a serious loss on the management, as well as deprive him of the means of subsistence. "Besides," said he, "I don't think I'm ill enough to lay up." "I will give you a certificate that you are," I replied, with some earnestness, and with the hope that he would understand I considered his position more critical than he did.—"Surely, doctor, you don't mean than I am seriously, dangerously, ill: nothing very wrong here?"—he eagerly asked, placing his hand on his chest.

Now, how shall a physician answer a question thus put? Here is a man loaded with a disease that must, be the day near or distant, terminate fatally. His own heart forbodes no danger; he is on the brink of a precipice, and sees not the ravine below;—of a susceptible though undaunted temper, 't would be death to him to say, "Your wife will be a widow, your children fatherless!" Oh! the task is a painful one. To lull a man into a false feeling of security would be base; on the other hand, to tell him he is doomed, would be cruel.

Some weeks back a fair correspondent asked us the question whether a physician ought to encourage hope in his patient to the last? Our reply was—"Such conduct has, by some, been deemed improper in a religious point of view. Unless, however, it is strongly insisted on by the patient or his near relations, any intimation of great danger, had better be avoided; for it sometimes happens that the most experienced and sagacious physician is mistaken in his prognostics, and persons recover from the brink of the grave who, probably, would not have escaped had they been informed that there was little or no hope of recovery."

My answer to his appeal was to the following effect: "It would be wrong to conceal from you that you are in a position not free from danger; but that danger may be, and I hope will be, lessened and removed. You must be cautious, very cautious; but do not be alarmed. Much, everything, will depend on yourself; remember always that your lease of life is not held on so secure a tenure as that of many of your neighbours. Don't, therefore, do as they do. Endeavour to obtain a new lease."

"What I want to know, doctor," he replied firmly, but anxiously, "am I consumptive; is there no hope?" "Hope, my dear sir, hope?—certainly there is hope. By care on your part, a long, honourable life may yet be in store for you."

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He looked satisfied, but a new light appeared to have opened upon him; and I was well pleased that he was aware that his cough was an effect, and not the cause of his weakness and loss of appetite. The profession to which he belonged, and of which he was a popular member, are not famed for the most regular habits; and I had faith in his good sense that would now teach him to avoid those errors in diet and wine that would, if persevered in, destroy him. I prescribed for him, and he made an appointment to see me again in a few days.

January 28. Cough easier; expectoration less; can eat, not *play with*, a mutton chop; rides home in a cab, instead of drinking rum and water. Says he feels much better and "knows he will be soon all right."

February 7. The cough better; appetite better; has gained flesh; is stronger; voice natural; imagines himself a giant in strength, and, as he says, "a lion in *pluck*." Has played every night during the week, but has done his "spiriting gently."

February 13. He called upon me in alarm; the previous night he had to descend some trap on the stage, enveloped in "blue fire;" he was heated by exertion at the time, and a myriad draughts, some of cold air, others of sulphur, assailed him before he reached his dressing-room. When there, he was exhausted, coughed violently, and his 'kerchief was soiled with blood! Following the directions I had previously given him (in the event of a recurrence of the spitting of blood), he remained perfectly quiet, exposed his chest to the cold air, and drank some acidulated beverage. He returned home in a cab, exhausted, and as he told me, *frightened*. When I saw him, his countenance was blanched, his pulse feeble and irritable; his cough tickling and frequent; the expectoration copious and yellow. "Doctor," he said, "I fear I'm worse than I fancied; I spit blood; I am—weak, oh, so weak!" In a moment he rallied, and exclaimed with much vivacity, "But I've no pain!" The absence of pain cheered him, gave him hope, faith, and confidence. How frequently is this the case in consumption!

I ordered him to take ice, lemonade, to have a vermicelli pudding, and to remain perfectly tranquil. I prescribed small doses of the acetate of lead, acetic acid, and the compound tincture of camphor; and he left me in good heart.

The next day I called upon him; the hæmoptysis had ceased, the cough was subdued, and he yearned for a chop, which was allowed.

From the last report until *March* 26, he continued improving. He was free from pain, consequently in good spirits. At this time he had an offer of an engagement, to commence on Easter Monday, at ——. He called upon me to learn whether the change of air would be proper for him. I advised him to go, and he went.

April 9. He wrote thus: "I get on famously; I cough very little; eat very much, I drink moderately. I have played "the Thane" three times, and was quietly killed by Macduff each time. The last prescription agrees with me remarkably well; it soothes the cough and creates an appetite. I hope when I return to town you will find me a stronger and a healthier man."

April 22. I read the following in the "—— Gazette:" "Died suddenly, from the rupture of a blood-vessel, Mr. 46, the popular tragedian; he has left a wife and three children to deplore his loss."

MEMO.

Stand not near a tree, nor any leaden spout, iron gate, or pallisade, in time of lightning.

Lay loaded guns in safe places, and never imitate firing a gun in jest.

Never sleep near charcoal.

Leave nothing poisonous open or accessible.

CLEANLINESS.

Cleanliness is the promoter of health and the parent of comfort; although we cannot, with the Hindoo or Mussulman, connect the idea of internal sanctity with external purification, we may with advantage imitate the example they afford. Personal cleanliness is a duty we owe to ourselves and to those with whom we associate; it is a means of preserving health within the reach of every one, and its importance will be admitted when we consider that the skin is constantly producing perspiration and unctuous matters, which readily mix with the dust and fine particles floating in the air, and if allowed to collect and remain on the surface of the body, form a crust of soot, dirt, &c., which closes up the pores of the skin, prevents its healthy action, and gives to disease another ally. The whole surface of the body should be frequently cleansed from those impurities with which it soon becomes loaded; and general bathing should be practised, as well for their removal as to give tone and strength to the whole frame. Water is not only a purifier, but it has properties of its own which are most salubrious—indeed, it is accounted by the advocates of hydropathy sufficient in itself for the cure of all "the ills that flesh is heir to." A bath used early in the morning is most invigorating; it gives tone and vigour to the delicate, it preserves the body during the day at an equal temperature, and enables us to bear with less risk of annoyance sudden changes in the climate. When a bath or bathing cannot be indulged in with convenience, the body, particularly the chest, should be freely sponged with cold water, and afterwards moderate friction should be applied by means of a coarse towel. Those who have never enjoyed this luxury, and have now the courage to commence, will, I am certain, unwillingly lay it aside. Domestic comfort is nowhere to be found in such perfection as in England, and however humble it may be, we all acknowledge there is no place like our own home. How great a part does household cleanliness contribute to this love of our own fireside! In how much does it tend to improve our characters as children, parents, and neighbours! If we observe the humblest cottage, or dwelling, clean, neat, and wholesome, we may be certain that the family to whom it belongs are virtuous, industrious, and healthy. With what increased enjoyment does the mechanic or labourer take his evening meal after the fatigue of his daily work, when he finds his home clean, and his wife and children tidy. How quickly does this sight banish all wish to run to public-houses, or less creditable places; and it is the duty of every woman, from the highest station to the lowest, to ensure for her partner this just reward for his toil. Cleanliness is the greatest foe to disease; the enemy will find no lurking-place in the well-scoured floor and wholesome linen of the needy, but clean family, whilst his forces gain active recruits in the filth, the dust, and dirt of the disorderly.

T. H. Y.

SNUFF TAKING.

At a meeting of the Medical Society of London, Mr. Pilcher mentioned the case of a medical student, an immoderate snuff-taker, who presented all the symptoms of phthisis, which disappeared on his leaving off the use of snuff. Mr. Pilcher had seen a similar case in which recovery also followed the abandonment of snuff taking.

[I believe I may attribute my present existence to my having resolutely forsaken this baneful practice four years ago. For many years I was a slave to snuff; I then coughed, expectorated, was sick, and got thin. I forsook the "box;" and now, as Mathews' learned little boy said, I am *vis-à-vis*.]

T. H. Y.

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HINTS FOR HEALTH.

EGGS.

Eggs contain a large proportion of pure nourishment, and are a most valuable species of food, not only when consumed by themselves, but when mixed with other articles. When new laid, they are peculiarly excellent; and those whose palates are not vitiated by luxurious indulgences, cannot have a more delicate repast. They are injured by the access of air, which should be carefully guarded against. Eggs should be subjected to as little of the art of cookery as possible. They are sometimes poached, that is, boiled only as long as is necessary to coagulate slightly the greater part of the white, without depriving the yolk of its fluidity. In this way they sit easy upon most stomachs. Raw eggs are gently laxative; are serviceable in cases of jaundice and obstructed liver; are of use in bilious complaints; and yield more nourishment than boiled ones. But in general, a soft boiled egg is preferred, as excelling every other way in which eggs can be prepared. They furnish an innocent and nutritious food. The taste, colour of the yolk, and even the nourishment contained in the egg, depend upon the food given to the hen. The best eggs are from those hens fed on wheat; next to that, on rice, barley, or potatoes.

FLANNEL.

An authority no less celebrated that the late Sir John Sinclair thus speaks of our "favourite aversion," *flannel*—he says: "Costiveness is sometimes owing to the use of flannel, which, by increasing the perspiration beyond what nature requires, dries up the humours, and absorbs the fluid particles of the body. To prevent that error, when flannel must be used, it ought to be thrown off at night, by which perspiration will be considerably diminished. This rule cannot be too strictly observed."

FOOD AND NUTRITION.

The food we take is at first divided into two parts:—1st. The earthy and grosser particles, which are discharged by stool; and, 2nd. Particles which are absorbed and added to the mass of circulating fluids. The latter part is applied:—1st. To the purposes of nutrition; or, 2nd. Discharged by urine; or, 3rd. By perspiration. By these processes, the body, after having consumed several pounds of solid and of liquid food, returns every morning to nearly its original weight.

OFFENSIVE BREATH.

Dr. Wigan observes, that this is sometimes caused by the formation of a peculiar chronic abscess in the tonsils, which continues for years, gradually ulcerating, and allowing the occasional discharge of a small quantity of a very offensive matter. This Dr. Wigan treats by inserting into it a hook-shaped knife, cutting on the inner edge only, the drawing of which towards the operator lays the abscess open, without any fear of danger accruing. The incision should be very free. A gargle of tincture of myrrh, and port wine, may be used afterwards, and it may perhaps be requisite to touch the part with caustic. As a preventive measure, Dr. Wigan recommends the habit of splashing the neck, and behind the ears, with the coldest water that can be obtained.

FRICTION TO THE SKIN.

There is no subject to which it is more necessary to call the attention of every individual, desirous of preserving health, or attaining longevity, than to friction. The ancients placed such a high value upon it, that they scarcely passed a day without it; whereas the moderns pay but little attention to that useful practice. Yet how many are there, who keep a number of grooms to curry their horses, who would add ten years and upwards to their own comfortable existence, if they would employ but one of them to curry themselves with a flesh-brush, night and morning.

ADVERTISEMENTS.

Just Published, Second Edition, price 4d., by post, 6d.

INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

The Causes, Symptoms, and Rational Treatment.

By THOMAS HARRISON YEOMAN, M.D.

"An excellent little tract upon those disorders so incidental and so common to us that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st*, 1850.

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"The perusal of the publication before us, which turns upon four of the most prevalent evils to which flesh is heir in these lands, cannot fail to prove most beneficial to sufferers among all persons of sense, and to further successful medical treatment."—*British Banner, March* 21, 1849.

"This is an excellent little treatise by a clever and clear-headed practitioner. Dr. YEOMAN is well known by his work on Consumption, and the present publication will add to his fame."—*Weekly Dispatch*, Jan. 14, 1849.

London: SAMPSON LOW, 169, Fleet-street; EFFINGHAM WILSON, 11, Royal Exchange; WEBSTER & Co., 60, Piccadilly: and all Booksellers.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun-street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. Mr. SMARTT attends at 48, Harmer-street, Gravesend, every Friday.

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Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by NEVILL and Co., 16A, Chichester Place, Gray's Inn Road, London

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Those who are partial to Soda Water will find either of these a very grateful adjunct, as they obviate the unpleasantness which sometimes occurs from Soda Water taken alone.

Prepared and Sold by JOHN MILES, 78, Gracechurch-street, in Bottles, price 1s., 2s., and 3s. 6d.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until one o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

WITH this Number we commence our Second Volume. We gratefully thank our Subscribers for the support they have given us, and the kind approval and encouragement conveyed in nine out of every ten letters we receive. Without such sympathy THE PEOPLE'S MEDICAL JOURNAL must have stopped weeks ago; not from lack of subscribers, or lack of remuneration, but from the lack of some token that the EDITOR is working for the PEOPLE more than for himself. On his shoulders rest the responsibility of Editor, and the cares of Proprietor: he has to contend against the delay of compositors, the negligence of printers, and the apathy of publishers: add to these anxieties, a practice not remarkable for its smallness, and a correspondence that is no inconsiderable addition to the revenue, and we think it will be admitted that the *Editor* is, honestly, one of the "working classes." If we merit a tithe of the friendly expressions applied to us, or if, as the *Bridgewater Times* says, "Dr. Yeoman deserves well of his countrymen," all we ask for is, a continuance of the confidence bestowed on us, and—like a lady's letter, containing the most important part in the postcript—the recommendation of our Journal to those who are not already subscribers.

WITH THIS NUMBER WE COMMENCE A SERIES OF ARTICLES

ON CONSUMPTION; ON MELANCHOLY; AND NERVOUS DISEASES;

AND OCCASIONAL PAPERS, ENTITLED,

THE EDITOR'S CASE BOOK.

These papers will describe interesting or uncommon cases of disease that have occurred in our practice: they will be detailed as the cases of Mr. 5, or of Mrs. 18, or of Master 32, so that the identity of the patient cannot be detected.

OUR SUBSCRIBERS are respectfully requested to complete their sets of volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

THE SECRETARIES OF MECHANICS' INSTITUTES, &c., who have not received Dr. Yeoman's published works, are requested to send to Lloyd-square on or before the 16th instant.

JOSEPH BROWN (Northampton).—Administering the *lobelia inflata* in large quantities, and without the least discrimination, is a most dangerous, murderous practice: you can rarely take up a provincial paper without finding a notice of an inquest held on some person killed by this drug. At the present time two or three quacks are in jail awaiting their trial for manslaughter by means of lobelia. The doses are, of the powder from four to ten or fifteen grains; of the tincture, fifteen to forty drops. Beyond this it is unsafe to go, without the peculiar constitution of the invalid will permit larger doses. In cases of asthma, and in hooping-cough it is certainly of some service: but it is so powerful a remedy, that it ought only to be employed under the direction of a medical man. When we have occasion to prescribe it, we always direct the patient to discontinue the medicine the moment it produces the least headache or stupor.

EDGAR (Berwick-on-Tweed).—See article "On the influence of marriage on longevity," in No. 14.

RICHARD HART.—The price of the bandage will depend on its quality; a silk one, the best, may be three or four shillings. Apply to Mr. Smith, High Holborn.

A CLERK (Threadneedle-street).—Our doctrine is that it is much more beneficial to breathe the pure air of the country or the coast, daily or even weekly, than it is to spend many weeks or months out of town and then return to crowded neighbourhoods, residing constantly therein, and being nailed at a desk, a counter, or an ill-ventilated work-room. Take air and exercise, as you would feed a young infant—"a little and often."

ALICE HARVEY (Northampton).—Nevills' flour of Lentils is the same article as the more expensive revalenta: obtain a sixpenny packet and try it.

J. R. B.) (Exeter).—The following we have frequently found of much service in protracted diarrhœa:—Take—extract of logwood, twelve grains; tincture of catechu, one drachm; cinnamon-water fifteen drachms; mix, for a draught to be taken after each liquid evacuation.

A SUFFERER (Richmond).—Your case is one that we exclude from gratuitous advice.

FILLON (Bristol).—We know of nothing more effectual, or more innocent to stain the skin "like a gipsy," than the juice of walnuts. Yours is a strange whim; we hope it is to be applied to a good purpose. The best elementary book is Southwood Smith's "Philosophy of Health." It is published by Cox, in two volumes, price 3s. each.

KOUSSO.—We believe there is not at this moment a pound of this drug to be found in London. *The Lancet* says, on the authority of Dr. Budd, that it can be procured at present only of a single druggist, M. Boggio, Pharmacien, 13, Rue Neuve des Petits Champs, Paris, who charges the enormous price of forty francs, that is 35s. for each dose of it. Mr. Hooper, we understand, has procured some. That it is the best remedy ever employed in the destruction of tape-worm, there can be no question.

BETA (Rugby).—Were you to "remit a guinea," we can give you no better general instructions for TRAINING, than was contained in No. 26, the last number.

LAMMERMUIR.—1st describe your *present* condition: we know the past. 2nd. One guinea. 3rd. On a day named. 4th. Restoration.

ELLEN H * * * N (Chester).—Is it idleness? Excessive sleep renders the body heavy and inactive, impairs the memory, and stupifies the senses. Use the shower-bath, and take five grains of the compound aloetic pill twice a week: walk three miles daily; substitute a skipping-rope for crochet.

SANGRADO.—We need not boast how many patients we see daily, or weekly: but this we may say, that be the number great or small, we have not in one single instance, in this year of our Lord 1850, directed blood-letting. The lancet, although a small instrument, is a dangerous one. Antimony, calomel, low diet, are our help-mates in the treatment of "inflammatory diseases." For "boldness," "heroic treatment," substitute "caution," "experience." The trade of lancet-grinding has diminished considerably within the last few years. Dr. Clutterbuck is the only living exponent of a dead school. We believe he is nearer 50 than 70—more honour to his grey hairs, we say with much sincerity.

ROLAND CAXTON. Where is your *saffron bag?* If the body labours under ill-health, the mind will be unable to achieve anything that is great and noble. In opposition to this, you may quote Kirke White, Byron, and Shelley. There is sometimes an affectation in being considered an invalid.

QUARO.—The only qualified surgeon of the name of Brodie, is the celebrated Sir Benjamin Collins Brodie, Bart., of Saville-row. The creature who has assumed his name is a bearded Jew quack.

A TRAVELLER.—You live too well, and too irregularly. The only application to the swollen veins of the leg should be an elastic stocking. Improve your general health; practice forbearance; forsake "Cockles;" walk many of the miles you now ride; use the shower-bath and horse-hair glove.

D. (Manchester).—A rupture may easily be discovered; in hydrocee, the enlargement is transparent, as may be detected by the aid of a taper. Submit yourself to the examination of some respectable surgeon; and avoid the advertising quack swindlers as you would avoid a highwayman or prussic acid.

A YOUNG SURGEON.—If you be that which you say you are, you can refer to the proper authorities to instruct you how chloroform is made. We decline doing so, as this preparation has been used for most improper purposes.

SAGITARIUS (Brierly hill).—The "Kousso," or "Bravera Anthelmintica," is very scarce; it can only be procured at two places in London. Of its efficacy in tape-worm there cannot be any doubt.

B. G (Halifax).—Depend on our best consideration.

BOTTLE. (Skinner-street.)—Your note is full of *non sequiturs*. The "pyritic salts" are improper for you; they create that which they are advertised to remove—quack rubbish. If you like an effervescing aperient, and it agrees with you, take a seidlitz powder, cost three half-pence.

T. S (Halifax).—We have heard of Master Rooke before; he is a "wise man" a bible-and-key wizard. If you pin your faith to his sleeve, enrol yourself a member of some burial society. Do not waste time. Take the compound galbanum pill every night, and a warm bath twice a-week: do not eat much animal food.

T. R (Bristol).—Read the small pamphlet on INDIGESTION, &c.

ELIZA (Macclesfield).—Gowland's lotion is composed of a solution of corrosive sublimate in an emulsion of bitter almonds: so you will perceive it contains a deady poison.

ANXIOUS (Poplar).—Certainly Injuries of the spine produce effects similar to those arising from injuries of the head; the spine being liable to *concussion, extravasation*, and *fracture with depression*.

CHARLES FERRIER (Edinburgh).—The symptoms you mention are occasioned by indigestion (heat of the stomach, as old nurses say). See the Editor's pamphlet on that disorder. How could you be persuaded to have your tonsils amputated!

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

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MELANCHOLY.

BY THE EDITOR.

No. II.

RESTLESS, OR ROVING MELANCHOLY.

(Continued from page 4.)

Restless Melancholy may be said to be a modification of the former variety of melancholy; being in many instances produced by similar causes, but acting upon individuals of different temperaments, and of different idiosyncrasies. We frequently see persons restless, continually changing their residence, and constantly expressing a desire to change their occupation and pursuits without any obvious or sufficient cause; such cases evidently come under the present variety of melancholy.

As we formerly said, melancholy is not, of necessity, always sad and courting solitude;—while Albert Durer is entitled to the approbation he has so long received for his admirable picture of Melancholy, under the guise of a pensive female, leaning on her arm, with fixed looks and neglected dress, Shakspere has equally copied from nature in his description of the interesting and beautiful Ophelia, who, instead of shutting herself up from the world, and seeking silence and solitude, is represented as peculiarly busy and talkative, and unwittingly divulging the fond secret of her distraction to every one she meets, as well in verse as in prose. Sadness, however, is the prevailing colour of the mind; but it is often, as Jaques expresses it, "a most humorous sadness," so blended with sallies of pleasantry and wit, that it is impossible to listen to them without smiling, notwithstanding the gravity of the occasion. Jaques says, "I can suck melancholy out of a song, as a weazle sucks eggs." "Humorous they are," says Burton (and, unhappily for himself, no one knew how to describe the disease better), "beyond all measure; sometimes profusely laughing, extraordinary merry, and then again weeping without a cause; groaning, sighing, pensive, and almost distracted. * * * * * * Many of them are immmovable in their conceits; others vary upon every object heard or seen. If they see a stage play, they run upon that for a week after; if they hear music, or see dancing, they have nought but bag-pipes in their brain; if they see a combat, they are all for arms; if abused, the abuse troubles them long after. Restless in their thoughts and actions, continually meditating—

'——velut ægri somnia, vanæ
Finguntur species;'

more like dreamers than men awake, they feign a company of entire fantastical conceits: they have most frivolous thoughts, impossible to be effected; and sometimes think that they hear and see present before their eyes such phantasms or goblins as they fear, suspect, or conceive; they still talk with, and follow them. 'They wake,' says Avicena, 'as others dream.' Though they do talk with you, and seem to be very intent and busy, they are only thinking of a toy; and still that toy runs in their mind whatever it be; that fear, that suspicion, that abuse, that jealousy, that agony, that vexation, that cross, that castle in the air, that crochet, that whimsie, that fiction, that pleasant waking dream. If it be offensive, especially, they cannot forget it; but still tormenting themselves, Sisiphi saxum volount sibi suis."

The causes of this roving melancholy can seldom be traced; in many cases they are seldom inquired into, as the melancholy of the individual, in a large number of instances, is set down as "manner" or eccentricity. Could we, however, penetrate beyond the surface, and learn the private history of the patient, we should invariably find that some grief, some disappointment, first gave rise to a feeling of disgust with his then pursuits—which feeling not being restrained by moral management, became confirmed in melancholy.

Persons who have been deprived of their usual avocations, who are separated from their old associates, even such as may have retired from business, purposing to enjoy a competency honourably gained, frequently become a prey to such restlessness.

Like the effects of all the depressing passions and emotions, melancholy is always most obstinate and dangerous in those who are unengaged in active pursuits, and who have consequently leisure to brood over their troubles. Bodily and mental activity, more especially when the result of necessity, must, by creating fresh trains of ideas and associations, divert the mind from the depressing cause, and direct the thoughts to new and agreeable objects. Females who are generally exempt from the cares and excitements of business, and confined at home to their own relatively tranquil domestic duties, much oftener pine and sicken under the causes of melancholy than our own more active sex.

"What equall torment to the griefe of mind,
And pyning anguish hid in gentle hart,
That inly feeds itselfe with thoughts unkind,
And nourisheth her own consuming smart?"
Spenser's *Fairy Queene*.

A symptom, perhaps we had better call it an effect, of grief, is crying. In the young generally, (and in a large proportion of females, at whatever age,) there takes place on the accession of any grief or trouble, a deep, and often sonorous and tremulous inspiration, followed by an interrupted, or broken and imperfect expiration, conjoined with the familiar sounds so peculiarly expressive of both mental and bodily anguish, called sobbing or crying. The secretion of tears at the same time, becoming much increased, they overflow the eyes, and roll down the cheeks. Now this act of weeping, especially when the tears run copiously, serves to relieve the inward distress and oppression of the heart and lungs, and thus forms a sort of natural crisis to a paroxysm of grief, just as sweating does to a paroxysm of fever. Some persons can never weep under affliction of any character,

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and such generally experience much sharper sufferings than those whose sorrows find a more ready outlet at their eyes. The most acute sorrow would appear to concentrate, and, as it were, benumb all the motions of life; and its unfortunate subject—his nervous energies being completely overpowered—remains silent, motionless, stupified. Malcolm says to Macduff, when overwhelmed by the cruel tidings of the murder of his wife and children—

"What, man! ne'er pull your hat upon your brows;
Give sorrow words. The grief that does not speak,
Whispers the o'er-fraught heart, and bids it break."

When grief breaks forth into tears and lamentations, and violent muscular actions, as beating the breast, wringing the hands, tearing the hair, it shows an energy of resistance in the system, with a more general diffusion of the passion, and we have then less, therefore, to dread from its consequences. "The soul," it has been said, "by giving vent to sighs and tears, seems to disentangle itself, and obtain more room and freedom."

(To be continued.)

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. II.

THE EXCITING CAUSES OF CONSUMPTION.

Continued from page 2.

MANY exciting causes, when acting together in early youth, as improper diet, impure air, deficient exercise, insufficient clothing, and the absence of cleanliness, readily become a *remote* cause, capable of engendering the disease. *Food* which is not sufficiently nutritious, and food that is too rich and stimulating, are alike hurtful: the former does not furnish an adequate supply of nutriment to support the body in health and strength; the latter excites and irritates the digestive organs, and produces indigestion,—one of the most frequent and active agents in exciting consumption.

Pure air, and plenty of it, is the basis of health: if impure in quantity, it irritates the delicate structure of the lungs, and impedes respiration: when fresh air is insufficient in quantity, it is unable to assimilate the chyle, or nutritious element of food, during its circulation through the lungs. A prolific source of disease is found in the practice, too frequently unavoidable, of many persons sleeping in the same chamber; also in the confinement of many persons in small, ill-ventilated rooms, as we sometimes find in workhouses and schools, and too frequently in factories, where, as well as breathing a vitiated atmosphere, the body is restrained in one constant and unnatural position.

A sedentary life in youth arrests the growth and proper development of the body; in mature age, it impedes or disorders every function. Statistics clearly prove that the disease is more prevalent in cities and manufacturing towns than in the rural districts, where the population has plenty of exercise in the open air; and that it is more prevalent amongst clerks, tailors, shoemakers, and watchmakers, than it is amongst sailors, carpenters, and others whose occupation is active. The want of exercise is an exciting cause of consumption, which is constantly overlooked or misapprehended even by the most anxious parents; under the dread of *fatiguing* a delicate child, they restrict him or her to unnatural and unhealthy quietude; and this incorrect idea is zealously carried out at fashionable, and too frequently *finishing*, boarding schools, where every movement is regulated by rule; and the time that should be devoted to a skipping-rope or a foot-ball, is sacrificed to Berlin-wool, crotchet, or the *forcing* system of some Dr. Blimber. Fathers should remember the words of Rousseau, who says, "Nature intended that children should be children before they were men..... I would as soon require a child to be five feet high, as to display judgment at ten." Mothers should learn that, "Beauty, like other flowers, needs exposure to the air and to the light of the sun." And both should remember that—

"So wise so young, do n'er live long."

Clothing which is insufficient to keep the body at a proper warmth, must always favour disease, especially pulmonary disease; in our climate, which is so liable to frequent and sudden vicissitudes of temperature, too much care cannot be given to the maintenance of a healthy and uniform warmth. The most injurious effect of cold on the respiratory organs is when it suddenly alternates with warmth. Fashion should be subservient to health; and, with some little care, one would lose none of its attractions, and the other would attain continued ability for enjoyment. Nothing can be more hazardous than the too common practice, during the inclemency of winter, of women, who in the daytime are clad in a Siberian costume of furs and shawls, exposing themselves at night in muslin or gauze, to the cold air of lobbies, passages, and damp pavements, immediately after being heated by exercise in a crowded ball-room, or inhaling the warm atmosphere of a theatre.

A constant cause of disease in females is "tight-lacing," by which the contents of the chest and abdomen are compressed into a most unnaturally small compass. The corset is a most barbarous piece of armour, which cabins, cribs, and confines the feminine proportions of women in an unnatural form, and, in the place of natural symmetry, exhibits artificial deformity. Imagine the Venus de Medici reduced to a spider waist by a pair of stays!

Personal cleanliness is a duty we owe to ourselves and to those with whom we associate; it is a means of preserving health within the reach of all. and its importance will be admitted when we consider that the skin is constantly producing perspiration and unctuous matters, which readily mix with the dust and fine particles floating in the air, and which, if allowed to collect and remain on the surface of the body, form a coating that closes up the pores of the skin, prevents its healthy action, and gives to disease another ally.

Intemperance in the use of spirituous and fermented liquors is one of the most prolific causes of consumption; when acting, as too frequently happens, in conjunction with bad, innutritious diet and insufficient clothing, whereby the body is excited and stimulated, not strengthened and protected, habitual intemperance is capable of becoming a remote cause, or the originator, of tubercles, as well as the ever-ready agent to hasten their development, should they already exist. The blanched, emaciated countenance of the dram-drinker faithfully corresponds with the diseased condition of his internal organs; and it may occur that an attack of the dreadful malady, *delirium tremens*, gives more decided evidence of the mischief and destruction effected on the nervous system. The dire effects of this debasing habit are not confined, unfortunately, to the drunkard himself; his progeny suffer, perhaps, in a still greater degree, and the frequency of tuberculous disease in the children of dissipated parents is a fact which can be confirmed by every physician of experience.

Surrounded by all the temptations to err which on every side allure the inexperience and indecision of youth, it cannot occasion surprise that—

"Some begin life to soon,—like sailors thrown
Upon a shore where common things look strange."

Dear is the price hereafter to be paid for this precocity; impru-

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dence or excess may be indulged in while strength and youth have the power to neutralise the immediate effects of folly; but, when these are exhausted, and disease turns the balance, rapid is its onslaught, and, it may happen, decisive the victory.

Change of temperature directly affects the respiratory organs, and conveys an exciting cause to the very seat of tubercle; we, therefore, find consumption most general and most fatal in climates that are subject to sudden alternations from heat to cold; and Great Britain ranks the first in this unenviable position. In those climates where the atmosphere is uniform, whether it be cold or hot, as in Russia and the Western Indies, consumption is comparatively rare; whilst in England it carries off about one-fourth of the inhabitants; in Paris, about one-fifth; and in Vienna, one-sixth. As well as by those rapid climatorial variations which are native to our soil, the disease is nurtured by our own carelessness; this carelessness is directed rather to the effect than to the cause, for we constantly meet with persons who dread "catching cold," and use every precaution to avoid doing so, and yet they take no heed of the cold when it is "caught." The man who will not have his hair cut on an inclement day, lest he "take cold," will, nevertheless, allow a cold and a cough to distress him for weeks without adopting any effectual means to remove it.

I do not remember having read a more forcible admonition on the necessity of attending to "a slight cold," than that written by the author of "The Diary of a late Physician." The value of the advice, and the vigour of the language, will be an adequate excuse for the extract:—"Let not those complain of being bitten by a reptile, which they have cherished to maturity in their own bosoms, when they might have crushed it in the egg. Now, if we call a slight cold "the egg," and pleurisy, inflammation of the lungs, asthma, *consumption* the venomous reptile, the matter will be no more than correctly figured. There are many ways in which this 'egg' may be deposited and hatched. Going suddenly, slightly clad, from a heated to a cold atmosphere, especially if you can contrive to be in a state of perspiration—sitting or standing in a draught, however slight—it is the breath of death, reader, and laden with the vapours of the grave. Lying in damp beds, for there his cold arms shall embrace you; continuing in wet clothing, and neglecting wet feet; these, and a hundred others, are some of the ways in which you may slowly, imperceptibly, but surely, cherish the creature, that shall at last creep inextricably inwards, and lie coiled about your vitals. Once more, again,—again—I would say, ATTEND to this, all ye who think it a small matter to neglect a SLIGHT COLD."

Mental emotion and the passions, especially those which are depressing, exert a decided influence in arousing tubercles from their lair. The effect of mental affliction instantly overthrows the whole economy of the system; an agonising sense of oppression and tightness is experienced in the neighbourhood of the heart and lungs, accompanied with a dreadful feeling of impending suffocation. If the sorrow be un-removed, if the heart be uncheered by hope, this disturbance continues, the health sinks under the oppression, and the mind falls into despondency. In the downfall of long-cherished hopes; in the bereavement of a loved parent or friend; in disappointed ambition; in the reverse of fortune; in slighted affection; in fact, by all that "maketh the heart sick"—affliction of mind is a constant "worm i' th' bud," that preys on the health, and accelerates the progress of consumption.

A frequent exciting cause of phthisis in young persons may be traced to a deep and settled despondency, consequent on a separation from the happy scenes and associations of home. This has been termed *home sickness*—"the piercing anguish hid in gentle heart;"—(the *heimwehr* of the Germans, the *maladie du pays* of the French). Whenever the sufferer from such a cause be of frail or delicate constitution, the danger will be greatly enhanced.

Intense application to study, which involves loss of sensorial power, and exhaustion of the nervous system, together with sedentary habits, imperfect digestion, and constipation, is another mode in which the mental powers affect the health. One, from among the many victims of consumption hastened to an untimely end by severe mental application, was Kirke White—he who, whilst in the grasp of the destroyer, sang,—

> "Gently, most gently, on thy victim's head,
> Consumption, lay thine hand! Let me decay
> Like the expiring lamp."

Rapid growth is, in many instances, the harbinger of this disease, as it is always attended by debility in consequence of inadequate nutrition; the progress of development in the frame being more rapid than the elimination of the required nourishment, the body grows without being matured, almost without being perfected. Richerand relates a case of this kind that terminated fatally, the individual having grown more than an English foot in a year.

Several *occupations* which produce mechanical irritation of the lungs, greatly quicken the development of tubercles; this mechanical irritation is excited by inhaling an atmosphere loaded with minute particles of dust or powders, as happens to sawyers, millers, starch-makers, flax-dressers, weavers, feather-dressers, and artisans similarly engaged. These employments, however, are harmless when compared with others in which the dust is of a deleterious nature, as it is in the manufacture of cutlery and the grinding of metals. The mortality amongst needle, edge-tool, and gun-barrel grinders, is excessive; and Dr. Johnstone, of Worcester, informs us that the former seldom live to be forty. Mr. Thackeray gives a similar account of the early fatality of such employments in Sheffield, where the disease, so induced, is known amongst grinders by the name of "pointers' cough," or "grinders' rot."

Sedentary employments, and confinement in a particular position, are most injurious to those who have any pre-disposition to the disease; literary men, lawyers, artists, clerks, watch-makers, jewellers, tailors, shoemakers, and others similarly engaged, add more than their proportionate quota to the lists of mortality from consumption. Public speakers, clergymen, readers, singers, performers on wind instruments, and others who strain or over exert the vocal organs, are also liable to pulmonary disease.

Some avocations appear to enjoy considerable immunity from consumption; butchers, in particular, are seldom consumptive, and the disease is rarely found in soap-boilers, glue-makers, fishermen, and fishwives.

Many diseases, especially those which affect the pulmonary organs, have a peculiar tendency to excite consumption; catarrh, bronchitis, and inflammation of the lungs, frequently give an impulse to the more serious and fatal malady. Fever, when occurring in a person of tuberculous constitution, acts in like manner. The eruptive fevers, as measles, small-pox, scarlet fever, invariably induce some subsequent disorder of the system, and in many instances that disorder is phthisis. Nervous debility, produced by irregularity and excess; indigestion, which implies deficient nutrition and constant irritation of the whole body, are never-failing causes; worms, or anything capable of exciting habitual irritation in any part of the alimentary canal, readily induce a sympathetic action in the lungs. The tendency of syphilis to produce consumption has been noticed by almost every writer, from the time of Bennet (1654). The remedy—the specific—for the syphilitic poison—*mercury*, when used so as

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to affect the system, possesses the same dangerous property, and in persons of a delicate or scrofulous constitution its employment demands the greatest caution and circumspection. Certain profuse discharges, as long-continued diarrhœa, diabetes, menorrhagia, fluor albus, bleeding piles, &c., may, with sufficient reason, be included amongst the exciting causes.

The imprudent practice of young and delicate mothers suckling their children, as some do, for twelve or fourteen—nay, some eighteen months or two years, is most reprehensible and dangerous, alike to themselves and to their offspring.

It must not be supposed that these exciting causes act injuriously in every case, or that one alone is always sufficient to foster the disease; but we may be assured that whatever tends to debilitate the constitution, whatever interferes with the proper nutrition of the frame, and whatever depresses the vital powers, will always accelerate and favour the production of tuberculous disease.

The opinion at one time prevailed that consumption was contagious; but the experience of modern physicians goes far to prove that it cannot be so propagated; it is, nevertheless, highly imprudent for a healthy person to occupy the same bed, or to sleep in the same chamber, with a consumptive patient.

(*To be continued.*)

DEATH FROM CHLOROFORM

AT GUY'S HOSPITAL.

On Saturday afternoon, the 29th ultimo, an important investigation took place before Mr. William Payne, the coroner for London and Southwark, and a special jury, in the boardroom of Guy's Hospital, respecting the death of Alexander Scott, aged 34, a police constable of the R division, who died from the effects of chloroform while undergoing an operation for the removal of a portion of the right hand, which had been bitten by a man 31 months previously whilst on duty at Deptford.

James Scott, of Creek-road, Deptford, stated that the deceased was his brother. In May, 1849, the deceased received an injury to the right hand while on duty, by having one of his fingers bitten by a man whom he had taken into custody for creating a disturbance. The middle finger was soon afterwards amputated by a surgeon at Deptford, but deceased always complained of great pain in the limb. On Wednesday week deceased was advised to apply at Guy's Hospital, with a view of having some operation performed to relieve him. Witness came to the hospital on Wednesday last, just after the operation had been performed, and then found his brother dead.

By the Coroner.—Had heard since the death that deceased had died under the influence of chloroform, taken by his own wish, as he (the deceased) could not bear the pain attending the operation.

The next witness called was—

John Lacy, the dresser to Mr. Edward Cock, one of the senior surgeons, who stated that he first saw the deceased on the morning of Wednesday last. Witness examined the right hand and found that the second finger had been removed at the knuckle joint. Mr. Cock was present, and everything having been arranged, chloroform was administered to the deceased by the machine, but not having taken effect, it was applied in another way. In about two minutes the chloroform took the proper effect. The operation was then commenced by Mr. Cock, when the deceased appeared to be fainting, and just as Mr. Cock had completed the operation, the deceased was found to be dead.

Mr. Edward Cock said, the deceased was sent to him by a surgeon at Deptford for severe pain in the right hand. One of the fingers had been removed, and deceased suffered great pain at the stump. Witness found him to be a strong vigorous man. The bone was in a diseased state, as were also the nerves, producing very great tenderness of the arm and right side of the body. The only remedy was to remove the end of the bone and the diseased nerves. The deceased came into the hospital to have the operation performed; when deceased said, "I hope, Mr. Cock, you will give me chloroform, for I cannot bear the pain." Witness informed him that he would rather not use it, and endeavoured to dissuade him from taking it; but the deceased added that he had made up his mind to have it administered to him. Witness always objected to the use of chloroform, for it could never be given without some degree of danger. The ordinary machine was used, and, as it had not the effect, witness directed that a napkin should be folded into the shape of a comb, which was applied with chloroform. The operation of removing a portion of the bone occupied one minute and a half, but before it was concluded the blood, which was gushing out, suddenly stopped, when witness directed Mr. Lacy to feel the pulse of the deceased, when they ascertained that the deceased had expired.

The Coroner.—What was the cause of death?

Witness.—The chloroform, most undoubtedly. In this nistance a very small quantity had been used, not a tenth part of what had been administered in other cases. Witness could not account for the patient dying, and was certain there was no disease about him. So strong and powerful an agent was chloroform that it could not be administered without some amount of risk and danger, and the penalty the public must pay for the alleviation from pain would be a death occasionally. A similar death occurred about 12 months since at St. Thomas's Hospital, and many other deaths might be recorded. It might be used one or two thousand times, or more, successfully, and was of great assistance to the operator. The public ought to know the danger and great risk attending its administration. In many cases where chloroform had been used witness had waited with breathless attention for the recovery of the patient. Witness strongly objected to its use.

The Coroner then summed up the evidence, remarking at some length on the melancholy circumstances of the case; and the jury, after a brief consultation, returned a verdict of "Died from the effects of chloroform."

RAILWAY ACCIDENTS AND MEDICAL AID.

A measure has been brought into the House of Commons by Mr. Newdegate, Mr, Spooner, and Mr. Adderley, to provide medical assistance in cases of accidents on railways. The preamble of the bill recited that, whereas no action is now maintainable against a railway company by a surgeon called in by the servant of a railway company to render assistance to a passenger who has been accidentally injured, it is right and expedient that oftentimes the company in such case should be answerable for the services of the surgeon called in. It then proposes to enact that the servants of railway companies may call in surgeons in case of accident, the acts of the servant to bind the railway company until notice is given the medical attendant to the contrary. A railway company may recover expenses from other railway companies in fault, or from a passenger in fault; and in the case of a "pauper passenger," the company is to have a legal right to recover from the overseers of the parish in which the accident happened. The Act, it is proposed, shall be affixed at every station along the railway.

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PHARMACOLOGY.

No. XVIII.

STRONG ACRID PURGATIVES.—(*Continued from page* 5.)

Helleborus,—Hellebore,—belongs to a poisonous genus of Ranunculaceous plants. It is a violent and dangerous purgative, and is very seldom prescribed. The black Hellebore, or Christmas rose, was reputed by classic writers to possess some virtue in mania, for this reason it was recommended by Horace to the poets of his day. The London Pharmacopœia directs a *tincture of Hellebore*. It has been employed by practitioners as an emmenagogue (medicines which promote periodical secretions in women). The dose is from fifteen drops to a drachm.

Elaterium.—The fecula of the wild cucumber. (*Mormordica Elaterium*.) The extract of Elaterium is a powerful purgative, that produces copious watery stools; hence it is of great service in dropsies. It requires great care in its administration, as it is apt to induce very great prostration. The dose is from the sixth part of a grain to a grain. In dropsies, and very obstinate constipation, it may be thus exhibited: Take, extract of elaterium, one grain; calomel, six grains; extract of gentian, a scruple. Mix very carefully and divide into six pills, one of which is to be taken every eight hours until the required effect be produced.

Tiglii Oleum,—Croton Oil,—obtained from the seeds of the purging croton. It is a powerful drastic purgative; and is sometimes employed in apoplexy, obstinate costiveness, and where a quick and powerful action on the bowels is required. The dose is from one drop to four. It is usually administered in the form of a pill by means of bread crumbs. In some cases it is merely sufficient to touch the tongue with one or two drops. The taste is acrid, burning, and remains for a long time.

MERCURIAL PURGATIVES.

We have already spoken at great length on the properties of mercury, its mode of action, the different preparations employed in medicine, and the different diseases and disorders for which it is useful:—we, therefore, refer to articles "On the Use and Abuse of Mercury," page 85, vol. i.; and "On the Action of Mercury, and its Preparations," page 93, vol. i.

ASTRINGENTS.

ASTRINGENTS, as the word denotes (*astringo*, to bind), are remedies which contract the animal fibre, and arrest fluxes, hæmorrhages, diarrhœa, &c. They produce this contraction in the living fibres, and vessels of the body, not upon the principle of tanning, as Dr. Cullen supposed, but by a stimulus, *sui generis*, operating on tissues, possessed of a fibrous structure. It is easy to explain the action of external astringents termed *styptics*, applied to bleeding vessels, wounds, or granulating surfaces, inasmuch as they are directly applied to the divided, open, or relaxed parts affected; we may also account for their action in the cure of diarrhœa, (relaxed state of the bowels,) for in their passage along the intestines, they will come in contact with the open mouths of the exhalent vessels covering the mucous surface of the gut. But it is more difficult to account for their action in arresting bleeding from the lungs, or uterus, unless we adopt the supposition that they are carried into the blood, and applied to the bleeding vessels during the circulation of the blood through them; or what is more probable, that they act upon the nerves of the organ in some peculiar manner, so as to diminish the action of its blood-vessels.

In our description of the Medicinal Astringents we shall divide them into Vegetable Astringents, and Mineral and Saline Astringents.

Catechu.—Catechu. This is the name given to a variety of astringent extracts, which are imported under the several names of *catechu*, terra japonica, cutch, and gambir. The best medicinal catechu is extracted from the kernels of Areen catechu, which is imported from Bombay. A piece of the extract of catechu may be allowed to dissolve in the mouth, as a lozenge, in cases of relaxed uvula; or, it may be thus made into a lozenge. Take, one ounce of extract of catechu; half a drachm of cinnamon; two drops of oil of cinnamon; three ounces of white sugar; mucilage of gum; tragacanth sufficient to form a mass. To be divided into lozenges of the usual size. *The Compound Infusion of Catechu* is made by pouring a pint of boiling water on six drachms of the extract of catechu, and a drachm of bruised cinnamon. The dose as an astringent in diarrhœa is from one ounce to three ounces every four hours. It is also a very useful medicine in relaxation and chronic inflammation of the mouth and throat. It should in such cases be given in small doses, say a dessert-spoonful very often—every hour. We have a dear friend who has thus taken it for several months. *The Tincture of Catechu* is very useful as an astringent in chronic dysentery, and diarrhœa; it is also employed in leucorrhœa, (weakness, "the whites.") The dose is from a drachm to two drachms, taken in some bitter infusion, In diarrhœa the following are useful medicines. Take, tincture of catechu, one drachm; tincture of opium, ten drops; chalk mixture, one ounce and a half. Mix, for a draught, to be taken after each liquid evacuation. Or, tincture of catechu, two drachms; aromatic confection, two drachms; cinnamon water, one ounce; water, three ounces. Mix.—Dose, two table-spoonsful after each evacuation. Combined with an equal quantity of Peruvian bark, and one-fourth of the quantity of myrrh, catechu forms an excellent tooth-powder, peculiarly applicable where gums are spongy.

ANOTHER FATAL CASE OF "COFFINISM."

AN inquest was held at Parton, near Whitehaven, on Monday, on the body of a young man, named William Hewitt, who died from the effects of a dose of Dr. Coffin's preparation, known as "Lobelia." The deceased was a founder, and belonged to a benefit club; a man, named William Tait, who was a turner at a foundry, professing to be his medical adviser. About three or four weeks ago the deceased complained of a pain in his stomach, which seemed to have continued almost up to the period of his death. On Wednesday evening he consulted Tait, who mixed him up some of the lobelia, and administered it to him in three doses. He appeared worse after he had taken it, and he vomited during the whole night, and on the following day (Thursday.) On the Friday his state became more alarming, and no medical man having been called in up to this moment, the deceased wished one to be sent for, as he was sure that the lobelia which Tait had given him was fast killing him. Mr. Hilton, surgeon, saw him, and found him in a state of great prostration, and had vomited severely. He complained of a burning pain in the stomach; that he had taken some of Dr. Coffin's stuff on Wednesday night, and that he had not been well since. He was understood to say that he had taken a teaspoonful and a half of the medicine several times. Deceased was afterwards seen by Mr. Wilson, another medical gentleman, but nothing could recover him, and he died on Friday afternoon. The *post-mortem* examination of the body showed that the stomach and bowels were highly inflamed. After the usual tests, lobelia was found, and the opinion formed was, that the deceased had died from inflammation of the stomach and bowels, brought on by undue administration of lobelia inflata. Its poisonous effects having been described, Tait denied its having any such influence—too much could not be taken of it. If the deceased had followed his instruction, he might have survived. The Jury found that the deceased died from the effects of lobelia inflata, administered to him by William Tait. The case will accordingly be tried at the ensuing assizes.—*Weekly Dispatch*.

CHOLERA IN BARBARY.

WE learn from Malta, under date of the 9th of June, that this scourge of the human race had manifested itself at Susa, Sfax, Mehdia, and other parts of Barbary: and according to some accounts, even in the military barracks within two hours' distance from Tunis; and such is the panic among the people that upwards of 600 have fled in boats and small craft, and reached Malta, where notwithstanding petitions have been addressed to the Government, praying him to impose a quarantine of at least seven days from date of departure from the infected port, pratique is recklessly given to all arrivals unless sickness actually prevails on board.

THE AGE TO MARRY.

MR. Robertson, quoting Potter's Antiquities of Greece, says: "The time of marriage was not the same in all places. The Spartans were not permitted to marry till they arrived at full strength, and though I do not find the exact number of years mentioned, yet, from the laws of Lycurgus, it is evident both men and women were limited in this affair. Lycurgus fixed on the time of full strength, as a means of preserving strength and vigour in the Spartans. The Athenian law fixed for men to marry at thirty-five; Aristotle thought thirty-seven; Plato, thirty, Hesiod, thirty." Now the whole of this evidence had only reference to men. Again, quoting Bishop Potter, Mr. Robertson continues to state; "That women married sooner than men. The old Athenian laws say, twenty-six; Aristotle, eighteen; Hesiod, fifteen: which latter some interpret as meaning nineteen."

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ACTION OF LIME ON ANIMAL SUBSTANCES.

BY JOHN DAVY, M.D., F.R.S.

It is commonly asserted and believed that lime exercises a corroding, destructive influence on animal matter in general, and that animal bodies exposed to its action rapidly decompose and disappear. Accordingly it has been almost invariably recommended to add this earth to graves, in instances in which a rapid decay is considered desirable, as on the occasion of the crowding of grave-pits with dead bodies during the prevalence of pestilential diseases. From the results of many experiments which I have made with lime on animal substances, I have been compelled to come to the conclusion that this opinion is not well founded in fact; indeed, that it is altogether erroneous. From numerous experiments I have made, I may state, generally, that with the exception of cuticle. nail, and perhaps hair, lime exerted on the different textures on which it was tried, no destructive power, but a contrary influence. and more particularly a well-marked antiseptic one. On the cuticle its action is powerful; and, I apprehend, in consequence of a chemical combination between them being formed. It is well known how lime has the property of rendering the cuticle easily separable over the *cutis vera*, and how, in the art of tanning, it is applied to this purpose. The effect of lime on nail is similar to that which it exercises on cuticle, but not so strongly marked. On hair the effect of lime appears to be more destructive, but in which manner it acts I have not attempted to ascertain. A portion of human hair of the head, which had been kept in lime and water about three months, was partially decomposed. At the bottom of the vessel there was a little black sediment. The hair, which was black, had acquired a just perceptible reddish shade, and had become much finer, as if wasted, and more friable, so as to be easily broken. Relative to the results of the experiments generally, they appear to bear me out in the remark with which I prefaced them, viz., that lime does not exercise a destructive corroding power on animal substances generally, nor one promoting their decomposition; but, on the contrary, a preservative and decidedly antiseptic power, arresting putrefaction even when commenced, and retarding decomposition. What new arrangements of the elements of animal matter may take place under the influence of lime is a subject for further inquiry. Probably the effects of lime on cuticle, nail, and hair, on which, in the arts, its operation has been best known. led to the ideas of its agency on animal substances generally, which I have been under the necessity of combating.—*Quarterly Medical Record.*

POISONING BY PAINTS.

Dr. Lewensten witnessed the poisoning of a child from biting a cake of green ink, which, when analysed, proved to be composed of arsenite of copper. A child in Paris amused itself by attempting to make pictures with the colours in a paint-box, and, as is quite common, effected this by moistening the end of the cake in his mouth. It was shortly after seized with all the symptoms of poisoning, from which it was relieved by early remedies. The parents, desirous of ascertaining the cause, requested M. Regnard to examine the paints. He ascertained that the one used by the child, which was a dark green, consisted of cyanuret of iron and chromate of lead; two others consisted of arsenite of copper. M. Regnard adds that the yellow paints are thus coloured by gamboge or chromate of lead: the red with cinnabar, or the red oxide of lead; the white with white lead; the blue with carbonate of copper; while the green are coloured, as above stated, with arsenite of copper, (Scheele's green,) or a mixture of Prussian blue and chromate of lead.

RUPTURE OF THE HEART.

BY J. HOWARD NORTON, M.D.

I was called, on the night of October the 6th, to see a man, named Charles Blackman, carpenter, who had fallen down, apparently in a fit, and was dead before I could reach him. The account that his wife and a fellow-workman gave me of his previous state of health was, that he had several times complained of a severe pain in the anterior portion, and at the left side, of the chest, but always continued to work at his trade up to the time of his death, and was considered a strong and active workman. The day previous to his decease, he had carried his carpenter's bench a short distance, and after having done so, complained to a fellow-workman "that he felt something inside him to have given way." On the following evening, he was seized, whilst in bed, with an acute pain in the chest, which he described as being very intense; he, however, walked down stairs to the yard, and almost instantly expired.

At the post-mortem, ordered by the Coroner, I found, on the left side of the chest, extensive and old adhesions between the pulmonic and costal pleuræ (he having had several ribs fractured many years ago); both lungs were otherwise healthy. On opening the pericardium, I found it *filled* with dark coagulated blood; on examining the heart, I found a rupture, one quarter of an inch in length, at the superior part of the *right* ventricle, communicating with the cavity of the pericardium. The heart was enlarged without thickening of its walls; it was softer than natural; externally it presented signs of chronic inflammation; there were no pseudo membranes, or fibrinous adhesions; internally it had a pale and flabby appearance. On examining the surrounding parts, I found a common sewing needle, one inch and a half in length, imbedded in the cellular tissue attached to the interior portion of the pericardium, but not piercing that membrane; this foreign body was evidently the exciting cause of the disease of the heart, which led to its rupture. No information could be obtained from his relations, as to how the needle had entered the body.

OBSTINATE HÆMORRHAGE,

FOLLOWING THE EXTRACTION OF A TOOTH.

Dr. J. Hartmann states in the "*Neumeister's Repertorium*," that a man of robust and vigorous constitution who had ten years previously had an incisor tooth in the lower jaw extracted, followed by obstinate hæmorrhage, had another incisor tooth of the same jaw removed, shortly after which profuse hæmorrhage occurred, and continued in spite of medical treatment, for five days, when he was conveyed in a state of great exhaustion to the general hospital at Vienna, where Dr. Bataffa, surgeon-in-chief of the district, determined to have recourse without delay to compression, which he practised in the following manner:—he prepared a cone, made with wax, the thickness of which corresponded with the diameter of the alveolus; this he soaked in a styptic mixture and then introduced it into the cavity. He afterwards applied two flat pieces, prepared from the same mass, of sufficient extent to cover over the alveolar orifice, and then placed over the whole a square plate, maintaining it *in situ* by a narrow bandage, conducted transversely in the direction of the angles of the mouth, and inclined downwards to the chin. In this place the bandage was drawn towards the occiput, in a line with the vertex, and terminated by being carried round the forehead. The patient was enjoined to preserve absolute repose of mind and body. A potion was prescribed for him, composed of barley-water, acidulated with *Haller's acid elixir*, and administered through a funnel. The hæmorrhage was arrested, and the patient rapidly regained his strength. After the third day the apparatus was removed without a return of the bleeding, and he left the hospital on the sixth day cured.

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HINTS FOR HEALTH.

THE BENEFITS OF BATHING,

Are cleanliness, removing fatigue, increasing physical strength, preventing diseases, curing them, resisting contagion, relieving bodily pain, assuaging mental distress. Cold bathing is most serviceable in nervous diseases, hypochondriasis, hysterical affections, nervous headache, in some bilious complaints, in scrofula, and in female complaints dependent on debility.

EQUANIMITY OF TEMPER.

It is of essential importance to health to preserve an equanimity of temper, and not to sink under the disappointments of life, to which all, at some or other time, are exposed. Nothing ought—(how easy it is to write it!)—nothing ought to disturb the mind of an individual, who is conscious of having done all the good in his power, and who has fulfilled all the duties of his station. Whereas, if he is subdued by misfortune, or indulges despondency, health cannot long be retained.

EXERCISE FOR CHILDREN.

It ought to be constantly inculcated to mothers and nursery-maids, that children, at all delicate, should not be allowed to walk too long at a time. Short efforts, with intervening repose, should be the motto of the nursery. When the bones are in the least soft—as they are sometimes in rickets—scrofula—it is incredible how much mischief may be done, by keeping the limbs much on the stretch, or allowing them to support the trunk too long a time. Even healthy children, of two or three years of age, have become indisposed, by walking about a mile, without even being hurried.

CURE FOR A COLD.

The following prescription has been taken from an old black-letter book, A. D. 1430:

Putte your feette in hot water,
As high as your thighes,
Wrappe your head up in flannelle,
As lowe as your eyees.
Take a quart of rum'd gruelle,
When in bedde, as a dose.
With a number four dippe
Well tallowe your nose.

FISH-HOOKS.

Those who "love to go a-angling" occasionally make a catch they did not intend by hooking themselves, whilst incautiously holding the hook between the lips or fingers, and jerking the line by treading on or dangling it upon a bush or on a boat's side, as the case may be. Persons unskilled in such matters think it proper to wriggle the hook about, and then pull it out, as they would from a fish's mouth. This, however, is as unfitting as it is painful mode of treatment, for the barb of the hook, manage as well as you may, cannot be freed from the flesh, and can only be pulled out by dragging away some of the soft parts in which it is tangled. The best, readiest, and least painful mode of managing this accident is, first to grasp the stem of the hook, and with a sharp knife rip off the line and clear the stem of the binding silk, then make no attempt to withdraw the hook by the wound through which it has entered, but press the blunt end downwards, so that the point should be made to travel onward till it penetrate the skin and free the barbed point, which is then to be taken hold of and drawn further out in such way that the remainder of the hook follows through the last made wound. Rarely any inconvenience beyond a few hours' smarting follows the accident, if thus managed; but if the finger be painful, put on a poultice.—*Mr. South.*

ADVERTISEMENTS.

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Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1 lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by Nevill and Co., 16A, Chichester Place, Gray's Inn Road, London; sold by Miles, 78, Gracechurch Street.

JAMAICA GINGER, RASPBERRY, ORANGE, and LEMON SYRUPS, for making Ginger, Orangeade, and Lemon Draughts. A table-spoonful of either of these preparations mixed with half-a-pint of Spring Water forms an agreeable and very refreshing beverage. They may be beneficially taken when the stomach is not able to bear malt liquor.

Those who are partial to Soda Water will find either of these a very grateful adjunct, as they obviate the unpleasantness which sometimes occurs from Soda Water taken alone.

Prepared and Sold by John Miles, 78, Gracechurch-street, in Bottles price 1s., 2s., and 3s. 6d.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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LAWRENCE AND CO'S PATENT IMPROVED FLESH GLOVES and STRAPS, for producing a healthy state of the system by Friction, without the risk of tearing the skin, as all the ordinary Horsehair Gloves are liable to do. The great value of the Horsehair Renovator as a therapeutic agent, when applied to the human body, is now too well known to every one who has paid the least attention to the importance of a healthy action of the skin, to require further comment. Manufactured (under the sole license of the Patentee,) by Messrs. Lawrence and Co., Islington-place, Park-road, Islington. Communications will also be received at 74, Fleet-street. Sold at 78, Gracechurch-street, and by Druggists in general.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

A YOUNG HUSBAND.—We are obliged to you for your suggestions, some of which we may adopt, others we cannot. Occasional papers on the diseases of women and children will be given. There is much truth in your remark, "How many mothers would enlighten their daughters, did they know how!"

INFAUSTUS.—See answer to JACQUES in this number.

RICHARD DAVIS (Abingdon Street.)—See answer to ROBERT HAWSON, in No. 7.

HENRY B.—We cannot publish in the Journal the information you ask for. We are preparing a small work on the subject, to be entitled "Syphilis, Gonorrhœa and Spermatorrhœa," which will be published uniform with "INDIGESTION" and "HEADACHES."

ALEXANDER SELKIRK (Great Yarmouth).—A bad digestion will account for all the misery you endure, and all the misery you cause. Robespierre was meagre, sickly, and bilious; and who can say—for the mightiest events will oftentimes spring from the most insignificant causes—how much of the horrors of *that* Revolution may not have been traceable to the vicious physical constitution of this blood-thirsty monster?

D. W. J. (Bayswater).—You are a leetle too *exigeant*.

D. W. (Strand).—What business has a boy of 17 with flannel? A rheumatic old man of 70 *may* need it.

WILLIAM (City).—You can know very little of us, or of the principles we maintain, or you would not ask us to recommend you a "patent specific medicine."

M. T. S. (Portland-street, Ashton).—The symptoms detailed indicate serious disease. Diabetes frequently terminates in consumption. We cannot spare the space required to answer the whole of the questions referred to us. You had better place yourself under the care of some respectable practitioner in your town.

JACQUES.—To your first question—a guinea in all *such* cases. To your second—yes.

INQUISITOR (Dartford).—The number of inspirations in a minute averages 18 or 20; or about one to every four beats of the pulse.

D. E. (Salford).—We will insert an article on Bilious Diarrhœa in an early number.

A PATIENT.—You are mistaken; we have no favorite chemist—that is, *favorite* in the acceptation you infer. If you will go back to Number 6 of our Journal, page 48, you will find the following:—We have more confidence in the effects of prescriptions dispensed at chemists whose drugs we know to be pure, than when "prepared" at *cheap shops*. The chemists we recommend are, Miles, Gracechurch Street; Corbyn, Holborn; Allen, Plough Court; Bell, Oxford Street; Savory, Bond Street; and Apothecaries' Hall.

ALBERT (Foot's Cray).—Take the aperient powder as ordered, in Number 25, page 197, three lines from the bottom.

S. F. J. (Kidderminster).—The balsam of copaiba frequently causes a rash, similar to what you describe (*erythema*). Discontinue the capsules. Take a warm bath, and some saline purgative. "Self-treatment" in such cases is nearly as baneful as martyrdom by the quacks. Apply to some respectable medical practitioner in your town.

JANE P——T (Teddington).—We have little faith in change of climate in such extreme cases. Madeira, Rome, Pisa; in England, Torquay and Undercliff, afford the best climate for consumptive cases.

D. M. T. (Manchester).—The advertisements which you have sent to us, extracted from the *Weekly Times*, are the decoys of quack swindlers. The Index was published with No. 26. You can procure it of Mr. Abel Heywood, in your town.

E. FAITH.—What is the *cause* of the symptoms? Can it be infection? If not, they denote great local disorder, if not serious disease. Use a warm hip-bath, every night: Take a full dose of castor oil; and drink plentifully of barley water. Communicate privately.

J. S. (Holloway).—The symptoms, especially the situation of the pain, denote a more serious affection than rheumatism. There may be glandular disease other than cancer, so do not be unnecessarily alarmed.

ANOTHER DEATH FROM LOBELIA INFLATA AND ANOTHER VERDICT OF MANSLAUGHTER.—An inquest was held on Monday s'ennight, at Parton, near Whitehaven, Cumberland, before William Bragg, Esq., coroner, on the body of a young man named William Hewitt, to whom *lobelia inflata* had been administered by a person named Tait. The drug had been taken on the Wednesday previous, and again on the Thursday, and death ensued on the Friday. After a lengthened evidence had been heard, the jury returned a verdict tantamount to *manslaughter* against William Tait, who is to take his trial at the Carlisle assizes.

F. I C, (Walworth).—The nutrition of the frame is not commensurate with its growth. Your youthful age, your great stature, your occupation, your languor, all indicate that care in the year 1850 is necessary to your well-doing in 1860.

S. SEWARD, (Kidderminster).—See answer to J. M. J. (Surrey), in No. 22.

JAMES DAVIS. We cannot advise in your case without examining you. How can we tell that you have diagnosed your complaint correctly?

APPREHENSION FOR PRACTISING MEDICINE WITHOUT A DIPLOMA.—A young man named George Liston, was apprehended at Newhaven, for circulating bills representing himself to be a medical practitioner and oculist, without having the necessary diploma, and for prescribing and selling medicine, or stuff, represented as medical preparations, and thereby imposing on various parties. He was examined before the sheriff on Saturday, on a charge of fraudulently imposing on a woman in Newhaven, and selling a liquid represented to be a lotion for the eyes. The prisoner admitted that he possessed no diploma or any authority for acting as a medical practitioner, and that the testimonials in his bills were not genuine, but borrowed from some other printed paper. He was remanded for further examination.

THOMAS JONES, (Buckley, Flints.).—Do not have the small "lump" interfered with, unless it rapidly and seriously increases. *Second.*—The tooth must be extracted,—there is always risk, if not danger, in the use of chloroform.

GEORGE W. You will find all the information you ask for in first eleven Nos of vol. I., articles DISEASES of the CHEST, COUGHS, COLDS, &c.

HARRIET G. (Salford).—Write to Mrs. Smith, High Holborn, she will tell you the description of roller you require.

W. B. (Mile End).—*Medical jurisprudence* signifies the science which treats of the legal proceedings in reference to medicine; the laws affecting death by violence, suicide, injury to the person, &c. It is sometimes called *Forensic Medicine*.

ROBERT P——T. (Sunderland).—The man is a Jew quack.

A. C. D. (Rochester).—The health of the mother immediately affects the child. A nurse shall be ruffled in temper, or depressed by *grief*, the character of the milk is changed, and the infant may have colic or convulsions. Strong drinks, as brandy, and other spirituous liquors, coffee, long watching, and too much sleep, render the mother's milk thin and watery. There is not any objection to a moderate use of beer or ale, but excess is highly injurious.

DENNIS R.—We have derived much benefit in cases of ulceration of the eyelids from anointing the parts with the following ointment:—Take, hydrargyri nitrico-oxydi, a scruple; lard an ounce. To be rubbed very carefully together in a marble mortar until well incorporated.

A WIDOW.—The Hospital for Diseases of Women is the place you allude to. It is in Red Lion Square. The late Report of the Institution has been highly censured. One or two of the physicians have in consequence resigned their appointments.

MARIANNE. The "Respirator" was invented by Mr. Julius Jeffreys; there are several others now used. Rooff's for instance. The price of all is nearly the same, but we believe Rooff's to be less liable to get out of order.

A SUBSCRIBER, (Derwentwater).—You can order a cover through any bookseller in your neighbourhood, who will receive it in his weekly parcel—the price is one shilling and three-pence.

E. G. P. (Bayswater).—You will find a paper on CORPULENCY in No. 12., page 94. Don't be annoyed at getting stout, if the increase of bulk be not the result of disease:—

> "Would he were *fatter!* But I fear him not:
> Yet if my name were liable to fear,
> I do not know the man I should avoid
> So soon as that *spare* Cassius.

A POSTMAN, (Dalston).—*Semola*, is a new preparation of wheat flour, containing between fifty and sixty per cent. of gluten, together with pure wheat starch, and forming a highly agreeable, digestible, and nutritious kind of food, suitable to cases where unstimulating, but at the same time highly nutritive diet, is required.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 29.—Vol. II.] SATURDAY, JULY 20, 1850. [ONE PENNY.

THE EDITOR'S CASE-BOOK.

No. II.

A WEEK IN LONDON.

Rat-tat-tat!—tat-tat!! The door shook; the hall vibrated.—"Is the doctor at home?" said, or rather gasped, the visitor. He was told he could see me in a few minutes. It was early in the morning,—in fact, at breakfast time. I soon received my patient, whom we will call Mr. 32. He was a man aged nearer fifty than forty; tall, stout, and well made. His countenance was anxious and wild; his eyes, bloodshot and prominent; his aspect was that of a dissipated, haggard man; drops of perspiration stood on his brow and upper lip; his limbs trembled, and his speech was quick, hurried, and yet faltering, inasmuch as he would, after rapidly ejaculating a few words, stop in the middle of a sentence, at a loss for the appropriate context to explain his idea. I learnt from him that he was a large manufacturer in L———shire; that he was married, had children grown up to man's estate; that he was, until within the last *week*, temperate and regular in all his habits. He came to London on business; but, alas! business was forgotten; his pursuits had been debaucheries. Excess in wine and in spirits, late hours, immoral irregularity, and finally remorse, brought him to my door weighed down by the awful symptoms of delirium-tremens—the horrors! (*delirium cum tremore.*)

How shall I tell the tale this poor man related to me! Let the reader in his imagination fill up the gaps in the following outline: Perhaps more than one may substitute reality for fancy.

The train arriving at Euston Station 9-25, brought our friend to London. A Hansom cab deposited him and his carpet-bag, in a short time after, at the ——— Hotel, where by appointment, he was received by an old friend, though a younger man, Mr. Blank Blank, of Dash Street, a merchant who travelled on his own account, loved brandy-and-water, devilled bones, late hours, and night-houses; in fact, a "gent" who "knew the ropes." Greetings, a hasty toilet, a hot supper and iced punch, ushered in another day. "Now, old boy!" said the commercial *Bags*, "come along! I'll show you a thing or two." 32 neither resisted, nor yielded; he went passively with his friend. He saw peas and strawberries sold at Covent Garden market, by the sack and by the sieve, at early dawn;—the boots at his hotel undressed him just as the first edition of the *Times* was delivered. He had been travelling, drinking, and rioting for thirty-two hours.

He awoke in the afternoon, and found Mr. Blank Blank drinking Carrara-water and brandy in the coffee-room. A dinner at Blackwall was instantly arranged. "I'll call in Rood Lane to-morrow," said 32; "I can't attend to business to-day." The night was passed as the last; the saloons, cellars, and early coffee-rooms were visited. For six days and six nights this course was pursued. On the morning of the seventh day Mr. 32 called at Lloyd Square.

I have described his appearance. "For God's sake, Doctor, tell me what to do! Am I mad?—I can't sleep. I see such sights! such phantoms! Oh, my dear wife—what shall I do?—Look here, here! I've ruined my name—my family!" as he said this he crumpled in his hands several letters. "These,—letters of importance, of business;—I dare not look at them. I dare not open them. For God's sake, calm me—I *am* mad!"

Desperate as the case might appear to a casual observer, there was one important feature present that induced me to hope I *could* calm my patient; namely, *his consciousness* of his infirmity. I endeavoured to soothe him, to be his friend as well as his physician; from some previous knowledge gained from a relative who had been under my care, he came to me full of confidence; and, happily, he who entered my house a raving and despairing man, soon became rational and to a great degree composed. He complained of pain, great pain in the head, sleeplessness, and inability to remain in one position, or in one room. When he did doze, the most frightful visions appeared before him: he fancied the waiters at his hotel wanted to poison him, that his friend, Mr. Blank Blank, had robbed him, and that bankruptcy was before him. He wanted to leave London, and yet dared not; his hands trembled; he could not hold a pen, and had not written home since his arrival in town; neither had he communicated with his business-friends in the City. He talked of "bills to take up," and his neglect of important matters upon which the credit of his firm depended.

I urged him to return to his hotel, to take immediately a full dose of muriate of morphia, and to go to bed. I promised I would call upon him early in the evening.

At *seven, p.m.*, I saw him. He had had four or five hours refreshing sleep; had perspired freely; was perfectly rational, but most desponding. He cried bitterly, reproached himself, and would scarcely be comforted. I directed him to get up, to take a large cupful of strong coffee in which was mixed two tablespoonsful of brandy; at ten o'clock, to have a warm bath at 96°, and then retire to bed. I promised to see him the next morning.

June 9.—Has slept tolerably well; is quite collected; has pain in the head; hot clammy skin; tongue furred; great thirst; tremulous hands; pulse quick, bounding, and full; bowels constipated. I ordered him four grains of calomel, to be taken directly, and followed in three hours by an aromatic rhubarb draught: the thirst to be satisfied by small pieces of ice allowed to dissolve in the mouth. After the operation of the calomel, to take some toasted bread and very weak brandy and water,—a table spoonful of spirit to half a pint of water.

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Seven p.m.—The bowels freely moved; headache less; pulse less irritable; tongue cleaner; tremulous motion of the hands nearly absent; spirits greatly depressed; sighs involuntary and frequent, but is free from pain in the region of the stomach. To have a simple saline mixture, and at bed-time to take a quarter of a grain of the muriate of morphia. Diet, vermicelli in chicken-tea, accidulated water and toasted bread.

June 10.—Has slept well; awoke refreshed and without headache; tongue clean; skin moist and confortable; bowels moved; pulse nearly natural; spirits much improved; asks for animal food, and desires to go into the City. Ordered, to take a wine-glassful of the infusion of cascarilla, with fifteen drops of the aromatic spirits of ammonia, every four hours; to have the wing of a chicken broiled, and half a dozen heads of asparagus; and at bed-time the eighth of a grain of the muriate of morphia. If necessary, to take a saline purgative draught early the following morning.

June 11.—I found him dressed, prepared for a visit to the City. Complains only of weakness; has a good appetite; has written home, which appears to have given him great satisfaction. He may now be considered convalescent.

June 13.—Called upon me to take leave; complains only of debility, and occasional tremblings in the hands; spirits good; has satisfactorily completed his business: to have a plain nourishing diet; to continue the cascarilla for a few days, and then substitute small doses of quinine. He left me cheerful and grateful.

In a few days I received the following letter:—

—— *June* 15, 184—.

My Dear Sir,—I arrived at home yesterday. I bore the journey well, and this morning have been much engaged in the factory and office without any ill effects. I have learnt a lesson I shall never forget. I am greatly your debtor, and shall strictly follow your injunctions. A sister of Mrs. 32's is now with her family at Buxton, and my wife is anxious to join her. I have yielded an apparently reluctant, but, in fact, a willing assent. We purpose leaving here next Monday. A week there will, I hope, set me entirely to rights. I will never again leave home without my wife. Again thanking you, &c. &c.

32.

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. III.

THE INFLUENCE OF AGE ON CONSUMPTION.

Continued from page 12.

Pulmonary consumption is a disease of all ages; yet how frequently is the poignancy of its attack tempered by the season of its visitation! It is not the infant—the child to whom life and its endearments, its ties of affection, its dreams of honourable ambition, are yet unknown or unappreciated; it is not the decrepit man who is steadily advancing to that bourne to which the course of time leads us all, who is satiated alike with the cares and the troubles, the joys and the delights of life,—but it is youth bursting into manhood,—it is man in the perfection of his strength, in the zenith of his intellect, in the enjoyment of love, honour, and fame, on whom it lays its fatal grasp. For its victims, how frequently does it claim those to whom existence displays the brightest future of usefulness and happiness—the young, the beautiful, the intellectual! how frequently do they hold life on its frailest tenure! The youth entering the busy world; the girl gushing into the loveliness, the tenderness of woman; the husband striving to maintain an infant family; the wife cheering, encouraging, and directing his efforts; the toiler who has just surmounted the difficulty of obtaining a maintenance; the aspirant within the reach of the pinnacle of his ambition; these,—these are the victims of consumption.

In the chamber of the rich, surrounded by all the comforts and luxuries that wealth can procure, that refinement can suggest, that medical skill can direct—in the damp, dark chamber of poverty, where the requirements of sickness are unknown, where the necessaries of life are stinted, consumption steadily and surely pursues its way, and desolation of heart, of home, of hope, follows in its path.

The period of life at which phthisis is most frequent has been a subject of inquiry since the earliest times. The Greek physicians held it a common doctrine that it rarely occurred before fifteen, or after thirty-five, and the results of recent investigations differ but little from this statement. Dr. Woolcombe, of Plymouth, however, has published a table of seventy-five deaths, ten of which took place before the age of fifteen, sixteen between fifteen and thirty, and forty-nine above the age of thirty. Dr. Alison, of Edinburgh, states that fifty-five deaths occurred in the practice of the New-town Dispensary in two years; eight of which occurred before fifteen years of age, thirteen between fifteen and thirty, and thirty-four after the age of thirty. The most satisfactory information is obtained from the investigations of M. Louis, who gives the following table of one hundred and twenty-three cases:—

Age.	Deaths.	Age.	Deaths.
From 15 to 20	11	From 40 to 50	23
„ 20 to 30	39	„ 50 to 60	12
„ 30 to 40	33	„ 60 to 70	5

I have now before me a list of sixty-four cases which were under treatment in January, 1847, and I find that,

From 12 years of age to 20, there were under treatment			14
„ 20	30		24
„ 30	40		12
„ 40	50		10
„ 50	60		4

In this number (sixty-four) three deaths occurred during the month, at the ages of twenty-three, twenty-five, and thirty-six.

On reviewing all the tables, we may come to the conclusion that the development of consumption generally happens between the ages of eighteen and thirty-five.

THE SYMPTOMS OF CONSUMPTION.

The progress of consumption is dependent on the progress of the tuberculous deposit in the lungs; therefore, in describing the symptoms, I shall endeavour to place them in relation with the *physical signs*, or those which may be deduced from the employment of the stethoscope—*sounding the chest*, as it is popularly termed—and thus connect the external and observable symptoms with those changes and alterations which, we are taught by morbid anatomy, are going on in the structure of the lungs.

With this view I shall consider the symptoms under three stages, corresponding with the three periods of tubercles already described: thus, the first stage corresponds with tubercles in their crude state; the second stage, with that of "ripening;" and the third and last stage corresponds with the period when they have softened, are coughed up, and cavities or excavations are formed in the lungs.

THE FIRST STAGE.

It sometimes happens that the local and functional symptoms are so obscure or doubtful, that the existence of consumption in the first stage of the disease cannot be detected with certainty; in fact, they may give so little uneasiness or anxiety to the patient, that he may be unconscious of any great departure from his ordinary health until the disease is far advanced, and the

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case has become desperate. In other instances, the symptoms are so prominent and so characteristic as to attract the attention of the most careless observer.

The symptoms and signs are materially modified by the age, strength, habits, and peculiarities of the individual; some may be altogether absent, others may be irregular, and all may vary in the degree of intensity. Although the symptoms in the first stage are usually obscure, and it is difficult to detect the real nature of the disease, we should always suspect the presence of consumption when we know there is hereditary predisposition; when we find a cough continue for some length of time, inducing increasing debility and emaciation; and especially when the invalid bears the appearance of a scrofulous constitution.

The commencement of consumption is slow and insidious; there is seldom any pain in the part most affected to direct the attention of the patient to his malady. After some slight exposure to cold, or other exciting cause, he feels an uneasiness at the back part of the throat, which induces a hard and dry cough; without being very troublesome the cough continues, and is soon accompanied by a trifling expectoration of frothy mucus, without colour and without consistence, as in common catarrh. Presently the cough becomes more frequent and more decided, particularly in the morning on getting up, and at night soon after retiring to bed. The expectoration is now transparent, but more tenacious, almost ropy; any little exertion during the day, as walking fast, or going up stairs, is sufficient to bring on a fit of coughing, and with it quickness of breathing, attended with some degree of oppression at the chest. The patient soon becomes sensible of unusual languor: he is readily fatigued, and finds his strength unequal to his customary labour or exercise; he breathes with some difficulty, and his respirations are shorter and quicker than usual; if he take a deep inspiration he is conscious of uneasiness scarcely a pain, immediately beneath the collar bone, and this more frequently is felt on the right side.

The local disease now begins to implicate the general health; and, as the pulmonary symptoms advance, which they now do more rapidly than heretofore, the whole frame sympathises with the chest affection. The pulse becomes quicker than natural, especially towards evening; the body is frequently chilled with a sudden rigor, or shivering, which is followed by increased heat of the skin, particularly at the palms of the hands and the soles of the feet, which, towards night, are hot, harsh, and dry. After midnight the feverish heat is succeeded by moisture; and, towards morning, the body is bathed in a profuse perspiration; the sleep is occasionally disturbed by a sharp attack of coughing, and the patient arises in the morning, relaxed and enfeebled.

The appearance of the invalid soon attracts the attention of his friends; the countenance loses its healthy, rosy bloom, and at one time is pale and anxious, and again suddenly flushed with a blush of red; the eyes sparkle with unusual brilliancy; the hair grows long and damp; the body diminishes in bulk, and begins gradually to waste; the flesh loses its natural firmness, and is soft and loose; the spirits are dejected; the appetite precarious, and he is indolent, languid, and easily fatigued.

The patient may continue for a considerable length of time in the state just described; he may gain renewed strength to combat the exhausting effects of his disease; the further development of tubercles may be retarded by judicious remedial measures; the growth of this, the first crop, may be arrested, and he may be restored to such a share of health as to remove the alarm of his connections. But, alas! "the snake is scotched, not killed." By some accession of cold, the symptoms again return; again they may be subdued; and, thus battling with disease, life may be prolonged for years after the known and certain existence of that which at one time or other may prove fatal. Dr. Latham relates that he knew one patient in this state twelve —and another, twenty years.

In other instances—rapid decline—the disease is not so controllable; it assumes the mastery at the onset, maintains it, and conquers.

Before detailing the physical signs, it may not be irrelevant to give a short account of the stethoscope, an instrument which is as essential to the physician as is the compass to the navigator.

The stethoscope was invented in the year 1816 by Laennec, a French physician. It is generally made of cedar wood, of a cylindrical form, about ten inches long, about an inch broad, having a cylindrical perforation throughout its whole length, an expansion or cup at one end, and a flat surface at the other; in effect, it is a wooden tube. Its use is to convey the sound emitted in the chest to the ear, and enable us to practise *mediate auscultation*—that is, listening to the sounds and movements of the heart, lungs, &c. We all know that when a person has a cold, and the bronchial tubes are loaded with mucus, the air rushing through them gives rise to a *wheezing* in the chest, or a rattle in the throat; and if we apply the ear to the side of a person, we may hear the heart beat. It was left to Laennec to notice, and to turn to practical account, the indications thus afforded of the actual state of the working machinery of our internal organs. At the time of his discovery he was physician to the Necker Hospital, in Paris, and in its wards he instituted a series of observations and experiments, first to ascertain the regular and healthy sounds which were elicited in natural, vigorous respiration and inspiration, and afterwards those alterations and changes which were caused by disease. The result of his experiments was, to use his own words, "a set of new signs of diseases of the chest, for the most part simple, prominent, and certain, and calculated, perhaps, to render the diagnosis of these diseases as positive and circumstantial as that of many affections which come within the immediate reach of the hand or instruments of the surgeon."

One of the first physicians who introduced the stethoscope into England was my late respected teacher, Dr. Thomas Davies, who was the friend and pupil of Laennec during the time he was perfecting his discovery. Dr. Davies, on his return from Paris, where he paid much attention to the nature and treatment of pulmonary and heart affections, opened a class at his own private residence, which was attended by many practitioners in the metropolis, and from that period the value of the stethoscope has neither been doubted nor neglected.

The physical signs are obscure when the tubercles are small in size and few in number, and scattered throughout the substance of the lungs; when, however, many are accumulated together, and we apply the ear to the chest whilst the patient is speaking, we shall find, at that particular part where they are situated, that the voice resounds in an unnatural manner, because the solid substance of the tubercles is a better medium for the conveyance of sound than the elastic structure of healthy lung. Wherever, therefore, the patient's voice can be most distinctly heard, there may we suspect the presence of tubercles. We may also detect an inequality in the sound of the respiration. At one part of the lung it may be soft and easy; at another part, where tubercles offer an obstruction, it will be found irregular and interrupted. By observing the motions of the chest during inspiration, we may sometimes discover one side more fully expanded than the other; and, when this happens, we may suspect the existence of tubercles on that side which is the more contracted.

(To be continued.)

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MELANCHOLY.

BY THE EDITOR.

No. III.

MOROSE MELANCHOLY.

(Continued from page 10.)

MOROSE, or MISCHIEVOUS MELANCHOLY is, perhaps, the most common form under which the disease makes its appearance. The patient is for ever dissatisfied with everything, and every person around him; he is a confirmed grumbler, and more frequently grumbles without a cause than with one. Sometimes the patient is extremely passionate, and will quarrel furiously with every one alike, in whatever tone or manner he is addressed, and expresses himself with great violence of language, occasionally with gross unqualified abuse, but occasionally also in a style of repartee that was never evinced when the mind was in a more composed state.

Persons labouring under this form of melancholy generally select their objects of resentment, which are, for the most part, unaccountably taken from their nearest relations and kindest friends. Against these they harbour the blackest suspicion and jealousy, believing that they are haunting them to take away their money or their life, or to inflict upon them some evil or torture. The disturbed patient loads them with every term of the deadliest hatred, or scowls at them with contempt, and denounces them as fools, rogues, and idiots. Under the influence of this distressing alienation of the mind, the mother abominates her infant family, and the wife her husband; the most chaste become lascivious; and lips, which have hitherto uttered nothing but the precepts and the language of piety, become grossly profane, and are the vehicles of oaths and impudence.

> "——— There's something in his soul,
> O'er which his melancholy sits on brood;
> And, I do doubt, the hatch, and the disclose,
> Will be some danger."—*Hamlet.*

At the time that we pen these lines we have a gentleman under our care whose friends have brought him from a distant county for medical supervision and advice. As far as bodily health is concerned, he is as "sound as a roach," he is in affluent circumstances, middle-aged, and unmarried. He resides with a part of his family, who I learn treat him with the greatest tenderness and affection; they have no motive to act otherwise, their interest depending on his good opinion. Now the pervading thought, the corroding care, of this poor gentleman's mind is, that a female relative exerts an evil influence over him; that she prevents his sleeping, that she disturbes him when he is asleep; that she mingles deleterious ingredients in his snuff; that she puts poisonous particles under his pillow, which he inhales when in bed; and that she will continue her efforts until he is destroyed or driven mad. Under this feeling his life is rendered miserable, his usual occupations and amusements are neglected, and although capable of exciting and appreciating kind treatment and domestic affection, he is on the verge of becoming a confirmed misanthrope. When we come to speak of the treatment of melancholy we shall detail the plan adopted in this case, and we hope to be enabled to add that it promises to be successful.

There is another strange impulse occasionally witnessed, which may be considered intimately allied to our present subject, wherein the patient is prompted to acts of mischief against inanimate things, as well as personal dislike; such as the destruction of property, independent of any discoverable motive. We, by chance, met with a paragraph in an American pamphlet, which bears out this view. The writer says, "I have known persons, on taking a watch into their hands, express the strongest desire to dash it in pieces. And I have seen tumblers and wine-glasses actually broken under the forcible influence of such destructive propensity. Children, too, it is well known, will not unfrequently manifest the strongest disposition to break their toys, even those with which they had been most delighted."

The unhappy individuals who are affected with morose melancholy, while labouring under some such delusion as that which we have related, are frequently not only sensible of what they say or do, but are occasionally sensible of its being wrong, and express their sorrow for it immediately afterwards, and say they will not act so again. But the waywardness of the will, and its want of control by the judgment, urge them forward in spite of their desire, and they relapse into the same state almost as soon as they have expressed their regret.

We entertain not the least doubt that the man who recently committed so dastardly an outrage as to strike Her Majesty the Queen, laboured, at the time, under this type of melancholy. The Recorder of London, in his charge to the Grand Jury on the 9th instant, appears to hold a similar opinion. He said, "It might very naturally be supposed that there was some defect in the mind or understanding of a person who could act in a manner so opposed to those feelings of loyalty which prevailed in the breast of all classes of the community in this country."

Locke, in his imperishable work on the human understanding, has, with consummate ability, pointed out the proper distinction between these two faculties of the DESIRE and the WILL, and has exemplified it by the chastisement with which an indulgent father frequently finds himself called upon to visit an offending child, and which he *wills* to perform, though his *desire* is in the utmost degree reluctant.

To the relations of a patient afflicted with this variety of melancholy, it is distressing in the last degree to be held in such indifference, or violent aversion, by any one whom they are so wishful to attend, to soothe, and to relieve; and as in this disorder the fondest and best affections give way to the worst and most irascible passions, it seems to follow, as a matter of course, that the greater the previous friendship or affection, the greater is the dislike and the hatred under the influence of the disorder.

Although in the case to which we have above alluded, the general bodily health is unimpaired, yet, in a large majority, the reverse is the case. There is hardly any part of the body which does not sometimes appear to be deeply injured, and none more constantly than the stomach and bowels, which seldom escape without being disturbed with pains, an uneasy sense of fulness and weight, acidity, heartburn, sickness, and wind, which rises in some instances in such an extraordinary degree as to threaten choking. Headache is constant, and it is of that oppressive character which gives the feeling of the cranium being too small for its contents; vertigo and giddiness come on upon any or the least exertion or movement which necessitates stooping. There is an uneasy sensation at the heart, which, without being a violent palpitation, greatly disturbs and shakes the whole frame, and is attended with a peculiar feeling of doubt and dread.

Like the other modifications of melancholy, the *morose* form depends greatly upon the constitutional temperament of the individual, but, unlike them, is less liable to be produced by any immediate exciting cause. We can, in fact, seldom trace its origin to any positive cause, as it is—like the disease to which it is frequently the forerunner,—insanity—the result of a combination of many causes, or of hereditary transmission, or of an originally weak and turbulent intellect.

(To be continued.)

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FRACTURE OF THE SKULL; EPILEPSY; DELIRIUM TREMENS; RECOVERY.

Under the care of Mr. Adams, at the London Hospital.

In injuries of the head, and the subsequent cerebral symptoms, complications may arise which are calculated to make the surgeon pause, and weigh the *pros* and *cons* of the line of treatment he is adopting. Compression either by bone, blood, or pus, is sometimes so evident, that the practice is extremely simple; but it is not so when the injury inflicted upon the skull has produced violent inflammation of the cerebrum or its membranes; for the symptoms may be of such a kind, as will be seen by the following case, as to require the administration of stimulants, though the cerebral mass, or its envelopes, are known to be in a state of inflammation. The success which attended the treatment adopted, in this instance, will doubtless be looked upon as instructive, and of great practical value.

The subject of the case is a stoker, twenty-nine years of age, who was admitted, on the 23rd of March, under the care of Mr. Adams; and the history, as collected from Mr. Thomas Bell, the dresser, is as follows:—It appears that the patient, who had been accustomed to drink largely, was about his usual occupation of cleaning and attending to the boilers, when his foot slipped, and he fell the height of six feet, his head coming against the sharp angle of the boiler. He was stunned for a short time, but soon recovered from the shock, so much so as to be able to walk to the hospital without assistance. On examining the nature of the injury, it was found that the scalp, together with the pericranium, were detached to the extent of four inches and a half, and a fissure was apparent, running directly across the superior part of the left parietal bone. From the lacerated scalp wound, considerable and even alarming hæmorrhage occurred about ten minutes after the patient's admission, and the loss of blood required the ligature of the divided vessel. Compresses of lint, secured by adhesive plaster and the capitine bandage, were then applied. The constitutional symptoms, upon admission, were slight drowsiness for the first quarter of an hour, followed, soon afterwards by partial delirium, strongly marked by the patient's constant wish of going to his work. It was then remarked that one pupil was dilated, whilst the other was in a contracted state.

An hour after the wound was dressed, the dressers on duty were hastily summoned by the nurse, as the patient had an epileptic fit, from which, however, he quickly recovered. He was immediately given five grains of calomel, his head shaved, and kept constantly wet with a spirit lotion. The next day the patient had a second epileptic fit, towards the afternoon. This was of short duration, and he soon fell again into a drowsy state, from which he was, however, very easily roused. Small doses of calomel and antimonials, in saline mixture, were now ordered, the bowels being freed by a brisk purgative. Mr. Adams perceiving, on the second day, that symptoms of delirium tremens were at hand, ordered opium; and as the pulse became very weak, and at times hardly perceptible, ammonia and nitric acid, in camphor mixture, were given in addition. The delirium became soon very violent, and it was found necessary to remove the patient to a separate room, and administer forty minims of tincture of opium.

During the next few days, the violence of the delirium somewhat abated; the wound healed almost completely, but the pulse remained very weak, and the tongue tremulous. In addition to his ammonia, the patient was now ordered four ounces of wine. Eight days after admission, a peculiar glistening appearance was noticed about the eye, and a slight erysipelatous blush around the wound, though the man was now much quieter. The same evening, delirium, with trembling of the whole frame, again came on, the erysipelas made progress towards the forehead and face, and the pulse was very weak. Cold lotions were ordered for the head, and the patient to have two ounces of brandy. The erysipelatous inflammation now extended over the neck and chest; the patient wandered much, and complained of pain in the head and want of sleep.

This very precarious state lasted about five days, during which, opium, ammonia, and brandy (the man having been a very hard drinker), were freely administered. These alarming symptoms began, however, now to give way; the patient had an alvine evacuation, containing a large quantity of blood, the erysipelas rapidly receded, the pulse became firmer, and the tongue cleaner. Bark, ammonia, and nitric acid, were continued, and the stimulants gradually replaced by porter and a nourishing diet. The strength returned slowly; the wound healed up except a small sinus communicating with a piece of necrosed bone, and thirty-seven days after admission the patient was declared convalescent.

We see that in this instructive case the unusual symptoms which followed the accident forcibly swayed the treatment, irrespectively of the nature of the primary lesion, and that the previous habits and idiosyncrasy of patients should always be kept in mind when they are by sudden casualties placed under our care.

FOREIGN BODY IN THE ŒSOPHAGUS.

Mr. Liston mentions the case of a boy, who while herding cattle, was also engaged in preparing fishing-tackle for catching jack, consisting of three large hooks tied back to back, like a grappling-iron, by means of brass-wire. This the boy put into his mouth, and by some chance it slipped into the œsophagus, while he was shouting after the cattle, who were straying. There was much fuss made about the case, and everybody suggested some plan or other for extracting the foreign body, but it would seem that œsophagotomy was not thought of. The lad had a long chain hanging out of his mouth for weeks together, and at last it was proposed to use a bone probang—a large ivory ball, with a hole in it—and this was to be pushed down to disentangle the barbs. By this time, however, extensive ulceration of the pharynx had taked place, and the foreign body was gulped up, to the relief both of the patient and of the medical man.

ADVICE GRATIS!

Gratuitous services are at this hour ruining the profession, and making it unfit for a gentleman's cultivation. For your true, open-hearted charity—for humanity sake, and no other (no witness but heaven, no gainer but the patient)—we have the warmest eulogiums; for your benevolence, by one hand, to a wretch, whose pocket you pick with the other; and for benefactions (at the expense of the comforts and honourable emoluments of your brethren) to persons whose only pauperism is one of spirit and soul—we have the utmost disgust and detestation. There are charitable institutions for the sick studding the whole country: nurses, beadles, porters, secretaries, attorneys, barristers, everybody in them, or about them, is paid but the medical assistant: if the funds will pay all others, why shall they not pay him also? Simply because he is not true to himself, or to his order, and sacrifices for a favourable prominency, a fundamental axiom of every profession, without which even the clerical body must be extinguished: *i. e.*:—"The labourer is worthy of his hire." He gives for nothing that which his brethen must live by or starve.—*Medical Times.*

Four things are grievously empty; a head without brains, a wit without judgment, a heart without honesty, and a purse without money.—*Bishop Earle.*

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THE EFFECTS OF TEA AND COFFEE.

Various schemes are resorted to by students to keep themselves awake all night. Some will drink largely of strong coffee or tea. When taken mildly, and in moderate quantities, these beverages are not hurtful, but they are sometimes used to a most pernicious extent. They chiefly affect the nervous centres, and produce paralysis, dyspepsia, or amaurosis. We knew a very intelligent and promising man who was weaned from a systematic and sensible mode of living and study, by hearing a most interesting account of the quantity of coffee De Quincey, the opium eater, could drink, and the impulse which was thereby communicated to his intellectual powers. The temptation to do likewise was so rapturous, that it could not be resisted. He drank coffee by the quart, slept half his usual hours, and fancied himself inspired. For a month he advanced prodigiously in his studies, and promised to surpass every expectation that had been formed of him. But he awoke one morning with inflammation in his eyes; this laid him up for a fortnight, and was then succeeded by double vision, which lasted nearly two months longer. He recovered by desisting from reading for a time and abandoning the use of coffee altogether, but he not only lost the honours he was aiming at, but totally incapacitated himself for any future contest.

Another man of somewhat delicate constitution, who had been accustomed for some years, and with great advantage, to take a pint of porter with his dinner, was persuaded to drink strong coffee in its place. Previously to changing his beverage he was in good health, and divided well his time between study, sleep, and exercise. The coffee however, indisposed him for his afternoon's walk, for his mind became so at liberty and clear that he could not deny it the privilege of additional exercise; at night too, he was not drowsy as aforetime, sleep seldom tempted him, and morning was often far advanced before he retired to bed. He made correspondent progress in his studies, and informed his gladdened friends that he had hit upon a new mode of living which would render his academical career a triumph. A few weeks before his examination he was seized with spasms of the stomach, and a distressing nausea, which forbade his swallowing a particle of food. This gastric debility and disturbance were shortly followed by sympathetic nervous fever, under which the poor fellow laboured for months. He was thrown back a year in his studies, and most probably rendered an invalid for life. We have known similar mischief and misfortune to follow the indiscreet use of strong green tea. It is a temporary reviver of the physical and intellectual powers, but it ultimately depresses both. It is lauded as a "cup that cheers but not inebriates:" true, it cannot intoxicate, but it can slowly poison and without the warning of inebriety. It has been conjectured the spinal debility, terminating in disease, of the celebrated Robert Hall was chiefly occasioned by the excessive quantity of tea which he drank. Of the gastric debility induced by it, much must doubtless be attributed to the amount of warm liquid, simply, which is swallowed; but its influence upon the nervous system speaks of a more hidden and dangerous source of action. People will confess that it makes them *nervous*, but they cannot be persuaded to believe that such a state indicates an expenditure of constitutional power. They refer to its influence in keeping off sleep as a proof that it invigorates them and supplies the place of sleep; it does so with just as much service as chewing of tobacco satisfies the cravings of an empty stomach and a starving frame.

Dean Swift says, he never knew a man rise to eminence who lay in bed of a morning; and Dr. Franklin says, "he who rises late may trot all day, but never overtake his business."

POISONING BY PRUSSIC ACID.

Dr. Letheby was called in to examine the bodies of two suicides, dead from the action of prussic acid. The features of the deceased were perfectly calm and placid, and the bodies did not exhibit any indications of struggling, and consequently, Dr. Letheby is of opinion that death was immediate. The lungs, and right side of the heart were much gorged with dark blood, which was uncoagulable, and had a strong odour of the poison. About forty-seven grains of the cyanide of silver were obtained from the contents of the stomach, by distilling with dilute sulphuric acid, and precipitating with the nitrate of silver. This indicated about one ounce of pharmacopœial prussic acid. Dr. Letheby observes, from the fact of these cases, that if there had been any doubt respecting the criminal administration of the poison, and a third party had been implicated, he should have been led to give evidence against him, on account of the apparent care with which all the indications of struggling had been removed, as he had never before known any instance of poisoning by prussic acid without convulsions. He considers, therefore, that it is a case pointing out the necessity of caution in giving evidence, however well the opinions may be grounded, or from whatever source they may be drawn. Another interesting point, with reference to the action of the poison is, that the blood assumed a dark colour, was uncoagulable, and had the odour of the acid. The lungs, too, were exceedingly congested, as was, also, the right side of the heart: all of which indicates that the immediate cause of death was the stoppage to respiration and the accumulation of blood in the lungs. Dr. Letheby says, that in his opinion, the immediate action of hydrocyanic acid is upon the nervous centres, and through them the true and semi-voluntary muscles become fixed or tetanic, and respiration is in this way prevented.

FEIGNED DISEASE.

Dr. Dunglison gives a remarkable example of feigned disease, which fell under his notice many years ago, in a young lady who was unhappy at school, and assumed the symptoms of chorea (St. Vitus' dance,) of the left arm. She was subjected to every form of treatment, and to agencies of a severe kind, yet the affliction did not yield, and its true nature was only detected by directing her nurse to watch through the keyhole of the door of her chamber, whilst she was alone within, and thought herself unobserved. At such time there was no motion; but, when the nurse made a slight noise at the door, it was seen to be renewed.

APOPLEXY A SECONDARY AFFECTION.

Dr. Blakemore says, apoplexy is frequently a secondary affection, supervening on various diseases, particularly on gout, and that with fewer premonitory symptoms than usual; on inflammation of the lungs; on diseases of the heart and aorta (often unsuspected), on disorders of the liver, particularly when attended with jaundice or dropsy; on chronic dropsical affections, in which the febrile excitement has seemed to have conduced to the cerebral congestion; on protracted inflammation in the stomach and intestines in a scrofulous constitution; on disease in the kidneys, especially when attended either with albuminous urine or with a suppression of urine; on disease in the spinal cord, whether acute or chronic; on chronic epilepsy; on a very deceptive remittent and protracted form of inflammation in the brain, and on organic disease in the brain or its membranes.

He who studies his body too much, becomes sick; he who does the same by his mind, becomes mad.

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HINTS FOR HEALTH.

A BED CHAMBER

Ought to be well ventilated in the day-time, as it is principally occupied in the night, when all doors and windows are shut. The windows should be kept open, as much as the season will admit of, during the day; and sleep will probably be more beneficial, in proportion as that rule is practised. Indeed, nothing is more material, not only for invalids, but for persons in health, than the admission of a free circulation of air into their bed chambers, by various ways, in different degrees, according to circumstances.

FRUIT.

The small-seeded fruits are by far the most wholesome: of these the grape ranks the first, when fully ripe it is cooling, antiseptic, and nutritious. Currants, which are, in fact, a smaller sort of grape, though inferior in some respects to the produce of the real vine, are wholesome and refreshing, as are gooseberries, raspberries, and mulberries. It is impossible to say too much in favour of strawberries; they are fragrant, cooling, wholesome, and nourishing; they are moderately laxative, and are of much service in some cases of disordered urine, especially when stony concretions are suspected. Breakfast is the meal when fruit may be taken with the greatest benefit.

TO MAKE COFFEE ECONOMICALLY.

Buy your coffee not over-burnt; grind it at home, if possible; have a middle-sized filter, which holds a little more than a quart; pour about a pint of boiling water into the filter to heat it through, then empty it, and put a quarter of a pound of ground coffee on the filter; then put on the presser, and lastly the grating; then pour about half a pint of quite boiling water over it, put the cover on, and let it drain through. After three or four minutes, pour, by degrees, a pint and a half more boiling water, and, when well passed through, pour it from the filter into a very clean stewpan; set it on the corner of the fire; and, when a little white scum rises to the surface (not letting it boil), pour it a second time over the filter, and, when passed through, pour either into a silver *cafetière* or the cups. Serve boiling milk or cream in two small jugs; and white, or brown, or candied sugar. As soon as the coffee is poured from the coffee-pot, I put another quart of boiling water over it. This saves one ounce of coffee, by boiling it instead of water, and pouring over as before.—*M. Soyer.*

WALKING.

Serious thinking, when we are walking, or taking any other exercise, very soon fatigues us; but if we give ourselves up to amusing thoughts, or the conversation of agreeable and intelligent friends, the exercise is restorative. Those exercises which give motion to the body, and at the same time amuse the mind, such as cricket, boating, bowls, tennis, even billiards, are particularly serviceable. In taking exercise for health, it is always desireable to have an object in view; such as a call at the house of a friend, to see some beauty of nature, a prospect, a tree, a stream, or some castle, ruin, nay even a modern shop, or rail viaduct; the man in search of health should not "take a walk" merely to take a walk. A gentleman who lived at Hackney, walked every morning to the Horse Guards to regulate his watch, this kept him in good health.

SLEEP.

Eight hours' sleep is is the maximum allowed by Liebig. Napoleon slept only four; Wellington sleeps six.

ADVERTISEMENTS.

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INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

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London: published by the Author, 25, Lloyd Square; and sold by George Vickers, Strand; Effingham Wilson, 11, Royal Exchange; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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JAMAICA GINGER, RASPBERRY, ORANGE, and LEMON SYRUPS, for making Ginger, Orangeade, and Lemon Draughts. A table-spoonful of either of these preparations mixed with half-a-pint of Spring Water forms an agreeable and very refreshing beverage. They may be beneficially taken when the stomach is not able to bear malt liquor.

Those who are partial to Soda Water will find either of these a very grateful adjunct, as they obviate the unpleasantness which sometimes occurs from Soda Water taken alone.

Prepared and Sold by John Miles, 78, Gracechurch-street, in Bottles price 1s., 2s., and 3s. 6d.

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Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

THE TEETH.—Mr. SMARTT, DENTIST and CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. Mr. Smartt attends at 25, Harmer Street, Gravesend, every Friday

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

PHARMACOLOGY.—In consequence of pressing engagements we are compelled to omit our usual article on the Materia Medica.

ALPHA (Dundee).—Your letter is deficient in many important particulars. "Blushing" may be the result of mental emotion, as modesty or shame; it may be constitutional, arising from a lack of moral courage—diffidence; it may be a symptom of disease. We cannot say whether purgatives would be proper for your case. We have no great affection for the Hamiltonian purging system.

B. T. Z. (A Chemist's Apprentice).—Sleep on a hard bed; bathe frequently; dash the body night and morning with cold water; let the diet be plain and nutritious; act gently on the bowels with pil. rhei comp.: and take tr. ferri sesquichlorid. gt. x, ex aqua, ter die.

H. S. (Temple).—Cleaver's Honey Soap.

H. W. (Deptford).—See answer to THOMAS HIGGINBOTHAM (Macclesfield) in No. 13.

W. D. R. (Bristol).—Remain perfectly quiet; drink plentifully of cold acidulated beverages; avoid beer and spirits. Take a wine-glassful of the decoction of logwood (an ounce of logwood chips boiled in a pint of water, down to two-thirds of a pint), three times a day. If necessary, take a small dose of castor oil.

G. H. (Hatton Garden).—See answer to ROBERT HAWSON, in No. 7.

MARY (Ware).—"Choose not alone a proper mate,
But proper time to marry."
A sick wife is a dreadful calamity to any man; to a poor man the misery is two-fold, for he may be unable to procure for her whom he has vowed to cherish those comforts which she requires. You are not in a fit state to become a wife.

ADMIRER.—(We don't admire the signature: call yourself A. B. C. or BISHOPSGATE;—anything but "Admirer," "Constant Reader," "Constant Subscriber," and the like.) *First*—We shall resume the papers on the DISEASES OF WOMEN AND CHILDREN in a few weeks. *Second*—NERVOUS DISEASES will be considered in the manner you suppose. *Third*—THE DISEASES OF ERROR will be published in a separate form, uniform with "Indigestion," and "Headache." *Fourth*—PHARMACOLOGY will be completed in about four or six more articles. *Fifth*—Hoblyn's Dictionary is the best.

J. G. (Portsea).—Vol. i. contains complete monographs on Diseases of the Chest—(except Consumption and Asthma, which will be published in the present volume); Diseases of the Heart; the Diseases and Management of the Teeth; on Rheumatism; on Gout; on Headache; on Worms; the Anatomy and Physiology of the Organs of Sense, &c. &c. The price is 4s.

JOHN REID (Glasgow).—All the symptoms you mention are sufficient to make you cautious, very cautious; spitting blood is always an alarming symptom. Your letter is deficient in may important particulars.

IMPROPER PRACTICE.—Can we wonder at accidents, poisonings, mal-practice, death, occurring through ignorance when a woman advertises for the post of a surgeon's assistant, and a druggist advertises for an assistant who can bleed, cup, draw teeth, water tobacco, sand coffee, and weigh soft soap and treacle! This first advertisement appeared in the *Lancet*, the second in the *Times*. "The *daughter* of a late highly respectable surgeon, upwards of thirty, who has for many years done all the dispensing and book-keeping in a large country practice, would be glad to undertake the same in the family of a medical man of similar standing. Address, &c." "To Druggists' Assistants.—Wanted for the management of a small business in a country village, a single person, not less than 25 years of age. He must be thoroughly acquainted with his business, and a knowledge of the *minor operations of surgery* would be preferred. Assistance at the *grocery counter* would be required. Address, &c."

F. BLAKENEY.—It is utterly impossible we can picture to ourself your condition. You do not name sex, age, occupation, not one sign or symptom whereby we might be directed.

J. W.—Received.

PAUL PRY (written in black ink), ANDREW COX (written in red ink)—the same handwriting, the same envelopes, the same post mark, the same delivery. In these two letters we find nine suggestions; ten questions; the detail of a case and opinion asked. The case is one for which we do not advise publicly,—the suggestions are impracticable, especially that of raising the price of the Journal to two-pence; and the questions are more prurient than useful. If Paul will apply privately, we may satisfy a part of his curiosity or anxiety.

A. B. (Norwich), will find we have noticed the subject of his note elsewhere. We thank him for his continued assistance in the exposure of all degrees of empiricism.

THEODORE.—G. G.—W. D. M.—How frequently are we to repeat that yours are cases which do not merit gratuitous treatment?

NEQUID NIMIS (*adprimè in vitâ esse utile* NEQUID NIMIS). Call, or write privately.

A YOUNG SURGEON.—The art of prescribing is indeed an important one. The physician has first to learn the peculiar constitution, temperament, hereditary bias, and habits of his patient; then to refer his disease to its right seat and right cause; then to suggest the remedy; then to indicate in what manner that remedy can be best employed. A prescription has been divided into four constituent parts, so that it may act *cito, tuto, et jucundè*, that is quickly, safely, and pleasantly; first the *basis*, or principal medicine; second, the *adjuvans*, that which assists its operation "*cito*," (quickly); third, the *corrigens*, that which corrects its operation "*tuto*," (safely); fourth, the *constituens*, that which imparts an agreeable form —"*jucundè* (pleasantly).

MATILDA.—We gave several safe recipes for *Hair-dye* in No. 8 (p. 62, vol. i.)

A CRIPPLE (Dover).—The expense you would incur would be great. The fee, at least, would be ten guineas. If several of your friends have the same desire to consult us that you have, that sum shared by all would fall lightly. We cannot leave home for one day under the sum we have named.

MISERY (Liverpool).—Read what glorious Burton says: "Whoever takes much physic in his youth, shall soon bewail it in his old age; purgative physic especially, which doth much debilitate nature. Henricus Ayrerus, in a consultation for a melancholy person, would have him take as few purges as he could, because they steal away some of our strength, and rot the parts of our body, weaken nature, and cause ill digestion, and bad juice through all the parts of it." You require MORAL MEDICINE; take that, and *Misery* may be changed to comfort and contentment.

JANE (Kingsland).—See the third article on the "Diseases of Women and Children," vol. i. p. 43 (*i. e.* No. 6 of the Journal).

W. D. D. (Strand).—Try glycerine.

AN INVALID (Wakefield).—It is not incurable. You can only obtain the information you seek for privately.

VESTA.—We can only answer your inquiry privately.

A DESK CLERK.—Change your residence; walk to and from your place of business; take a tepid bath twice-a-week; rub the surface of the body with a course towel night and morning. Eat more, drink less.

J. C. K. (Sudbury).—Take the following draught occasionally. Take, carbonate of ammonia, five grains; assafœtida, four grains; compound spirit of lavander, two drachms; decoction of aloes, ten drachms. Mix.

MECHANICS' INSTITUTIONS, &c.—On the 29th of June, we forwarded parcels to societies for the improvement of the industrial classes, who applied for the editor's works. The following minority have not had the courtesy to acknowledge the receipt of the books: "Richmond Parochial Library," "Institute of Progress, Chelsea," "Soho Mutual Instruction Society," "Mechanics' Institution, Darlington." We are obliged by the kind reception given to our small present by the other societies, who have announced to us its safe arrival. Messrs. Longman will not take charge of the parcel for "The Colne Mechanics' Institute;"—how shall we send it?

QUÆRO.—The event which every Englishman now mourns was hastened by emphysema, that is, the infiltration of atmospheric air within the cellular membrane—(in like manner to veal as it is exhibited at the butchers', having minute globules of air within a delicate and transparent tissue). It appears SIR ROBERT PEEL in his fall broke not only his collar-bone in two or three places, but also two ribs on the left side, which were not discovered to be fractured until after death. These injuries are amply sufficient to account for the fatal result; but no doubt other internal lesions existed. The hand of death is busy with the illustrious by birth, the illustrious in statesmanship, and the illustrious in science, belonging to our generation. The Duke of Cambridge, Sir Robert Peel, Professor Burns, have each been hastily summoned from the scene of their honours, their labour, and their utility. A near, and still dearer connexion of our own has within the same period been called away from us. Our anxiety in his behalf, and consequent absence from home, must be our apology for any deficiency in the Journal of this week, and for the disappointment of several patients who called during our absence.

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THE

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AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

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CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. IV.

THE SECOND STAGE.

Continued from page 19.

The symptoms now cannot be mistaken; whatever was doubtful in the first stage is confirmed into a sad reality.

The cough, which before was only occasional, is now frequent and distressing; the expectoration is no longer a scanty, clear, frothy mucus, but is copious, and assumes a purulent, or muco-purulent character, which presents, on examination at different periods, some or all of the following appearances:—It is opaque, thick, and of a pale yellow colour; sometimes it has a greenish tint, and at others it is dark, almost black; a portion may acquire a greater, even hard, consistence, and be surrounded by a watery or whey-like mucus; it may be tinged with blood, or contain small specs or streaks of blood; small solid particles, or shreds, resembling curd, of a dead white, or straw colour, varying in size, from a pin's head to a grain of rice, may be noticed floating or sustained, either in a cream-like, or transparent fluid; sometimes the softened tubercles are coughed up in flakes. The expectoration, in some cases, is devoid of smell; in others, it has a faint fœtid odour; it is of greater specific gravity than water, and, when deposited in a vessel containing that fluid, mixes with it, or sinks to the bottom.

The cough, although constantly tormenting the patient, is seldom attended with any acute pain, except when there is some slight degree of inflammation of the *pleura* (the investing membrane of the lungs, and the lining membrane of the chest), or when old adhesions of the two *pleuræ*—the result of former inflammation—interfere with the natural expansion of the lungs. Pain, almost of rheumatic character—indeed, it is sometimes referred to rheumatism alone—is frequently experienced around the shoulders, between the blade bones, and at one or both sides; occasionally, there is difficulty in lying in bed on one or the other side, without some pain and uneasiness. In general, the amount of pain endured during the progress of the disease, bears no proportion to the extent of mischief going on in the lungs.

The difficulty of breathing, which in the first stage was temporary, is now, in the majority of cases, constant. This may be readily accounted for by the increased size and increasing number of the tubercles having encroached upon, and blocked up, the air-cells, and thus diminished that surface of the lungs by which the act of breathing is performed. In some instances, the patient complains of very little annoyance in respiration, and when tranquil he breathes with ease and freedom; nevertheless, any considerable or long-continued exertion cannot be borne without much tightness and oppression of the chest, and mounting an ascent always aggravates the dyspnœa.

Hectic Fever.—When the expectoration is purulent, and presents the characters I have just described, that condition of the system which is designated hectic fever, always prevails; at the very commencement of consumption this fever slowly and insidiously affects the health and strength, but it is seldom that it manifests itself in all its fearful symptoms until the tubercles begin to liquify and pus is formed.

Hectic fever is of a remittent type, and is said to have two accessions in the twenty-four hours; one in the middle of the day, and the other towards evening: with the exception of the evening exacerbation, which is always regular, the periodicity of its return is uncertain; sometimes it is absent altogether during the day, and sometimes the patient is never free for any length of time from its sudden invasion; but these repeated attacks are never so severe as that which exhausts the patient in the evening and night.

The access of the fever commences with chills and shuddering, and a sense of "creeping" in different parts of the body; the back, especially down the course of the spine, although hot to the touch, feels cold to the patient, and he is acutely sensible of the slightest breath of cold air. After a time, varying from half an hour to two or three hours, the *hot stage* succeeds, and the patient is then burnt up with fever—he is restless, and overpowered with lassitude; the pulse is seldom less than 100—more frequently 120; the skin is hot and dry, and the face is flushed and burning. This stage lasts several hours, and towards morning terminates in perspiration.

The ordinary acceptation of the word, "perspiration," is quite inadequate to express the amount of the *night sweats;* the body is not bedewed, or damp, but wet; perspiration, like drops of water, oozes from the pores of the skin, and in some instances rolls from the body almost in a stream, so that towards morning, the personal clothing and bed-linen are completely saturated with moisture. The chest in particular is subject to this excessive perspiration; and in cases where the disease presents itself without any aggravated symptoms, the patient constantly complains of awaking with his breast and shoulders damp and moist. Of all the signs diagnostic of consumption, not one is so constant, or so confirmatory of the disease, as these night sweats.

When hectic fever is established, the pulse increases in rapidity, and beats from 100 to 120, or 130; the heart palpitates violently, and is easily excited by trifling causes; the respiration is hurried; the cough is "hacking" and exhausting; the body loses flesh, and wastes or *melts* away; the flesh that remains is soft and flabby, and the skin loses every appearance of health. The debility is great, and the lassitude so increases that the patient is quite unequal to any bodily exertion. The sleep is in-

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variably disturbed by repeated paroxysms of cough, induced by the loaded state of the air-passages; and the least change of position, as turning from one side to the other, is sufficient to cause a recurrence of the attack. The appetite is fickle; sometimes it remains good to the last, but more frequently there is perfect loathing of food, which occasionally produces nausea and vomiting; thirst is seldom troublesome or excessive, even during the feverish state. The tongue often preserves a healthy appearance for some time, but afterwards it becomes dry, of a deep colour, and at its edges and tip is frequently covered with small ulcers, resembling particles of curdled milk; this aphthous state of the tongue may extend to the throat, and cause numerous small sores, which distress the patient, and render swallowing painful. At the commencement, the bowels are usually constipated; after a time they become irregular, being relaxed for several days, and again costive; when, as may happen towards the close of the disease, the mucous membrane of the bowels is irritated, or even ulcerated, diarrhœa is always present, and greatly assists to reduce still lower the remaining strength of the patient. The urine is generally high-coloured, inconstant in quantity, and deposits a bran-like sediment.

Hæmoptysis, or spitting of blood, generally becomes an alarming symptom at this stage of the disease, and, by presenting to the patient visible evidence of the existence of internal mischief, frequently arouses the first suspicion in his mind that he bears within him the germ of a fearful complaint.

The ordinary phrase, *rupture of a blood-vessel*, is not always a correct one; when a blood-vessel is "ruptured"—I am speaking now without reference to external violence—it is usually caused by a morbid distension of the blood-vessels and increased impetus of the blood, and is techically termed an *active hemorrhage*. Active hemorrhage more frequently occurs in those vessels which are the least protected and supported by integuments, or by surrounding muscular or ligamentous substance: thus the minute vessels which supply the Sehneiderian membrane of the nostrils are, in some persons, liable to be ruptured by any trifling exertion, as sneezing, or by a slight blow. Active bleeding of the lungs is usually accompanied by symptoms denoting determination of blood to that organ, or by actual inflammation, rather than by those symptoms of diminished action which we usually find in this stage of the disease.

When the whole system is debilitated, as it is in consumption, the blood-vessels are of course in a weakened condition; their coats become lax, they lose their natural patency, and without being ruptured or their continuity interfered with, they allow the red particles of blood to *exude* and become effused. This is termed *passive hemorrhage*, and is the cause of the spitting of blood that we have now to encounter. This degree of hemorrhage will continue without any marked increase of the other pulmonary symptoms, or the invasion of new ones; the expectoration is dotted with small particles of congealed blood, and occasionally streaked with a delicate film of a bright red colour; sometimes pure blood is coughed up, or discharged without an effort, and the quantity may vary from a drop to a tea-spoonful, and from that to a much larger quantity; but it seldom escapes in a stream, as it will do in active hemorrhage.

As the disease advances, the bleeding may arise from active and passive hemorrhage, inasmuch as the branches of some arteries may be ruptured by the softening of the tubercles; and the weakened coats of others may allow the constant oozing or weeping of blood.

The *periodical indisposition* in females is either irregular, deficient, or altogether absent; and this deviation from custom, is often erroneously considered as the *cause* of all the debility, languor, and wasting, instead of the *effect* of the pulmonary disease.

The appearance of a patient advanced to this stage of decline is so characteristic of the disease, that to those who have experience in its treatment, the countenance and figure depict, almost describe in detail, every symptom. The account given by Aretæus so faithfully pourtrays this appearance, that I cannot do better than borrow a sentence from the elegant translation of the late Dr. Young. "The nose becomes thin, especially at its point; the cheek bones project—the skin covering them is pale during the day, in the evening it is flushed in circumscribed patches of a brilliant red colour—(hectic blush); the white part of the eye shines, and is of a light pearly hue; the eyes are large and bright, although somewhat sunk in their orbits; the cheeks are hollowed; the lips retracted, presenting often the appearance of a melancholy smile; the teeth increase in transparency; the whole body is shrivelled; the spine projects, instead of sinking, from the decay of the muscles; the shoulder-blades stand out like the wings of a bird; the fingers are shrunk, except at the the joints, which are prominent; the nails are curved; and the hairs gradually fall from the head."

During this wreck of health, the mental faculties continue perfect, and are often endowed with increased intelligence; the temper may be occasionally irritable, but the spirits are seldom oppressed on account of the malady. Hope, a strong hope of ultimate recovery, constantly and wonderfully sustains the patient; he will admit he has "a cough which may be serious;" but "when warm weather comes he will be better." How often have I heard a girl, who could scarcely utter the word—"Wonder why mamma was fretting?"—unconscious that the danger which surrounded herself was the sole cause of a mother's sorrow.

The duration of the second stage of consumption is variable; in some cases a few weeks may be sufficient to place the patient beyond hope; and he is then, in familiar language, said to be in a "galloping consumption;" while others may continue for months, or even years, without any aggravation of the symptoms, or much increase of the disease taking place. By maintaining the general health, and supporting the strength, we may arrest the further development of more recent tubercles, and those which have already advanced to "softening," may be reduced to a chronic state; or—but we must confess the instances are rare—the seat of softened tubercle may become obliterated by a curative process, which unites the sides of the cavity. When, however, spitting of blood, diarrhœa, and night sweats, reduce and waste the patient, the result is rapid, although the disorganisation of the lungs may have ceased.

The physical signs now indicate more clearly the change and enlargement which the tubercles have undergone, and, by a careful examination of the chest, we may gain positive evidence of the internal mischief. The sound of the voice, wherever an enlarged tubercle, or a mass of tubercle exist, is louder than elsewhere, and gives rise to the stethoscopic sound, termed *bronchophony*: bronchophony, however, by itself, should not be considered a certain diagnostic of tubercle, unless conjoined with a dull sound on *percussing* the part suspected with the points of the fingers. On applying the stethoscope, we sometimes hear a distinct crepitation or crackling, and occasionally, at the upper part of the lung, we hear a still louder sound, like a gurgling.

The sounds are at first more distinctly heard at the upper part of the chest, and gradually proceed downwards; they are often more decided on one side than the other, according to the extent of tuberculous deposit in the lungs.

(To be continued.)

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MELANCHOLY.

BY THE EDITOR.

No. IV.

SELF-COMPLACENT MELANCHOLY.

(Continued from page 20.)

This variety of melancholy exists far more frequently than we at first sight should be led to suppose; it is constantly conjoined with an easily excited imagination acting upon a sanguine temperament. There is a class of individuals always to be met with, who, unsatisfied with the tameness of real life, create for themselves new conditions, and please themselves with impossible delights in the worlds of imagination; who riot amid the false hopes and unnatural joys of entrancing day-dreams, till at last the unreal acquires absolute dominion over their minds—"till wholesome truth is sacrificed to sickly mockeries"—

> "And nothing is,
> But what is not."

Such persons are apt to be characterised by a certain sentimental melancholy; mingled with a deep and refined enthusiasm, and are not unfrequently distinguished by superior mental endowments, particularly by a genius for poetry, whose license is to range at discretion through fancy's boundless and enchanting fields. Burton says, "Some are much inclined to laughter, are merry and witty, conceited in discourse, pleasant, if they are not too far gone, and much given to music, dancing, and to be in women's company." Aristotle gives the case of an inhabitant of Abydos, who, labouring under this variety of the disease, would sit for a whole day as if he had been upon a stage, listening to visionary actors; sometimes acting himself, and occasionally clapping his hands and laughing as overjoyed with the performance.

There are few of us, in truth, even of the most sober imaginations, but must sometimes have experienced the ecstacy of revelling among the delights of the unreal; of forgetting our own dull sphere, and indulging in dreams of unearthly felicity,—dreams which must soon be dispelled by some stern reality.

Of Rousseau, who affords a familiar example of this variety of mental infirmity, Madame de Stael says, "He dreamed rather than existed, and the wants of his life might be said more properly to have passed in his mind than without him." Picturing his own morbid excess of sensibility when at Vevay, on the banks of the Lake of Geneva, he says, "My heart rushed with ardour from my bosom into a thousand innocent felicities; melting to tenderness, I sighed, and wept like a child. How frequently, stopping to indulge my feelings, and seating myself upon a piece of broken rock, did I amuse myself with seeing my tears drop into the stream!"

Occasionally the malady assumes a different aspect, and persons have been known to consider themselves called upon to undertake some desperate adventure, with the most sanguine hope of success, and are exquisitely elated with the new and lofty character they are about to enact.

These stimulant feelings are not unfrequently connected with erroneous ideas of religion, and excite in the mind of the patient a belief that he is supernaturally endowed with a power of working miracles, or undergoing the severest mortifications. The German "Psychological Magazine" is full of examples of this kind; and, among others, relates the case of a gendarme of Berlin, named Gragart, of a harmless and quiet disposition, but rather of a superstitious turn of mind. From poverty, family misfortunes, and severe military discipline, he brought on a series of sleepless nights, and a mental disquietude, that, according to his own report, nothing could dissipate but a perusal of pious books. In reading the Bible, he was struck with the Book of Daniel, and so much pleased with it, that it became his favourite study; and from this time the idea of miracles so strongly possessed his imagination, that he began to believe he could perform some himself. He was persuaded, more especially, that if he were to plant an apple-tree, with a view of its becoming a cherry-tree, such was his power, that it would bear cherries. He was discharged from the king's service, and sent to the workhouse, where he conducted himself calmly, orderly, and industriously for two years, never doing anything that betrayed insanity; at which time Dr. Pike examined him, that he might be discharged and sent to his family. He answered every question rationally, except when the subject concerned miracles, in regard to which he retained his old notions; adding, however, that if he found, upon trial, after he was at home, that the event did not correspond with his expectation, he would relinquish the thought, and believe he had been mistaken; and confessed that he had already removed one error in his mind in this way; for there was an old woman, whom he had at one time considered to be a witch, but whom he afterwards discovered, upon trial, to be no such thing.

The subjects of this unhappy delusion are commonly irresolute, capricious, and morbidly sensitive in their feelings. Their passions, whether pleasureable or painful, are awakened with the greatest facility, and the most trifling causes will often elate them with hope, or sink them in despondency. A deep enthusiasm generally marks their character, and they not unfrequently display a high order of talent, and a nice and discriminating taste, yet mingled with all those uncomfortable eccentricities which are so apt to be associated with superior endowments.

The physical functions are also affected, and are almost always weak, and pass very rapidly into disordered states. Its subjects are particularly liable to indigestion, and to sympathetic disturbances in the nervous, circulatory, and respiratory organs. Thus, under sudden excitements, palpitations, flushings of the face, tremors, embarrassment in the respiration, with difficulty of speaking, are apt to occur; and even syncope, or fainting, will sometimes take place. The body, moreover, is generally spare and feeble, frequently with an inclination forwards, when standing or walking; the face is pale and sickly, though under excitement readily assuming a hectic glow, and its expression is generally of a pensive character.

The most melancholy nervous affections, as epilepsy, for example, have sometimes been brought on through the workings of a morbidly exalted and ungoverned imagination. And, in turn, the most enravishing conceits of fancy have at times been experienced while labouring under such disorders. It is in fits of epilepsy, and extatic trances, that religious enthusiasts have had their celestial visions, which their distempered minds have often converted into realities. "The visits of the angel Gabriel to Mahomet, and the journey of this prophet through the seven heavens, under the guidance of the same angel, might not unlikely have taken place in some of the epileptic paroxysms to which he is well known to have been subject."

(To be continued.)

EPIDEMILOGICAL SOCIETY.

The organisation of this Society, for the investigation of Epidemic Diseases, goes on slowly, but steadily. The list of vice-presidents has been filled up; and several gentlemen, likely to promote very effectually the important objects of the society, have accepted the invitation of the president (Dr. Babington) to become members of the council. It is expected that in a very short time the society will be in a position to commence active operations.

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THE CHOLERA.

It is with much regret we have to announce that three cases of decided Asiatic cholera have been admitted into St. Bartholomew's Hospital. Hence the hopes which the Registrar-General holds out in his last report that the deaths there recorded are not attributable to that form of the epidemic must now give place to serious apprehension that another visitation may be awaiting us, though doubtless in not so virulent a form as that experienced in 1849. Many weeks ago we predicted this, and asked, as we do again—What has been done by the authorities in the removal of fatal influences since the last outbreak?—*Medical Times.*

MOLLITIES OSSIUM:

SOFTENING OF THE BONES.

By G. M. Humphry, Esq.

There is a disease of the bones, not uncommonly described under the title of rickets, and sometimes confounded with it, respecting which it may be well to say a few words. The disease referred to is called "mollities ossium." It is rather a vague term, and has been made to include a variety of affections,—cancer of the bones and rickets, among others. In the sense in which we use it at the present day, it signifies a disease of rare occurrence, so rare that you may never see a case in your lives. Nevertheless it is a distinct disease, and the recorded cases that you will meet with in your reading, as well as the specimens in pathological collections, are sufficiently numerous to render it deserving your attention,

It generally takes place in the following manner: a woman (the affection is more common in women than men) who has reached or passed the middle age, suffers an attack of rheumatism, paralysis or severe labour, which gives a shock to the system, and prostrates her strength so that she does not quickly rally from it. After continuing in indifferent health for a time, she suffers pains in the limbs, which are aggravated at night, and are thought by herself and her medical attendant to be rheumatic. However, the pain continues and is accompanied by increasing weakness, loss of appetite, and an alkaline state of the urine. Perhaps she is pregnant again, and though the disease may not make much progress during the time, each labour prostrates her powers still lower and aggravates her sufferings. After unusual pain at some one part, the bones are observed to bend there, or they suddenly break during a slight exertion. Things go on in the same manner, one bone giving way after another, till the patient becomes utterly powerless, and in a few exaggerated cases she is described to have been reduced to a mere helpless mass of flesh. The course of the complaint is sometimes extended over several years; the amount of pain varies much, and patient generally dies of exhaustion before she has reached the condition just mentioned.

Now you will find many cases scattered up and down among surgical works, which correspond more or less closely with this account; some of them were evidently instances of cancerous disease, the real nature of the malady not having been understood by the writers, but in others the bones had undergone the change characteristic of mollities osseum, of which the chief feature is atrophy. Without being reduced in size, they have undergone interstitial absorption, and are in consequence much altered in density; they are light, porous, and fragile; the haversian canals are dilated, and the cells of the cancellous texture are large; often the spongy substance is entirely removed from the interior of the shafts of the long bones, and the outer wall is so thin that it yields under the pressure of the finger nail. The cavities produced by absorption of the osseous substance are loaded with fat or oily matter, which has soaked its way into the remaining structure, so that the bones are very difficult to clean. Sometimes the interior of the bone is occupied by a soft, reddish, jelly-like substance, or by coagulated blood: now and then the red substance is absorbed, leaving cells filled with transparent fluid, and lined by a membrane. These latter appearances seem to have been found when the progress of the disease was rapid or attended with much pain. In most specimens of the disease the change that has taken place does not consist simply in partial absorption of the bony substance, accompanied by the effusion of a new material into its place; but, further, the osseous tissue which remains is throughout unhealthy, soft, and deficient in earthy matter, so as to admit of being cut easily with a scalpel. It is saturated with oil, and in some places will crumble between the fingers. In a specimen examined by Dr. Bostock, the earthy salts composed less than an eighth, instead of forming about one half of the whole substance.

The extent to which this change proceeds in the unabsorbed osseous structure, varies as much as the nature of the material effused into the vacant spaces. Here is a thigh bone from a man about sixty years old, which broke as he was turning in bed; and you see how soft and crumbling, as well as porous, it is. In this other specimen, where the whole skeleton is exceedingly light, and the absorption has preeeeded to as great an extent as in the former, widening the cells and canals, hollowing out the bones, and reducing their walls to wafer-like tenuity, the remaining osseous substance is tough, and appears to be nearly sound. We do not know the history of the latter case; probably the change took place slowly; the bones resemble those found in persons who have been long bed-ridden, and subject to simple atrophy from disease.

This brief description is sufficient to show that mollities ossium differs from rickets in so many respects as to deserve a a distinct name and a separate notice. In the first place, it occurs at a later period of life, commencing generally long after adolescence, and sometimes taking place in advanced age. Secondly, it is an active disease, consisting, not as rickets essentially does, in a mere failure of the building processes, but depending on an alteration and rapid absorption of the materials which compose the skeleton—a pulling down of the structure after it has been completed. It presents the corresponding symptoms of pain and fever, and, as you have just seen, effects other changes in the bones beside a mere wasting of their texture. It is quite true that rickets is not always a passive disease, consisting in the want of developmental force; it sometimes puts on a more active form, and then resembles the affection we are now discussing.—*Prov. Med. & Surg. Journal.*

METROPOLITAN MORTALITY.

From an interesting and elaborate statistical table, shewing the births and deaths for the first half of the present year, just published in the *Medical Times*, by Mr. B. Smith, it appears that the total number of births from the weeks ending January 5th, to June 29th, amounted to 19,083 males, and 19,262 females, being an increase of females over males of 179; whereas during the same period last year, the births of males were 19,377, and of females 18,392, being, on the contrary, an increase of males over females of 985. From the same return, the number of deaths from all sources during the above period was 12,317 males, and 12,140 females. From January to June last year, the numbers were 14,408 males, and 14,038 females. The total births therefore during the past six months amounted to 38,375; the total deaths to 24,457, being an increase of births over deaths of 13,918.

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HYSTERIA AND SPINAL IRRITATION.

Mr. Fearnside narrates at great length, a case of hysteria, complicated with spinal irritation, occurring in a strong young woman, of the sanguine temperament, and florid complexion, and presenting some phenomena of an intermittent character. Quinine was consequently prescribed for a few days, and afterwards bleeding and cupping was practised several times, with marked relief on each occasion, but followed invariably by relapse. The carbonate of iron in the nascent form was then administered, combined with myrrh, and a pill containing assafœtida and henbane was exhibited at bed-time. The good effects of the change were soon apparent, but the patient continued under treatment too short a time to admit of permanent benefit. Mr. Fearnside, in remarking on the case, says, the true nature of this affection would seem to consist in an irregular distribution of the blood through the nervous centres generally, and the spinal cord in particular. This view is supported by a consideration of the circumstances under which it is most usually developed, as well as by the effects of treatment. In young females, it is usually seen in connexion with irregular or scanty menstruation; but in addition there appears to be required a peculiar condition of the nervous structures themselves, either congenital or the result of a peculiar mode of life—causes long operating, and tending to deteriorate the general health, and induce excessive nervous sensi*bility*. From the peculiar mobility of the nervous system in females, most of the cases of this affection occur in this sex. The same state would appear to be more rapidly produced by a blow or fall, especially upon the back. In subjects who possess this faulty organisation, whether congenital or acquired, a peculiar state of the nervous centres is readily induced, characterised in particular by undue development of the functions of the nerves arising from the posterior division of the spinal cord; hence the great sensibility of the parts to which these nervous fibrils are distributed, and hence the tenderness upon pressure over the spine, from the cutaneous branches of the posterior division of these nerves ramifying in the integuments near the vertebral column. In some instances, the anterior portion of the spinal cord, and the motor properties of the nerves thence arising, are affected in some degree; pressure over the upper dorsal spines occasioning, by reflected irritation, severe paroxysms of dyspnœa. As regards the spinal irritation, it appears probable that a fall upon the back which this patient had sustained, was one link in the chain of causation. But, as before remarked, it is in particular states of the system that the influence of such accidents is most perceptible. A similar observation will apply to the development of hysteria. In the present case these affections supervened only after the patient had undergone the debilitating treatment required for subduing a tedious and painful disease, after long-continued confinement in-doors, and late hours, all causes highly conducive to the production of that state of the nervous system which appears to be the essential element of their nature. As is generally observed in examples of these affections, they were associated with a disordered state of the menstrual function; small as is the actual amount of fluid thrown off by this channel, its due elimination has much influence in maintaining a healthy state of the female habit.

CHLOROFORM IN NEURALGIA.—(PAIN IN A NERVE.)

Some forms of neuralgia resist almost all the means used to subdue them, and anæsthetic agents may naturally be expected to be beneficial in such cases, both internally and externally. The *Journal de Pharmacie* gives the following formula for a chloroform ointment:—Chloroform, sixty drops; hog's lard, one ounce. Mix in a mortar, and use two or three frictions a-day upon the painful spot. As this ointment turns yellow when exposed to the light, it should be placed in a coloured, wide-necked, and well-stoppered bottle.

RETENSION OF URINE IN THE KIDNEYS FOR NINE DAYS.

BY A. W. GABB, ESQ., M.R.C.S.

Mr. C. T., fifty-five years old, was suddenly taken with pain in the left side, and vomiting, on the night of the 23rd of March.

On the 25th, he had excessive pain and tenderness of the abdomen, and the urine was scanty. The bowels obstinately constipated.

26th.—He passed about an ounce of water at six in the morning.

27th.—Constant desire to make water, but when the catheter was passed into the bladder, no urine was found there.

28th.—Slight delirium; profuse perspiration; return of the sickness.

29th.—Still no urine; sickness less.

30th.—Increase of pain, return of sickness.

31st.—Less pain and sickness; but no urine.

April 1st.—Catheter again passed, and no urine was found in the bladder. Three pints, at least, of darkish-brown fluid, not smelling like urine, but looking like bile and water, were vomited up.

2nd.—Sickness and faintness continued.

3rd.—Hiccough; great drowsiness, with delirium and sickness.

4th.—Four A. M.: Great increase of pain, and suddenly he passed about two pints of clear urine, and a very small stone, which consisted of oxalate of lime, and did not weigh half a grain.

After this, he had a rather troublesome attack of diarrhœa, which lasted three days, the consequence, perhaps, of medicine.

On the 12th he was out and about, and he remained well on the 3rd of June. In this case, for nine whole days no water whatever was passed, and for three days previously, a very small quantity of urine was excreted.

HEATING BATHS BY GAS.

An invention for heating baths, which is of consequence in the saving of fuel and in the rapidity with which it acts, has been patented by Mr. Defries, of 221, Regent-street, who is known in the scientific world for his improvements in gasometers, &c. The invention consists in the application of jets of gas acting upon metallic plates at the bottom of the bath by means of a simple apparatus, by which heat is so speedily generated that upwards of forty gallons of water are heated to blood heat, or to several degrees beyond it, in the space of five or six minutes. The invention is applicable to all cases in which hot water is required, and the cost is so trifling that wherever gas is used it is a matter of no consequence at all. The apparatus may be applied to all vessels constructed of iron or metal. The invention involves no danger from explosions, and is not attended with any of the inconveniences by which steam and other powers are encumbered. It is worth the while of those who are interested in public baths, washhouses, &c., and also in the economy of private establishments, to inspect this novel invention.

QUACKERY AND MEDICAL LAW AT THE CAPE OF GOOD HOPE.

Quackery seems to be a plant that flourishes all the world over. Soil, climate, race, and habits, are, we were going to say, indifferent; but we believe that it especially infests the English, Dutch, and other nations of the Teutonic stock. Some newspapers, recently forwarded to us from the Cape, prove that it is rife enough there. One public print details the case of a man at Colesburg who died from taking, as is supposed, "a mixture of old Dutch patent medicines," out of his own shop. A respondent

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to this communication asserts, that "the great sin here was not the mere misuse, or ill effects of a nostrum, but rather neglecting to purchase the same of the apothecary of Colesberg, who, no doubt, deals in patent medicines as well as in drugs and chemicals generally." Drugs and medicines, it appears, are sold by dealers of all kinds at the Cape, notwithstanding that "it is the duty of the Medical Committee to go from shop to shop and from store to store, to see whether the proprietors have or have not any quack medicines for sale." According to the laws in force in the colony, no person shall practice there as an "apothecary, chemist, or druggist, without taking out a licence to that effect from the Govenor, &c., &c., or import into this colony any drugs or medicines, whether the same be patent or not, and vend the same, without their having been first submitted to the examination of the Colonial Medical Committee, and a certificate obtained from the latter, of their being of good quality," under a penalty of £50 for each offence. Article seventh of the Colonial Medical Law has enacted, "that all druggists, &c., and vendors of medicines, shall label all preparations of opium, and other powerful medicines, &c., &c., with the word 'poison,' &c., and shall take care, that they be not sold in dangerous doses, or quantities, without a written permission from a magistrate, or prescription from a regular physician or surgeon; and if it shall appear that any, &c., &c., or vendor of medicines, shall suffer such poisonous, or dangerous medicines, to be kept, without due care, and shall sell, or keep for sale, in his possession, any medicines, or drugs, of bad quality, he shall be liable, &c., to a penalty of not less than £5, or more than £50, &c., &c." All these legal provisions, however, are said to be evaded, and a writer in the *Cape Town Mail* of September 22, 1849, accuses the Colonial Medical Committee of allowing "any and every 'storekeeper,' 'negocie-winkel,' 'merchant,' 'trader,' 'smous,' and 'dealer,' to vend and sell 'drugs,' 'medicines,' 'patent,' and 'not,' Dutch, or English, without ever enforcing such 'licence,' 'examination,' and 'certificate,' as required." A paragraph relating to one peculiarity of medical law at the Cape we must permit ourselves to quote:—"The proclamation of 26th September, 1823, by articles 3 and 4, forbade all 'physicians and surgeons' 'to prepare the medicines themselves for their patients;' and 'no apothecary is, on any pretence, to practise as a physician, surgeon, or accoucheur, under pain of being deprived of his licence;' thus shewing in what sense the words are used; though the 'ordinances' have since superseded the 'proclamations,' of course."

CAUSE OF AGUE.

Dr. Pidduck observes that the cause of ague is owing to the action of a poison taken into the system, and that that poison is not malaria, but malaqua, which, he says is proved by the following facts: in all countries and localities where ague prevails, the water is impure, containing clay and vegetable and animal matters in a state of decomposition; a change in the situation or locality generally soon effects a cure; and a change in the water, whether by changing the position of the patient, or by the substitution of distilled water, or of fresh rain water, which has been boiled and filtered, for the ordinary water of the place, more speedily and effectually prevents the recurrence of the paroxysms, even than change of position. The prevention of ague consists in avoiding the predisposing causes, such as excessive evacuations, overfatigue, watchfulness, intemperance, or cold; damp atmosphere, the want of proper nourishment and clothing, and the depressing passions, as also the proximate cause, malaqua. Regarding *malaqua* as the proximate cause, how does Dr. Pidduck explain the occurrence of ague in persons lately resident in marshy districts, on their removal thence to a more healthy locality?

PHARMACOLOGY.

No. XIX.

ASTRINGENTS.—(*Continued from page* 13.)

Pterocarpus Erinacea,—Kino.—The resin or gum procured from leguminous plants, called Eucalyptus Resinifera, which in medicine is known as *kino*, in commerce as *Dragon's blood*, and by dyers as *red sandal wood*. The properties of kino are,—inodorous, taste sweetish bitter, gritty between the teeth, in fragments, of a dark ruby red colour, easily powdered, more soluble in warm water than in cold. It is used in obstinate chronic diarrhœas; in bleedings from the uterus (flooding), intestines, and lungs; also in fluor-albus (the whites). The dose of the powder is from ten to twenty grains. It may be thus ordered:—Take powdered kino, a drachm; mucilage of gum, one ounce; cinnamon water, five ounces. Mix. Dose, two tablespoonfuls occasionally. The dose of the *tincture of kino* is one drachm to drachms.

Hæmatoxylon Campechianum,—Logwood. A native of Campeachy, in America. It is imported in *logs*, and is much used in dying: its colouring principle is called *hematine*. It is almost inodorous, taste sweetish and slightly astringent, colour deep red, in fibre firm and heavy. It is an useful astringent and tonic, and in cases of protracted diarrhœa and dysentery is of much value. It is employed in the form of decoction, which is thus made:—Take of the shavings of logwood, one ounce; water, two pints; boil down to one pint, and strain. Dose from one to two ounces.

Krameria Triandria,—Rhatany Root.—This is a powerful astringent; its taste is bitter and slightly acrid. It acts as an astringent and as a diuretic; it is used in dysentery attended with bloody stools, in ulceration of the gums, and occasionally as a stomachic in indigestion. The dose of the powdered rhatany is from ten grains to a drachm. The *infusion of rhatany* is thus directed to be made:—Take rhatany root, one ounce; boiling water, a pint. Macerate for four hours in a covered vessel, and strain. Dose, a wineglassful every three hours. The infusion forms an excellent gargle in sore throat, with relaxation of the uvula.

Rosa Gallica,—The Red Rose.—The petals of the red rose possess great astringent and tonic properties. The *confection of roses* is made by beating the rose leaves with sugar until they become of an uniform mass. It is chiefly used as a vehicle for administering powders in the form of pills. When rubbed with new milk, it has been found a refreshing and tonic beverage in the early convalescence of invalids from acute diseases. The dose is from a drachm to an ounce. The *compound infusion of roses* is made thus:—Take three drachms of dried rose leaves; boiling water, a pint; dilute sulphuric acid, a drachm and a half; white sugar, six drachms. After pouring the water on the petals, in a glass vessel, add the acid, and macerate for half an hour; then strain, and add the sugar. This is an agreeable medicine; it has the odour of the rose; the taste is slightly austere, acid and sweet. In the perspirations of consumptive patients it is of much service; and with an additional quantity of acid and some nitre, it is valuable in hæmorrhages from the lungs and uterus. As a gargle in sore throat, especially that which attends scarlet fever, the infusion of roses is an excellent topical application. It is also an elegant vehicle for many active remedies, particularly Epsom salts, the nauseous taste of which it covers. *Honey of roses* is used chiefly in gargles in ulceration and inflammation of the mouth and back part of the throat. It is also employed as a vehicle for other remedies in infantile diseases. The following forms an admirable gargle in ulcerated, almost gangrenous, sore throat:—Take honey of roses, one ounce; muriatic acid, thirty drops; water, six ounces. Mix.

Arbutus Uva Ursi,—The Wortleberry.—See page 157, vol. i. (No. 20).

Punica Granatum,—The Pomegranate.—The bark or peel of the fruit of the pomegranate. The pomegranate is sometimes used as an astringent in diarrhœas and in the protracted stage of dysentery; it has some repute as an anthelmintic (capable of destroying worms); it is chiefly used externally as an injection in leucorrhœa (the whites—fluor-albus), and as a gargle in some cases of sore throat.

Polygonum Bistorta,—Great Bistort, or Snake-Weed (*bis-torta*, twice turned, so named from the form of the root).—The astringent properties of the bistort are readily extracted by water. It has great repute in internal hæmorrhages, and diarrhœa from debility. The *decoction of bistort* is made by boiling two ounces of bistort root in a pint and a half of water for twenty minutes, and then straining. The dose is from one to two ounces.

Tormentilla Erecta,—Common Tormentil Root.—This astringent is of a slightly aromatic odour; the taste is rough and styptic; the roots are knotty, externally black, internally reddish. It is used in the same cases, and for the same purposes, as other astringents; but as it does not increase the heat of the body, tormentil is preferred in the diarrhœa that attend the last stages of consumption. The *decoction of tormentil* is made by boiling two ounces of bruised tormentil root in a pint and a half of water down to a pint. The dose is from an ounce to a wineglassful. It is also used as an injection in leucorrhœa.

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HINTS FOR HEALTH.

A HINT FOR NURSES.

It is of some importance that food be taken frequently, and in small quantities, as the milk is secreted in a very short time after the stomach receives its nourishment. The milk is then fit for the sustenance of the child, but, if secreted much longer, it becomes unfit. Unlike all the other secretions of the body, milk which has been retained for a long time in the breast becomes thin and watery, and does not afford the same amount of nourishment.—*Dr. Conquest.*

SUGAR.

A singular prejudice exists in the minds of many mothers with regard to the propriety of giving sugar; but its universal abundance in certain vegetable productions, its existence in the milk of all animals, and the predilection of adults as well as children for it, evidently seems to point out the propriety of permitting its more liberal use, especially as the groundless fear, that it spoils the teeth, is abundantly refuted. The Negroes in the West Indies always get plump and fat during the sugar season; they, however, require to take a liberal allowance of condiments to remedy the indigestion to which it is liable to give rise: the same rule applies to children.—*Dr. Conquest.*

FRICTION IN DISORDERED STOMACH.

When the stomach is disordered, or incapable of performing its functions, rubbing the belly with a brush, or with a coarse towel is of great use. Friction, thus applied, for half an hour every morning, (and for the same space at night, if it should be necessary), will strengthen the stomach and organs therewith connected, more than moderate exercise for a whole day; but, for obtaining such beneficial affects, it must be performed on an empty stomach, or in bed before we rise, gently and steadily, in a circular direction, and at least ten minutes at a time.—*Sir John Sinclair.*

UNDER CLOTHING.

As a general rule, I am opposed to the wearing of flannel next the skin—as well by adults as infants; the only advantage gained by its use is in its gently stimulating the surface of the body, whilst the disadvantages are many. In the first place, it absorbs the perspiration, becomes damp, and does not readily part with the moisture by evaporation—it retains all the unctuous secretions constantly exuding from the body, which close up to a certain degree the interstices, and thus encase the parts to which it is applied in a greasy covering, partially air and waterproof. In some instances, it creates that degree of heat which becomes too relaxing, and it always tends to diminish that hardihood of constitution, which is the best preventive of disease. As well as for these reasons, it is objectionable on the score of cleanliness; where can be the luxury of putting on a clean linen or calico shirt over a dirty flannel one? And I believe the evidence of the laundress will prove that the washing of the former occurs five or six times to the latter's one. If the additional warmth, which flannel certainly imparts, be required, let it be worn—but not next the skin. The best material for underclothing is calico, as it preserves an equal temperature better than any other fabric, and rapidly parts with the perspiration by evaporation, and never clings to the body, coldly and damp, as does linen.

EXERCISE

Should at least be taken once a-day, and before a meal, so as to excite the natural heat or glow, and it should be as general as possible, and not confined to any particular limb or part of the body; therefore walking, running, or riding, is to be preferred.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

RICHARD ARNOTT (Hull).—See the articles on "Intestinal worms" in Nos. 13, 14. 15, 16, and 17. These papers will not be published separately.

ALEXANDER (Gravesend).—You will find the information you ask for in the little book we are preparing for publication.—"THE DISEASES OF ERROR."

D. N. A. (Belfast).—Chronic bronchitis, *not* consumption. A "rusty" coloured expectoration denotes inflammation; it may readily be detected from blood.

PHILLIS (Barnsbury Park).—We never interfere with the treatment of patients whilst they are under the care of any qualified practitioner, except in consultation with him.

BETA (Maidstone).—The letter you refer to was published in the *Lancet* of the 13th inst.; it is signed "William Baldwin, Surgeon, &c." On referring to the *Medical Directory*, we find there is not any person of that name a qualified medical practitioner. The editor of the *Lancet* heads Mr. Baldwin's letter thus—"THE IMPUDENCE OF A QUACK." If Mr. Baldwin's scientific acquirements are not greater than his knowledge of his mother tongue, grammar and orthography, how we pity the poor silly creatures who confide their lives to his care!

R. J. (Ipswich).—The man is an imposter. We don't pity you; if you are to be gulled by such rogues, the sooner you learn prudence by that severe teacher—experience—the better for your health, life, and purse.

FLY PAPER.—The papers sold to destroy flies contains much arsenic. The Belgian government has just interdicted their sale. Much caution should be observed in placing them beyond the reach of children.

E. A. (Falcon Square, City).—One Guinea.

W. B. (Bradford).—You must be satisfied with the answer to J. R. LOCK, or write privately.

M. GUIOT (Bristol).—Your question is an invidious one, which we decline answering. There are many able aurists in London. The one you name has a small dash of quackery about him, although the protégé of the Editor of *the Lancet*.

A. B. WILSON (Edinburgh).—It is ozœna acting on a scrofulous constitution. Discharges from the nostril, thus originating, merit all attention. See page 198, vol. 1. (No. 25.)

LARA.—For "Lara" read *Bestia*. We do not answer such prurient questions. You mistake us, Lara.

ONE IN DELICATE HEALTH.—(In future sign your initials). Your letter is too indefinite.

J. W. (Pickering).—The gentleman you name *was* a clever practitioner, although of the Sangrado school. His advanced age has materially impaired his judgment. We remember seeing with him, some fourteen years ago, a case in which he had previously removed a large tumour from the neck. He handled the ligatures as a sailor would a hawser. Our surprise is great that the poor patient still lives to exclaim against the roughness of this affected rough doctor. Abernethy's coarseness was nature: how many bad imitators has he had!

T. H. (Bath).—We have frequently said that self-treatment is nearly as dangerous as applying to the Jew advertising quacks. Apply to some respectable physician, either personally or by letter.

CIVIS (Dublin).—A private answer was sent some days ago.

AN UNHAPPY MAN.—(How greatly we object to such signatures!) Your anxiety may be removed: communicate privately.

H. A. C. (Vauxhall).—Animal food is preferable to all other diet under such circumstances. Captain Barclay, when in training, took five or six lbs. of animal food daily.

BENJAMIN (Torquay).—See the Editor's small work on "Indigestion" chapter on "Constipation."

CURIOUS (Soho).—Hiccough or hiccup is caused by a spasmodic contraction of the diaphragm (that is, the muscular partition that separates the chest from the abdomen), with a partial closure of the larynx (that is, the upper portion of the windpipe).

FRANCES MAYBURY.—See answer to J. D. F. (Friar-street) in No. 23.

JOHN REID (Glasgow).—We can only answer your letter privately.

N. P. F. (Glasgow).—We have ordered Nevill's Flour of Lentils to be taken as a porridge, instead of oatmeal, with much advantage in such cases of irregularity of the bowels. You can order it of any respectable grocer in your city.

RICHARD B——TT (Filey).—If you despair, all treatment will be useless. You are in good hands whilst under the care of the respectable practitioner at Scarborough whom you name.

ELIZA.—"Gowland's Lotion" contains mercury, which is a deadly poison. Use the distilled elder-flower water.

A FARMER (Ely).—There are so many kinds of tumours—some malignant, others innocent—some easy of removal, others difficult—some that rapidly increase, others that remain stationary—some dangerous from their situation, others harmless from a like cause, that we decline giving an opinion without examining the patient.

AMICUS.—We agree with you. It *is astonishing* that druggists and booksellers who are otherwise respectable should permit their names to be appended to the bestial advertisements of the *Silent Friend* gang, as agents for the sale of their demoralising productions. Imagine the child of a well-doing tradesman asking his or her father, "Pa, what is that book that you sell, called 'Self-Preservation,' about?" "Mother," asks a delicate girl, "shall I take some of the 'cordial balm of zazezizozu,' that father sells—will it do me good?" "Father," asks a boy of fifteen, "what is a '*Physical Mystery*?' You must know, because you sell the book!" Tradesmen of England, look to this!

PROGRESS.—The *Weekly Chronicle* announces as a leading feature that it "is the only weekly newspaper that excludes indelicate advertisements." There are two or three other papers that have already come to a like determination, and we hope that all will be compelled to discontinue polluting their columns with the demoralizing filth of the Jew quack extortioners. The cheap 3d. and 4d. weekly papers exist only by the sums paid for the advertisements of these vampires. We again call upon every parent to exclude from his home all journals defiled by so much obscenity.

THEODORE.—The Because to your "*Why* such cases do not merit gratuitous treatment" is, that they are the result of imprudence and folly.

> "The Gods are just,
> And of our pleasant vices make instruments to scourge us."

FRED (Westminster).—The Beulah Spa, at Norwood, is an excellent aperient: it is well suited to the indigestion, constipation, and depression of spirits consequent on sedentary occupation. We are surprised it is not in greater vogue.

ESPERANCE.—We will cheerfully render you any assistance in our power. We never refuse any aid we can render to really meritorious invalids. Call in Lloyd Square.

D. M. (Edinburgh).—Letter received—address omitted.

CONSUMPTION.—The first article on consumption appeared in No. 27, (the first No. in Vol II.) The series will occupy about 12 Nos.

ESTHER HART.—The miraculous power of curing the king's evil was claimed for seven centuries by the monarchs of England. The practice was continued so late as Queen Anne's time. Dr. Johnson, when an infant, was touched for the evil by that princess.

A NEWS-AGENT (Stafford).—Take, compound rhubarb pill, compound galbanum pill, of each one scruple; blue pill, extract of henbane, of each ten grains. Mix, and divide into 12 pills. One to be taken night and morning.

JOHN JOHNSON (Newcastle-on-Tyne).—Charcoal has been prescribed in some peculiar cases of indigestion. We have not any personal experience of its utility, but can readily conceive that it may be profitably employed.

RICHARD D. (Sheerness).—Sugar of lead should be used with great caution; the more simple the lotion the better. Try one part vinegar, and five parts spring water. Every thing will depend on the state of the general health.

P. P. (Finch Lane).—We do not consider ice hurtful, if taken with proper precaution; of course you would not be so foolish as to take it when greatly excited, or when perspiring profusely. Its use is now very general, and it is a most grateful luxury. We remember being at Galt House, Louisville, on the Mississippi, in the year 1838, when a gentleman at the "bar," who was sipping a julep, exclaimed, "I guess this ice is a tall invention." We were doubtful whether the remark was one of simplicity, or small wit.

O. D. F. N. R.—It is impossible that ruptures can be cured by the means you allude to. Keep your money.

CHOLERA.—We notice with much regret and great anxiety, that this scourge has just carried off General Taylor, the President of the United States. In our next, we shall insert an article on the PREVENTION OF CHOLERA.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 31.—Vol. II.] SATURDAY, AUGUST 3, 1850. [ONE PENNY.

PREVENTION OF CHOLERA.

Another fact of the times is, that the cholera is again approaching us. There is time to consider what we can do to make it as little mischievous as possible, if it should visit us. It will be wiser to begin to keep our persons clean, to preserve our general health by wholesome and temperate food and exercise, and by encouraging in our homes a cheerful tranquillity of mind, than by making a fuss when the time comes, with whitewashing, and flannel petticoats, and drugs, and new diet—all tried in hurry and panic.—Harriet Martineau.

Let us take the above quotation as our text, and patiently examine its several and important clauses. First, "it is a fact that the cholera is again approaching us." If we refer to the geographical history of this dire disease, when it overspread the world in 1831, we shall find that, after it had ravaged India and the greater part of Asia, this plague entered Russia, followed the eastern frontier of Prussia, and pursued its course along the Vistula, as far as Cracow on the one hand, and Dantzic on the other, which city became infected May 26th. On the 31st of August, the malady was announced at Vienna and Berlin; from Berlin it quickly reached the Elbe, and, in its usual manner, attacked many towns on its banks, and on the 7th of October it reached Hamburgh. France and England soon after became involved, and in the autumn the cholera was at its zenith. As we, even at this time, know so little as to the cause of this fatal visitation, we do not intend attempting to bring forward analogous conditions of the temperature, atmosphere, wind, &c., to prove an identity of circumstances, at the present time, with those which occurred in the years 1831, 1849. We believe that the cause of the disease is but little influenced by these, in other cases, important agents; and, in proof of this opinion, we have only to observe that the disease spread over immense territories in direct opposition to the monsoon and to prevailing winds—that it attacked alike the inhabitants of the ice-clad regions and those who dwelt under the burning rays of an eastern sun; variations of heat and cold, moisture and dryness, altitude and lowness of level, did not control its progress; it flourished with equal intensity in the Indian ocean and in Siberia, in the deltas of the Ganges, Nile, and Volga, and over the sands of the Arabian deserts. We know little more of its cause or origin than that it is a "travelling disease," or one which appears over enormous surfaces of the earth, in a succession of periods, from a certain point; that its advent can be retarded by no human means hitherto discovered; but that it may be modified in severity by certain measures which are under our own direction and control.

It will be admitted that we have no correct data, whereon to found an opinion as to the probability of another irruption of this plague in England, save and except the knowledge that it is, at this present moment, ravaging a part of the Russian empire, *en route* from Asia, and, by comparing this coincidence with the fatal visitation in 1831, we have reason—and not an idle reason—to fear that it may, in all probability, again, even "in a few months," place our own country under the ban of the destroyer.

"There is time," says Miss Martineau, with truth and with prudence, "there is time to consider what we can do to make it as little mischievous as possible, if it should visit us." And this brings us to the more useful and practical part of our paper. Whatever tends to create an impure atmosphere must, of necessity, favour this, as it does all other diseases. The absence of personal and domestic cleanliness: sympathy, fear, mental emotion,—whatever tends to weaken the nervous energy, and to create an ill-conditioned state of the general health, must be the chief circumstances by which the disease is aggravated. But, if we possess caution and forethought, these powerful allies of the cholera may, happily, be partially, if not entirely, subdued. We shall briefly notice the most important and easily available measures, which are, to a great extent, preventatives of disease. First—pure air. This is essential to our very existence; and the cause of the atmosphere becoming impure, in nineteen instances out of every twenty, is dependent on the negligence or culpability of man. How many causes of impure air exist under our very noses, which might be obviated or removed by proper precaution! Look at the grave-yards in densely-populated localities, the continuance of which is a foul blot on our legislature—observe those in Clerkenwell, Spa-fields, the Commercial-road, and Drury-lane, inclosed on every side by houses, each inhabited by four or five families! Observe the depth of each grave, seldom exceeding two or three feet from the surface, and then cry, "Shame on the cupidity of the proprietors of these Golgothas!" and express astonishment at the strange apathy and infatuation of those who still add to the evil, by permitting their friends or relatives to be interred in these unchristian receptacles for man after he "has shuffled off this mortal coil." If respect for the dead will not abate this nuisance, have mercy on the living, and do not jeopardise the lives of all around, by adding material for the generation of a foul atmosphere. Of all poisonous exhalations, not one is more injurious, more deadly, than that arising from decomposed animal matter.

The condition of the public streets and crowded neighbourhoods merits the immediate attention of the authorities and the inhabitants. The channels and gutters are still permitted to be obstructed and loaded with decaying vegetable matter and household refuse, which rapidly become fruitful sources of malaria. The removal of this filth should not be left entirely to the periodical visits of the scavenger's cart. The people themselves should prevent its accumulation; and when their neglect is great, the fine which the law exacts should be unhesitatingly inflicted. In passing through a crowded court, in the neighbourhood of the Strand, within the last week, we noticed the thoroughfare covered with pea-pods, cabbage-stalks, lobster-shells, two dead rats, and

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partially flooded with stagnant water, around which infants and children were playing, "in poverty. hunger, and dirt."

The noisome odours which exhale from dark and damp cellars —the receptacles of dirt and refuse—are most dangerous; these should be immediately cleansed, and the place well and frequently sprinkled with a solution of chlorine. At a trifling cost—say a penny—sufficient chloride of lime may be obtained at any oil-shop. Even that universal depôt of all that is worthless. the "dust bin," should be emptied weekly, otherwise decomposition, fermentation, and the consequent evolution of the most noxious gases, will take place almost within the dwelling-house. When water-closets are situated in or near the house, a pailful of water, in which has been dissolved one or two ounces of chloride of lime, should be repeatedly thrown down, and the like should be done to all sewers and drains having a sink or outlet near a residence.

After expelling and preventing all that is impure, we must obtain a proper supply of pure air by thorough ventilation; the windows of every apartment—more especially those in which we sleep—should be constantly open during the day, and the pure breath of heaven allowed to drive out all that is noxious. Nothing is more subversive of health, as well as morality, than numbers of persons—without regard to sex—being compelled by their necessities to sleep in the same chamber; where this cannot be remedied, the bed-linen should be freely exposed to the air immediately after the sleepers arise, and the doors and windows thrown open to ensure a current throughout the room. The drudgery, the scanty clothing, the exposure to the elements, of the most indigent classes, is not more injurious to health than the want of pure air; and there is not a mechanic or labourer living within the sound of Bow-bells who cannot obtain this blessing with sufficient ease and frequency to render his negligence culpable in the extreme. Let him take his children, whenever practicable, to the parks—to the still unenclosed land and sweet green lanes, which are yet to be found within walking distance of the metropolis—let those who have the means avail themselves of the short and cheap trips which railways and steamboats now afford, and they will be invigorated in mind and body; they will become better members of society than if this outlay of money and time had been wasted in gin, beer, and tobacco.

But of what avail will be all precaution if cleanliness be neglected? Domestic cleanliness is the foundation of that truly English quality, comfort. Without cleanliness, a palace would be unwholesome, and the home of the artisan a den. When we speak of domestic cleanliness, we do not allude merely to the removal of dust and the occasional scouring of the floor, but we refer to the total absence of all that is foul and dirty, either in the apartments, the furniture, the clothing, or the food. There are few things which retain effluvia of all kinds for so long a time as furniture; as a proof, we can detect the smell of tobacco in a room many days after a cigar has been smoked in it. Curtains, particularly bed curtains, should be frequently subjected to the washing-tub; and when they are made of such fabrics as forbid the contact of water, they should be, together with the carpets, frequently exposed to the wind in the open air. The under-clothing should be frequently changed, and should be so modified in quality and quantity as to preserve the body in as equable a temperature as possible.

The good housewife who devotes her time to the scrubbing, and scouring, and ventilating her residence, and properly preparing the food of her family, meets with her best reward in the healthy, happy condition of her children, and the cheerful society of her husband. Personal cleanliness is a duty we owe not only to ourselves, but to those with whom we associate. The various duties of life render it absolutely necessary that the surface of the body should be frequently freed from those impurities which adhere to it; neglect this, and the perspiration from the skin mingles with the minute particles of dust and dirt which are always floating in the air, and readily encase the body and fill up the pores from which exude the natural secretions of the skin, and thus disease obtains another powerful ally. General bathing should be frequently resorted to, and when this is not practicable, the body, particularly the chest, should be well sponged every morning, and afterwards friction should be used by means of a coarse towel. Those who know the luxury of a bath will not willingly lay it aside, and the number of establishments which now abound in this metropolis offer every facility for indulging in this adjuvant health.

It will be impossible in this paper to lay down any precise rule for diet: what should be taken and what should be avoided must depend upon peculiar circumstances and individual cases. It is absurd to raise an outcry against any particular article of food—fruit and vegetables, even at this season, are not injurious; it is the excess or abuse of their use which renders them so at any time. As a general rule, we may say, that whatever agrees with the stomach, is wholesome; and we advise our readers to persevere in that diet which experience has proved to be adapted to them. Intemperance, which favours the accession of every disease, is the constant and ready agent of the cholera. Of this we had abundant proof at the Infirmary for Cholera in St. George's-in-the East, in 1831; the majority of cases being those who lived on bad diet, and drank beer and gin to excess. A man who toils laboriously needs that support—we use the term "support" advisedly—which a proper and moderate quantity of good malt liquor affords; but, when this quantity exceeds "moderation," it is injurious. We find in our notes several instances of men—they were coal-porters and ballast-heavers—who admitted taking three gallons of beer in a day; there can be no *moderation* in this quantity; and the result was, as it must be, that they were not only more prone to disease, but were less able to bear the assault.

The influence which the mind exerts over the body, and the action and re-action of the one over the other, are well known. Mental emotion and the passions of the mind are sufficient to induce, not only disease, but death, of which innumerable instances might be cited. Fear, terror, or any depressing passion or emotion, exerts a most baneful influence during the prevalence of any epidemic; and, in the event of the recurrence of the terrific disease now under consideration, we should all endeavour to preserve that quiet and ease which Miss Martineau justly terms, "a cheerful tranquillity of mind." We might quote many cases in which the dread of an attack of the cholera might fairly be considered the remote cause of the disease; and, knowing this, we earnestly say, do not anticipate evil, but be prepared for it, should it unfortunately arrive.

The last point to be considered in this paper, is the manner in which we are "to preserve our general health;" and, if the advice offered in the foregoing remarks be attended to, little more will be required. The evacuations should be regular; the stomach must not be overloaded with indigestible and unwholesome food; exercise should be taken regularly and in moderation; in all things be temperate. We confidently assure our readers that the "general health" is seldom preserved by the vile practice of continually drugging the system, or "taking physic," as it is termed: the *custom* is as baneful as it is foolish; the very action, even of the most simple drug, interferes with the processes of nature, and it is only when these processes, or functions, are *unnatural*, that we should resort to those remedial agents which experience has proved to be able to correct these irregularities.

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CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. V.

THE THIRD STAGE.

Continued from page 26.

THIS stage of consumption coincides with the complete softening of the tubercles, when the liquified tuberculous matter bursts into the bronchial tubes, is then gradually expectorated, and the seat of the abscess converted into an excavation or cavity.

The symptoms described as characteristic of the second stage, now prevail in greater intensity; the cough is scarcely absent for any length of time, but tears and racks the breast, sides, and back, with sharp, lancinating pains, and leaves the patient, after each paroxysm, faint and exhausted; during the night the cough is unceasing, and drives off that natural and blessed restorative —sleep. At the commencement of a paroxysm, the cough is "hollow," but as the expectoration becomes loosened, it gives a gurgling or rolling sound, which gently subsides almost to a murmur. The expectoration is profuse, occasionally amounting to a pint in a few hours; it consists of a heavy, purulent discharge, in consistence equal to cream, and in colour varying from pale yellow to green, or bluish-black or brown; it contains small lumps of a curd-like substance, and is sometimes freely mixed with fresh florid blood; at others, the blood is in minute congealed clots or threads; the odour is generally faint and sickly, in some cases fœtid and offensive. The expectoration may be so copious in quantity, and the strength of the patient so prostrated, as to deprive him of ability to eject or cough up the accumulated matters, and thus suffocation may be threatened. I remember a case that occurred at the London hospital, during the time I was dresser, in which death was instantaneous from these causes.

Spitting of blood does not happen so frequently in this, as in the earlier stages of the disease; the tuberculous matter, in its softened state, appears to throw aside the larger blood-vessels, and in examinations we sometimes find them flattened, and occasionally obliterated; but, except in their most minute ramifications, seldom ruptured.

The breathing is oppressive and difficult; the dyspnœa does not come on in occasional or spasmodic attacks, but is constantly laborious, in consequence of the imperfect inflation of the lungs—perhaps I should say, of what remains of the lungs; the least exertion, or change of position, aggravates the oppression, and the sufferer obtains breath by a succession of gasps, rather than by natural respiration.

The hectic fever ravages the frame with undiminished violence; the chills are frequent; the succeeding heat produces an exhausting faintness, and the perspirations during the day, as well as the night sweats, are abundant. Diarrhœa is generally present, and the copious evacuations which are constantly occurring, reduce the strength of the patient to the lowest possible ebb, and constantly cause an overpowering sensation of faintness and sinking. The appetite is bad; and it is only by the most savoury, delicate, and not always the most proper food, that the patient can be tempted to eat. Whatever is eaten readily causes uneasiness and disturbance in the stomach; sometimes it is quickly rejected; but, if retained, it creates so much irritation as to produce pain and nausea. Flatulence, and violent eructations of acid, unpleasant wind, constantly harass the patient, and occasion a "rising in the throat," which appears to threaten suffocation. The pulse maintains its unnatural rapidity, and is seldom less than 110; the surface of the body is always hot to the touch, and the palms of the hands and the soles of the feet are burning. The throat and mouth are generally sore from numerous small aphthous ulcers, and in some cases the larynx is ulcerated; when this occurs it renders the cough still more frequent and painfully distressing. I have, in several instances, noticed the formation of small abscesses, either in the rectum, or in the immediate neighbourhood of the lower gut, during the last stage of consumption; indeed, the whole mucous membranes appear to approach closely to ulceration, if they are not absolutely ulcerated.

Towards evening the feet and ankles become swollen, tumid, and filled with fluid, and dropsy in various forms may make its appearance; sometimes the limbs are anasarcous, at others the abdomen is tumid, or the chest fluctuating. When dropsy becomes general, as is sometimes the case, the night sweats and the diarrhœa cease; within a few days, however, the perspiration may return, and then the infiltration subsides, so that one set of symptoms alternates with the other.

With these symptoms the emaciation and debility keep pace; the strength is barely sufficient to support the limbs, and the frame is reduced to that of a skeleton; the cheek-bones become more prominent, and the cheeks still thinner; the lips are retracted, and the countenance yet maintains a melancholy or bitter smile; the neck appears elongated, and sometimes hangs listlessly on one or other side; the blade-bones are elevated, and the chest contracted; the ribs may be easily counted, and the spaces between each are deep; the joints are large and protuberant; the nails grow rapidly, and become more incurvated, almost like talons; the hair is damp, weak, and continually falling. The voice, when the larynx is ulcerated, is hoarse and attended with a clanging sound; sometimes it is shrill and hollow, and at others the patient can scarcely speak louder than a whisper.

Whilst the physical powers of life are thus decaying, the mind holds its pre-eminence unimpaired; the faculties are acute, and, strange as it may appear, are capable of the highest cultivation, and even of abstruse study. I attended during the last year a youth, who, in the progress of his malady, acquired a perfect knowledge of the German language, and trained his mind by a severe study of mathematics, with the hope—the abiding hope, that in a life yet to be prolonged, he would reap the benefit of his application. I had a patient, a young lady, who, not forgetful of devotional reading, was deeply engaged in perusing "The Hunchback of Notrè Dame," on the day of her death.

To the last moment she still clings to hope; she is unconscious of any inward emotion that tells her her disease is fatal; she views the despondency of her friends with surprise, almost with peevishness, and is ever buoyed up with the faith, almost the certainty, of her recovery.

In other cases—but they prove the exception rather than the rule—the mind is comparatively torpid; the patient is indifferent to a return of health, or to a fatal issue; and in some cases an excited delirium attends the last days of life.

Although the course of the last stage of consumption is characterised, in a large majority of cases, by the symptoms I have now detailed, yet, in some instances, there may be a total cessation of those prominent and peculiar signs which belong alone to the close of this devastating disease; thus, we may occasionally see cases in which the cough, the expectoration, the diarrhœa, the exhausting perspirations, cease altogether, and leave the patient in a state of happy and placid tranquillity. When this occurs, it must be attributed more to the failure of the animal powers, and deficiency of material, than to any permanent restoration of the system; for at last the scene closes,

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by life gently gliding away, "like the expiring lamp," in ease, in peace—and, may we always be enabled to say, still in HOPE!

The *physical signs* at this stage are decided. The formation of the chest is altered; the shoulders are elevated and dragged forward, and the capacity of the chest is narrowed. During respiration, the collar-bones and the first two or three ribes are immoveable, and when the patient attempts to take a full inspiration, the upper part of the thorax appears to be forcibly drawn upwards, instead of expanding with that spontaneous ease which attends health. Percussion—that is, sharply, but delicately, tapping the sides of the chest with the points of the fingers—gives a dull sound at the upper part of the chest; but, if applied over the seat of a cavity, it is loud, and, when the patient is much emaciated, it may be heard acute or hollow. By the stethoscope we discover several sounds, according to the state and size of the *vomicæ*. When the tuberculous mass softens, and is partially expectorated, the voice is heard in that part of the chest, and the sign is known by the term *pectoriloquy;* the natural murmur of respiration at and around the seat of the tuberculous abscess is indistinctly heard, and in some parts is inaudible; in that part of the lungs which still remains healthy, it is particularly clear and distinct. When the patient coughs, we hear a gurgling sound, and the voice resounds in different parts, particularly at the back, near the shoulder-blades. If the excavation be large, we then discover, when the patient coughs, or breathes, a peculiar *metallic tinkling*, which is a kind of silvery-ringing sound, closely resembling that emitted by a cup of metal, glass, or porcelain, when struck gently with a pin, or into which a grain of sand has been let fall; this sign denotes the presence of air within a large preter-natural cavity. A modification of this sound, named by Laennec, *amphoric resonance*, or buzzing, is sometimes heard; it resembles the sound produced by blowing quickly and forcibly into an empty bottle having a narrow aperture.

TUBERCULOUS CONSUMPTION, of whatever degree, must depend upon a corresponding anatomical change of structure, or disorganisation of the lungs; this change of structure may vary remarkably in the tardiness and rapidity of its progress; in one case advancing with uncontrollable speed; in another, delayed for a lengthened period; so that the disease may appear as two different affections, rather than modifications of one and the same disorder. Hence, consumption, in popular phrase, is called a "galloping consumption," "a rapid decline," or ACUTE CONSUMPTION. When its course is slow—"a lingering consumption," or CHRONIC CONSUMPTION.

(To be continued.)

MILK ABSCESS.

(Under the care of MR. MACMURDO.)

ABSCESSES in the female mammæ are at all times worthy of the surgeon's close attention, and though the various phenomena attending such affections have been accurately observed and described, cases may occur when milk abscess is rendered still more interesting from circumstances the occurrence of which is rare. In the case before us, the breasts presented an appearance completely different from what we usually see in acute inflammation of those organs, and it would at first sight have been embarrassing to assign a usual cause to such an extensively inflamed and irritated surface as was here seen. An unfortunate unguent had, however, had a principal share in the mischief, and it will appear by the sequel that the case would have been of a very simple nature, had not the poor woman given credence to the virtues of the "ladies' ointment."

From the memoranda obligingly furnished by Mr. Grabham, we find that the patient is about twenty years of age, married, of a very light complexion, and was admitted April 19, 1850, under the care of Mr. Mackmurdo. Her first confinement occurred eight weeks since, and she began at once to suckle her infant; but, as is too often the case, sore nipples came on, and, after much suffering and perseverance, she was compelled to deny her child its natural support, and bring it up by hand, though the secretion of milk was very abundant. Now such a deviation from the course of nature requires very nice management, and, considering the large number of our hospitals and dispensaries, it is astonishing that people of humble circumstances will fly to mischievous nostrums, instead of taking the advice which is gratuitously tendered in so many parts of the metropolis. Be this as it may, the patient had recourse, in her critical state, to the above-named "ladies' ointment," a compound which she describes as of a green colour, and exhaling the odour of turpentine!

The poor woman applied this stimulant very diligently to each breast. On the following morning these organs were violently inflamed, and a crop of pustules made its appearance, spreading towards the sternum and the inferior portions of the chest. The milk, which hitherto had been plentifully secreted, was arrested, the whole vascular energy being, probably, thrown on the inflamed, irritated, and suppurating surface. Three abscesses formed on the left side, and two on the right; they were allowed to take their own course; they burst, and discharged their contents. About fourteen days after the application of the ointment, milk began again to be secreted, and was of course mixed with pus.

On the patient's admission, more than a fortnight after the use of the turpentine, the breasts still presented a vivid red colour, which extended for a short distance below them; there was an abundant flow of milk from the whole surface of the organs, through a great number of small apertures, and the supply was still greater from a sinus left after one of the abscesses, situated a little below, and to the external side of the right nipple. The breasts had a moist, irritated, and chafed appearance; the pain was not very intense, but the patient looked very much reduced. A circumstance worthy of record is the total obliteration of the nipples, the original site of which could hardly be distinguished. There was not a cicatrix, as is sometimes found after the loss of the nipple by ulceration, but it appeared, both to the eye and the hand, as if that appendix to the breast had been quite absorbed, and the spot looked exactly like a congenital absence of the organ, though the patient stated that her nipples had been, before this attack, of the ordinary size.

Mr. Mackmurdo put the patient on full diet, ordered five grains of the aloe-and-myrrh pill every other night, fomentations and bread poultices to the breasts, and the discharge of the milk to be facilitated by kneading them with the fingers two or three times a day. Under this treatment the patient, who is of a cheerful disposition, (a very favourable circumstance,) gradually improved, the discharge of milk through the sinus soon ceased, though a large quantity was still discharged from the various other apertures, the inflammation diminished considerably, and about seven days after admission, Mr. Mackmurdo ordered glycerine to be applied. This substance proved very beneficial, and the patient experienced much relief from its use. The pain and inflammation now gave way, the skin lost its vivid colour, the oozing of milk ceased, and the case progressed so favourably that the patient was discharged a little less than a month after the commencement of the treatment. This case shows how effectually simple measures will remedy great mischief caused by popular nostrums. It is fortunate that the credulity of the people is not constantly

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so severely punished, for the extent of belief in the strangest notions is very great. We lately saw, for instance, in Guy's Hospital, a young woman suffering from milk abscess, who had allowed a great accumulation of milk after weaning. from the popular idea that it would be dispelled if she daily threw the milk drawn from her breast into the fire. She, however, soon found that the charm did not act, and it is to be hoped that she will take the trouble of warning others. But extravagant credulity is not confined to the labouring classes of society; we lately heard a physician of one of our large hospitals state, that not long ago, in a family of rank, a favourite dog was killed, slit open, and the fuming visceral surface of the poor animal applied to the leg of a patient suffering from sciatica. We noticed a short time ago, an example of another kind of credulity in an out-patient of King's College Hospital, under the care of Mr. Fergusson. This poor woman had caught cold a fortnight after the birth of her child, an abscess had formed, it was lanced, the matter let out, and she was in a tolerable state, when she foolishly left her usual medical attendant to go and consult an homœopathic sybil, in Pentonville. This worthy kept her very low, and gave her two drops of some fluid in a tumbler of water. The sac of the abscess soon became irritated; severe inflammation set in, profuse purulent discharge occurred, and the patient was brought to a wretched condition. She at last applied to Mr. Fergusson, who prescribed bitter tonics, lead lotion to the breast, good and generous diet, port wine, &c. The patient rapidly improved; she subsequently took quinine, and was, on the 30th of May, in a fair way of recovery. —*The Lancet.*

A DEATH FROM MALPRACTICE OF A QUACK, AND NO INQUEST!

Dr. F. D. Jones, of Washington, Gateshead, forwards to us a report of the case of a poor woman in his district, who had expired an hour and a half after accouchment; and having ascertained, on further inquiry, that she had been attended by a man who is practising in this neighbourhood without any qualification, not even having served an apprenticeship, forsooth! he (Dr. Jones) deemed it his duty to make a searching investigation into the matter. On extending his inquiries he states that he detected one of those flagrant and painful instances of ignorance and maltreatment with which, unfortunately, the records of quackery so frequently furnish us. Mary Smith, aged eighteen years, a pitman's wife—of a plethoric habit of body, and in the enjoyment of robust health and excellent spirits, was seized with labour-pains on Friday afternoon, and continued in a lingering state till four o'clock on Sunday P.M., at which hour she gave birth to a healthy and well-developed female child. Almost immediately after the expulsion of the placenta (the after birth), and without any previous hæmorrhage, convulsions came on and continued at intervals up to the period of her death. Instead of due depletion, stimulants were administered; rum having actually been forced upon the poor creature after the accession of the fits; for, to use the very words of Dr. Jones's informant, "I can assure ye, sir, everything was done for her in that way that could be done; indeed, it was impossible to get any more into her, for we gave her the rum and hot tea till she sputtered it out again." Dr. Jones immediately gave notice of the circumstances to the coroner; nevertheless, an inquest on the body was not held. We shall look with interest for any further inquiries or remarks which this melancholy case may elicit. We greatly regret that space is wanting for our insertion of the whole of Dr. Jones's communication.—*The Lancet.*

DOMESTIC ECONOMY OF THE LABOURING CLASSES.

The greatest evils, perhaps, under which the lower classes labour, arise from ignorance of Domestic Economy. It is certainly below the mark to say, that on an average, labourers' families might live much better then they now do for one-third less expense. Waste and uncomfort are but too often the chief characteristics of their management; the bitter consequences of which are strife, sickness, debt, misery, recklessness, and crime.

Their purchases are often bad in quality, small in quantity, and high in price; their meals wasteful and unwholesome; their clothes neglected, and every thing about them destitute of arrangement.

There is no class of persons to whom domestic comfort is of so much importance as to those who have to earn their livelihood by hard labour; and there is no greater contrast than that between a well-ordered and a cheerless home. In the one case, when the husband returns from his work, he finds a kindly welcome, a cheerful fire, quiet children, as good a meal as his means will allow, ready prepared; every want anticipated, every habit attended to, an universal neatness, and every thing in its place. The other case is the worse of all this; and in addition, perhaps, the wife absent, or intoxicated, and some article taken to the pawnbroker's to furnish the means of indulgence; angry words ensue, and then blows. The husband flies to the public-house, where a welcome awaits him. His wife breaks in upon him; and at last, for peace, is invited to partake of his enjoyments, which, on such occasions, often end in excess,—and crime or the parish is the resource. Women, brought up in ignorance of comfort, of course, are careless about the means of providing for it. They are heedless how they marry; and when married, never think of the duties of their situation.

A greater degree of self-dependence is most especially to be desired amongst the labouring classes, which can only be produced by a greater degree of prudence; and there is nothing so likely to induce prudence as the cultivation of domestic economy, because without foresight there can be little or no comfort. The very facilities the lower orders possess of living from hand to mouth, frequently tend to their ruin, by preventing the necessity of providing beforehand; and there is, perhaps, nothing which is more injurious to their interests than being able to make their marketings on Sunday mornings—a privilege loudly claimed for them by pretended friends, who are ever the advocates of whatever supports the lowest standard. They must have a strange idea of what an English labourer ought to be, who think him incapable of sufficient prudence to have one week's wages in store; and by so lowly rating him, they make, or keep him where he is. Sunday markets are productive of evils in many ways; and if they were prohibited, the labouring classes would be materially benefited.

Considering how powerful by nature is female influence, there can be no mode so sure of increasing the stock of human happiness, and human virtue, as a quiet perseverance on the part of women in studying to promote the comforts of home.

There is on the part of the upper classes a general desire to attend to the interests of those below them, though the means pursued are frequently the reverse of judicious. We believe there is no way in which the labouring classes can be so effectually served as by instructing them in the arts of domestic economy, because a well-ordered home is the best security for good order in every thing else.

To those who take an interest in schools, and generally in

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the training of young people, we would suggest the idea of introducing a sort of exercise in domestic economy, and of affording every facility and encouragement for its practice.

Following out this notion, we cannot improve upon the remarks of a late highly respected metropolitan magistrate on the same subject; he says, "In my intercourse with the labouring classes, what I have observed they seem most to want to learn, is, to market and make purchases on the most advantageous terms; to apply the arts of cookery to preparing food in an economical, wholesome, and palatable manner; in the country, to brew and bake; to light a fire expeditiously and economically; to make a fire cheerful—expeditiously; to set out a table quickly and neatly; to clear away expeditiously; to cut out, make, and mend linen, and to keep other clothes in good order; to wash, and get up linen; to dry, and clean shoes; to sweep and clean rooms quietly and expeditiously, and to keep them neat and comfortable; and lastly, to prepare proper food for children and the sick.

"The difference in the way of doing these things, as far as my observation could go, is immense; and the difference, in point of comfort, corresponding. The management of a fire is of great importance, and quietness and quickness are essential to comfort. Some women conduct their household concerns with a noise and confusion, which are quite distracting."

COBWEBS IN INTERMITTENT FEVER.

Dr. Mace published some time ago, in the *Journal des Connaissances Médico-chirurgicales*, an article wherein he was extolling the efficacy of cobwebs in ague. It was there stated that Dr. Récamier had used it with success, and that its employment was very common in the south of France, Dr. Vanoye has now a paper in the "Annales de la Societie d'émulation de la Flandre Occidentale," wherein he gives an account of the trials he has made of this substance in a country (Flanders) where intermittents are endemic; and it would appear that the results were not favourable. The author states that this remedy had been spoken of by Vanhetmont, who had seen several cures by its use; and a Sweedish paper mentions besides, that in 1832 Dr. Jackson had with cobwebs overcome intermittents which had resisted bark and arsenic. The doses were, a pill of five grains of cobweb two hours before the ague fit, and the same quantity two hours afterwards. The *arachnea*, as Dr. Récamier calls the remedy, was administered by Dr. Vanoye in various cases, without the admixture of any other drugs, and it was only in the quotidian form that it was not completely inefficacious; and as almost any anti-periodic has some influence on this form, the cobwebs may fairly be looked upon as having entirely failed in the instances quoted by Dr. Vanoye.

HUMAN HAPPINESS.

If you want to see genuine happiness, in the general decline of life, it may be witnessed in numbers on a fine summer's Sunday evening, emanating from the hearts and uniform serenity of Greenwich pensioners, enjoying themselves like gnats, if not so nimble, with equal amusiveness, round about the Hospital; and with their pipes, wives, and friends, in the Park, diversified by peaceful holiday folks of all ages, sexes, and conditions, except those of the cold aristocracy of distinctive pride.

There are now in the environs of Paris sixteen plantations of water-cresses, producing annually 1,3500,000 dozens of bunches, valued at $7,800l.

PHARMACOLOGY.

No. XX.

ASTRINGENTS.—(*Continued from page* 30.)

Quercus Robur,—Oak Bark.—The well-known astringent property of oak and similar barks has been ascribed to a proximate principle called *tannin*, on account of its power of converting skin into leather. *The decoction of oak bark* is principally employed in the form of gargle, injection, or lotion, as a local astringent.

Gallæ,—Galls, gall-nuts, or oak-galls, are excrescences of the Quercus Infectoria, and other species of the oak, produced by the nidus, or nest of the hymenopterous insect, *cynips quercifolii*. They are powerfully astringent, and have been used in diarrhœa, intestinal hæmorrhages, and intermittents; but they are principally employed in gargles and injections, and the powder to form *an ointment for piles*, in the proportion of two drachms to two ounces of lard, and one drachm of powdered opium. The *tincture of galls* is employed in intestinal hæmorrhages, obstinate protracted diarrhœa, and dysentery, also in bleedings from the prostate gland. The dose is from one drachm to two drachms.

Salix Alba. Salicis Cortex. Salix Fragilis,—Willow Bark.—The bark of the willow possesses great astringent and tonic properties, and has been employed as a substitute for cinchona; the odour is slightly aromatic, taste bitter and astringent; the active principle is an alkaloid named *Salicina*, with which quinine is too frequently adulterated. Willow bark is employed in intermittent and remittent fevers, debilities of the intestinal canal, and in hectic and consumption. The dose of the *powder* is from a scruple to a drachm; of the *decoction* (which is made by boiling two ounces of the bark in a quart of water, down to a pint) a wineglassful.

Ulmas Campestris,—The Elm.—The inner bark of the elm. This is seldom used in medicine. The decoction is ordered in the Pharmacopœia. The dose is from four ounces to six.

Cinchona,—Peruvian Bark. We shall defer our description of this genus of plants and their preparations until we come to Tonics.

Plumbi Acetas,—Acetate of Lead.—Sugar of Lead, in large doses, is a powerful poison. It is used in internal visceral hæmorrhages, washed down with water acidulated with distilled vinegar, which seems to prevent its deleterious effects. The dose is from half a grain to a grain and a half, made into a pill with half a grain of opium and crumb of bread. The late Dr. A. T. Thomson said he was in the habit of prescribing it in doses of five to eight grains in cases of bleeding from the lungs. We have never seen it used in such large doses. Externally it is used as a lotion (Goulard's Extract) in inflammations, burns, bruises, gonorrhœa, &c.

Cupri Sulphas,—Sulphate of Copper,—in its medicinal action is astringent, tonic, and emetic. As an astringent in dysentery it may be ordered in half-grain doses, increased to a grain and a half or two grains, as in the following form:—Take sulphate of copper, powdered opium, of each half a grain; confection of roses, sufficient to form a pill. One to be taken three times a-day. In the purulent ophthalmia of infants, the following forms a good eye-wash:—Take three grains of the sulphate of copper; five ounces of camphor mixture. Mix and strain. We shall speak of the tonic, emetic, and escharotic properties of the sulphate of copper under their respective heads.

Zinci Sulphas,—Sulphate of Zinc,—is only used as an astringent externally in the form of lotions and injections: administered internally it acts as a tonic and emetic. In ophthalmia, after the inflammatory action has subsided, it is very useful, and may be thus employed:—Take, sulphate of zinc, four grains; wine of opium, half a drachm; rose water, two ounces. Mix for a lotion. It is used also as an injection in leucorrhœa and in gonorrhœa; in the former disease it is more frequently conjoined with alum.

Alumen,—*Alum*,—The sulphate of Alum and Potash.—Alum is both astringent and tonic; it is used in internal hæmorrhages, leucorrhœa, diabetes, painter's colic, externally in relaxation of the uvula, ophthalmia, gleet, and fluor albus. The dose is from five grains to a scruple, united with an aromatic; or in whey, made with two drachms of powdered alum, and a pint of hot milk, of which a tea-cupful may be taken occasionally. For gargles, half a drachm may be added to four ounces of the compound infusion of roses. For eye-washes and injections, twelve grains to six ounces of rose water is about the average strength. The *compound alum lotion* is prepared by dissolving one ounce of alum, and one ounce of sulphate of zinc, in three pints of boiling water, and then straining through paper. Properly diluted, this is an excellent application in ophthalmia; it is a powerful injection in gleet and fluor albus, and as a lotion for cleansing wounds and indolent sores.

(*To be continued.*)

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HINTS FOR HEALTH.

GOOD HEALTH.

To be in good health cannot absolutely be called a duty, for it is very often rendered impossible, both by inward and outward causes which cannot be helped. But no one will deny that it is a duty to be as well as possible, and that it is for the most part quite possible to put in practice these principles of advice and caution which we have endeavoured to prove are essential to our bodily and mental well-doing. Health can no more be "made easy" than virtue. It is a state to be preserved and acquired by using the proper means, and their employment is well worth the trouble. Nor will it be irksome if undertaken with good will, and this will be inspired by a thorough conviction of the reasonableness and benefit of the means to be employed, and the cautions to be observed. Habit will come to the assistance of prudence, a sort of instinct will soon supersede the necessity of a painful punctiliousness, and a speedy enjoyment of reward will make perseverence easy.

THE PERIODS FOR EATING.

Four hours may be allowed, in general, for the process of digesting a moderate and wholesome meal, and one hour repose of the organ; so that, if a breakfast, proportioned to the life of exertion or inactivity we may be leading, be taken at *eight*, by *one* o'clock there will not only be a necessity for replacing expenditure, but the stomach will be ready to receive with appetite what we put into it; and it would, perhaps, be better if this next meal were a dinner. But if, on account of social duties and arrangements, dinner must take place later in the day, the luncheon should not be dinner disguised under another name. In kind and quantity, it ought to be such as will leave us perfectly able to go on till dinner—a meal so light and spare that we require no repose afterwards.

QUANTITY OF FOOD.

It should ever be remembered, that the object in eating is not to see how much can be taken without suffering or injury, but rather how little. The repair of the body and the energies of the mind, will be best secured by just so much of wholesome food as is really required, and no more. There can, however, be no virtue or wisdom in any degree of abstinence which deprives us of the blessings of strength, ease, and energy; but there is wisdom in finding out, as nearly as we can, how much aliment will procure these for us, and to limit ourselves to that quantity.

THE USE OF TOBACCO.

The effects of tobacco depend on an essential oil, which is one of the strongest narcotic poisons known. Like every thing else, they are different according to the degree to which the nervous system is subjected to them, and we feel it right to acknowledge that even tobacco may have some useful applications; thousands of people certainly do employ it without any disadvantage; but this is, almost universally, when the circumstances and habits of life are favourable to health. The more common evils of excess seem to be impaired digestion and general debility, from the waste of a vital fluid, the saliva; but this is only an occasional consequence: when, however, the system is kept under its influence, by the practice of inordinate smoking or chewing, it seems to be a depressant in every sense of the word; weakening the energies of the brain, the circulation, the muscular system, and every organic function, without exception. Its votary is pallid and spiritless, and carries the token of a bad habit of body; so that Sir James Clark justly charges the misuse of tobacco with being one of the most efficacious modes of inducing consumptive disease.

ADVERTISEMENTS.

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INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

The Causes, Symptoms, and Rational Treatment.

"An excellent little tract upon those disorders so incidental and so common to us that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st*, 1850.

Price 4d., by post, 6d.

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CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, & Rational Treatment; with the Means of Prevention.

"This little work, from the pen of a gentleman who has made pulmonary complaints his special study, and who has acquired a well-deserved celebrity by his mode of treating these terrible afflictions, will be found a valuable addition to the medical library. Written unostentatiously, and in a style which is earnest, though completely unaffected, it may be studied with advantage by the general as well as the professional reader."—*Weekly Dispatch, Nov.* 5, 1848.

Price 2s., by post 2s. 6d.

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"Dr. Yeoman in his admirable little treatise on Consumption, has already very satisfactorily proved that in certain cases medical knowledge may be popularised with safety. This is an excellent sequel to the former work."—*Weekly Times, January* 19, 1849.

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London: published by the Author, 25, Lloyd Square; and sold by George Vickers, Strand; Effingham Wilson, 11, Royal Exchange; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

NEVILL'S PATENT FLOUR OF LENTILS,—Is the produce of the Arabian Lentil, possessing natural restorative properties which will prevent the use of medicine for Indigestion, Constipation, and all other derangements of the Stomach, Intestines, Liver, &c. Recommended by medical men for persons advanced in age, Invalids, and delicate Children.

Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1 lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by Nevill and Co., 16A, Chichester Place, Gray's Inn Road, London; sold by Miles, 78, Gracechurch Street.

JAMAICA GINGER, RASPBERRY, ORANGE, and LEMON SYRUPS, for making Ginger, Orangeade, and Lemon Draughts. A table-spoonful of either of these preparations mixed with half-a-pint of Spring Water forms an agreeable and very refreshing beverage. They may be beneficially taken when the stomach is not able to bear malt

Those who are partial to Soda Water will find either of these a very grateful adjunct, as they obviate the unpleasantness which sometimes occurs from Soda Water taken alone.

Prepared and Sold by John Miles, 78, Gracechurch-street, in Bottles price 1s., 2s., and 3s. 6d.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

THE TEETH.—Mr. SMARTT, DENTIST and CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. Mr. Smartt attends at 25, Harmer Street, Gravesend, every Friday

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

A MOTHER (Macclesfield).—Borax and honey is a familiar and useful application. Give the child one of the following powders every day:—Take powdered rhubarb, a scruple; carbonate of soda, half a drachm; powder ginger, two grains; oil of aniseeds, two drops. Rub well together in a mortar, and divide into eight powders. Take a dose of aperient medicine yourself, and live carefully.

G. R. (Whitby).—First, No. Second, Mr. John Wilson. Third, "Rosy Cheek," as you term a full-blown member of the College, devotes his attention to his "retail,"—and very properly too, as it must be more lucrative to him, and more congenial to his ability, than bed-side watchings.

W. JAMES PAYNE (Leeds).—It may be caused by indigestion only: it may be a first sign of consumption. See answer to C. R. S. below. Read the EDITOR'S small work on INDIGESTION.

C. R. S.—We never *hazard* an opinion; and never prescribe for, or direct a patient in our columns, unless the history of the case furnished to us is so clear and decided that a *doubt* as to the proper treatment cannot exist. Your letter leaves us in doubt.

A DUPE.—For an exposure of the Quack Consulting Surgeons, see VICTIM'S letter in No. 2, and A NARRATIVE in No. 24.

A SUFFERER.—Mr. Smith, High Holborn, is the most scientific truss-maker whom we know. We have employed him during the last eight or ten years. His charges are moderate, his workmanship durable, and he has great facility in adapting his bandages, &c., so as to give the greatest ease to the wearer.

G. J. T. (Wolverhampton).—First, *Sarsaparilla*: you will find your question answered in No. 10, page 76. We have no faith in this drug; it is useless, certainly harmless, and expensive. Second; cocoa, when it can be procured genuine. The soluble cocoa sold in packets at 1d. is a vile compound of mutton suet, Armenian bole, and refuse cocoa.

FAITH.—Received. We are glad you are so greatly improved.

J. RHYDER.—The "stitch in the side," combined with the other symptoms you mention, denote inflammation in the kidney. Obtain competent advice without delay. As a palliative, try a warm bath at 96°, and drink copiously of barley water.

B. A. (Brixton).—The discolouration of the skin caused by caustic is only temporary: we should be inclined to let the "mole" alone.

H. W. F. (Camden Town).—If the advice you seek is worth having, it is worth coming for. From Camden Town to Lloyd Square is certainly a formidable journey of about a mile and a quarter. Try the Overland Route by one of the King's-Cross omnibuses.

WILLIAM H. RHODES (Poole).—We repeat the answer we gave to ROBERT HAWSON, in No. 7. "We do not profess to give advice, indiscriminately, without fee; there is a wide difference between honest poverty, and poverty of spirit. The former will always meet with the utmost consideration at our hands, and our services will be cheerfully rendered. Will your lawyer preserve your property without his 'charges?' Why should a medical man, who preserves your health, be the only man who is expected to work, brain and hand, gratis? 'The labourer is worthy of his hire,' whether he be a baker, tailor, or doctor." Please, show this to the Editor of the *Poole Herald*. We contend, and have contended, that there is as much quackery in the "advice-gratis" system as in Morison's Pills and the Jews' "Consulting-Surgeon" robberies.

A POOR ARTIST.—Take, disulphate of quinine, a scruple; tincture of the sesqui-chloride of iron, four drachms; tincture of hops, four drachms. Mix. Dose, fifteen drops in a wine-glassful of water three times a-day (after a meal).

FANNY (Southampton).—A warm hip bath, twice a-week; friction; a generous diet; out-of-door exercise; early to bed, rise early; four grains of the *pill aloes with myrrh*, every other night; and five grains of the *citrate of iron*, dissolved in water, twice a-day. Patience, faith, and hope.

A CLERK (Holloway).—Wait a wee, for the small work on THE DISEASES OF ERROR.

JOSEPH HENRY (Bootle).—See articles on the Management of the Teeth, in Nos. 5, 6, 7, 8, 9.

ADONIS.—(Preserve us!)—(*nimium ne credi colori!*)—The only "means" known to us, "to make the hair curl directly," are,—sixpence, a skilful barber, a good fire, a pair of curling-tongs, and a little lard (*vice* Bear's Grease).

THE MORNING HERALD.—We are surprised to find the greatest number of disgusting advertisements in this paper. Surely what it gains in the sums paid by the fearful Jew demoralizers it must lose in the amount of subscriptions from respectable families. Strange, how strange, that this paper, which is upheld by the clergy and the "serious" part of the community, should show so great inconsistency! We have received much kindness at the hands of the conductors of this journal, and are pained to make the above remarks. The letters of at least fifty correspondents on this very subject prevent us being silent.

ESPETH (Lanark).—You will find a long article, *on the action of mercury on the human system*, in No. 13, page 100.

W. B. K.—Asthma is not contagious, but it is hereditary, so that you have not "caught" the disease by "sleeping in the same room with your father," but have acquired it by inheritance. We cannot spare the space in our Journal to give you all the information you require. You will find it in detail in the Editor's published work on "Asthma, Bronchitis," &c., page 74. A series of articles on ASTHMA will be inserted in the Journal on the completion of CONSUMPTION.

R. R, (Sheffield).—If it is simply relaxation of the throat, you cannot do better than continue the use of caustic, employing also occasionally a stimulating gargle containing benzoin and cayenne. Dash the throat and back part of the neck with cold water frequently. If the complaint has some *specific* origin, you must get rid of the original disease or taint. We suspect scrofula.

J. W. LACY (Bethnal Green).—Call in Lloyd Square.

DUBLIN.—We have received a "returned letter" from this city. Is it the one to our correspondent CIVIS? or ESPY?

ONE WHO HAS BEEN JEWED.—You must authenticate your letter. Your communication will, of course, be considered confidential. Assure us of the truth, which we do not doubt, and, as far as our influence extends, we will expose the quack villains.

ROBERT PAVIN (Ipswich).—Take, sulphate of iron, a scruple; powdered myrrh, a drachm; sugar, half a drachm. Mix, and divide into twenty powders: take one twice a day.

ESPERANCE.—You describe the object floating before the eye correctly enough; it is a symptom of a remote cause quite independent of the organ of vision. Communicate privately, or call.

S. R. S.—"Dr. Townsend's Compound Extract of Sarsaparilla" is another quack *doo*—have none on't. See answer to G. J. T. (Wolverhampton) in this number. Second, wash the surface of the body with water made slightly acid by muriatic acid. We have advised this plan in many cases of perspiration with disagreeable odour, with much success.

A. J. A. C. (New Road).—We wish all our correspondents could or would describe their cases so admirably as you have done. We are much interested in your letter; the case is singular. Call.

A SHOPMAN (New Oxford Street).—You may call on a Sunday morning.

RICHARD PARKER (Sheffield).—Very doubtful. A writer in the *Lancet* of last week classes them together, as persons whose advertisements should be excluded from all respectable publications, in this wise, "Culverwell, Lamert, Curtis & Co."

A. B. Z. (Dulwich).—Dandelion Coffee is prepared from the roots of the Dandelion, dried at a gentle heat and reduced to powder. It is an excellent occasional beverage in torpid liver. Hooper's (of Pall Mall) is the best.

FANNY.—We believe Mr. Smartt has published a small work "on the Teeth." His papers on their diseases and management, inserted in Nos. 5 to 9 of our journal, are very valuable.

JOHN BELCH.—The question is one we do not much like to answer. Take your own choice from the following—all are equally able: Mr. Luke, Mr. Adams, Mr. Curling, Mr. Fergusson, Mr. Dalrymple, Mr. Bransby Cooper.

ALFRED BATES (Macclesfield).—You will find a full account of the new remedy, kousso, for the cure of tape-worm, in No. 20—(p. 155, vol. i.)

D! J. D. (Grimsby).—The symptoms resemble rheumatism more than diseased liver. Send your address.

A PATIENT.—Of course, exert your own discrimination, and follow that law which experience proves to you to be the best. To lay down a rule and hold to it, when it does not apply, is to be the slave of habit.

PRISCILLA (Gateshead).—You will find the information you ask for in the paper on the diseases of women and children, in No. 6.

ANTHONY (Leicester).—We know of no better application for "bed-sores" than cotton wadding; it absorbs the discharge, and forms a soft cushion for the parts implicated. It should be changed often.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 32.—Vol. II.] SATURDAY, AUGUST 10, 1850. [ONE PENNY.

ENGLISH CHOLERA.

BILIOUS DIARRHŒA.

"As certainly," says Sydenham, "as the appearance of swallows in the spring, or cookoos about the dog-days, does the (English) cholera or bilious diarrhœa become epidemic at the close of summer, or beginning of autumn." The truthfulness of this remark, made in 1666, has been amply corroborated in each succeeding year. The causes of the invasion of the malady are twofold: first, increased temperature, which, undoubtedly, stimulates the liver to an increased secretion of bile, so that the alimentary canal becomes overloaded with it; and, second, the use of food which is of slow digestion, and irritating in quality—as unripe apples, pears, cucumbers, melons, and other cold and indigestible fruits; powerful doses of drastic purgatives, drinking cold water when the body is heated, and mental anxiety, may be enumerated as not being uncommon causes.

The SYMPTOMS of the disease commence with a sudden and repeated feeling of cold, almost amounting to a shiver, quickly succeeded by a return of overpowering heat. There is considerable lassitude, weariness, and disinclination for the least exertion. After a time, a pain or twinge is felt in the stomach and bowels, accompanied by some sensation of nausea; an uneasiness or giddiness comes on in the head, and occasionally flying pains have been complained of in the loins and legs. Shortly after some disturbance throughout the frame, the pain in the stomach increases to a violent griping, quickly followed by purging and sickness; the abdomen is distended with flatulency, and unable to bear the least pressure without increasing pain, which now becomes so acute as to cause the patient to bend the body forward, in order to relax the tension of the abdominal muscles, and thus remove even a natural pressure. The skin is sometimes dry and harsh, at others covered with a clammy, unwholesome perspiration. The pulse is quick and fluttering; the tongue loaded, and the thirst excessive. These symptoms more frequently present themselves towards night, or early in the morning—the patient having, during the preceeding day, committed some irregularity in diet, or exposed himself to sudden alteration of temperature, and allowed to pass neglected those premonitory hints which might, by timely care, have nipped the disease in the bud. The matters at first ejected are the undigested contents of the stomach; and afterwards they vary in colour from dark green to a light brown, and are sometimes mingled with a large quantity of frothy mucus: the odour is acid and offensive, and the patient complains of its acrid, sour taste; the vomiting is copious and frequent, attended with painful retching and exhaustion, the irritability of the stomach being so great as to expel its contents with considerable force. The dejections from the bowels, which are frequent and sudden, are entirely fluid, containing, like the matters vomited, a redundancy of bile, and other ill-conditioned excretions, which vary in colour, until they assume a pale, watery appearance. The pain in the abdomen and intestines so quickly increases in severity as to amount to agony, and rapidly prostrates the strength of the patient; the temperature of the body falls considerably below the standard of health; the skin is clammy, and the countenance anxious and mournful. If relief be not obtained, all these symptoms become more intense; the pains are not confined to the internal parts of the abdomen, but its muscular covering, as well as the arms and legs, are attacked by spasms: the breathing becomes hurried and laborious—the pulse rapid, generally small and irregular—the voice feeble and gasping, and the patient sinks into a state scarcely to be distinguished from the Asiatic disease, and as fearful in its termination.

The indications of a fatal close to these sufferings, are a vehement and involuntary continuance of the vomiting and purging, with increased difficulty in breathing, a feeble and fluttering pulse, discolouration of the skin to a purple or leaden hue, and coldness of the surface and extremities. On the other hand, the signs which denote recovery, are a cessation of the vomiting and purging, return of warmth to the body, a stronger and more regular pulse, a tranquil expression of the countenance, and a recruiting of the powers of the patient from a state of oppression and exhaustion to comparative ease and strength. English cholera is seldom fatal, unless entirely neglected or improperly treated, and then death may ensue in twenty-four hours. In mild cases, it seldom continues for more than two or three days, but generally leaves the patient in a debilitated state.

The TREATMENT which, in our hands, has been the most successful is the following:—If we have an opportunity of seeing the case at the first intimation of disturbance and irritability in the stomach and bowels, we prescribe a moderate dose of calomel—say, for an adult, three or four grains, combined with some warm extract, to be followed by a draught containing thirty or forty drops of laudanum, or the sedative solution, in half an ounce of camphor water. We also advise the patient to drink—in small quantities, so as not to provoke vomiting—some bland fluid, as barley water, linseed tea, or thin chicken broth, which has a good effect in soothing and protecting the membranes of the stomach and intestines from their acrid contents, and thus diminishing the irritability. When the pain in the abdomen is very violent, warm fomentations, carefully applied, afford much relief; but should this be delayed, we immediately apply a large mustard poultice. We may as well here state our disapprobation of the use of large effervescing draughts of soda and seidlitz powders, which are frequently taken to lessen the nausea and assuage the thirst; while, in our opinion, they add to the mischief, by loading the stomach with a cold irritating fluid, which not only creates disturbance by the expulsion of the carbonic acid gas, but also assists in generating noxious gases, and continuing the flatulence. "Chalk mixture" is also another popular remedy,

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which is resorted to with the intention of arresting the purging: this, also, is objectionable; it is not an absorbent, as is chalk, which is required, but such remedies as will remove offending matters, and afterwards restore healthy secretion.

If the vomiting continue, it may be necessary to repeat the opium, in the form of pill, so as to occupy the smallest possible bulk; and an embrocation, containing laudanum, should be tenderly rubbed over the region of the stomach: an enema of starch and laudanum may be thrown up, which will frequently stop the evacuations when all other means are useless. At the time we attempt to arrest the existing disturbance, we must not neglect to prevent the recurrence of its cause, but give frequent doses of calomel, in order to act upon the biliary organs. The thirst, which is always excessive, may be gratefully satisfied by allowing a piece of ice, of the size of a small nut, gradually to dissolve in the mouth, which, while it cools and refreshes the throat, does not materially add to the fluids in the stomach.

When the symptoms become so urgent, and of such duration, as to induce feebleness of pulse, cold skin, and other symptoms of exhaustion, it will then be expedient to employ restoratives and stimulants to rally and support the failing strength. For this purpose, ammonia, camphor, æther, brandy, the various spices and aromatics, may be employed. In all cases we prefer a small quantity of brandy and warm water, with about twenty drops of tincture of capsicum; this remains on the stomach when other compound medicaments are rejected. If, however, the prostration be great, æther is unquestionably the stimulus which acts the more readily throughout the system. The patient must be kept warm by additional blankets, and by increasing the temperature of the chamber, the horizontal position must be maintained, and the patient prevented from leaving the bed, even when the desire to do so is urgent. During this period of the disease, mild demulcent broths, or beef tea or sago, may be taken, but anything of a solid nature prohibited. By this treatment, we have been able to bring to a favourable issue those cases which have fallen under our care; and we are satisfied that the more simple the treatment is, the greater is the probability of cutting short the attack. The indications in the treatment are three:—to remove any offending matters lodged in the stomach or intestines, which we do by a proper purgative; to allay the irritation, which is best effected by calomel and opium; and to prevent congestion, or a sinking of the animal powers, by stimulants. The greatest care and attention is required during convalescence from cholera, in order to ward off the succession of gastric, bilious, or intermittent fever, which occasionally supervenes. For this purpose, precaution should be exerted, so as not to offend the digestive organs. For some days after recovery, all solid food should be avoided, and the required nourishment obtained alone from spoon diet. We must, also, gently act upon the liver by alterative doses of a mild mercurial preparation. Purgatives must not be taken; and, if the bowels become torpid, an enema of warm gruel is generally sufficient to obtain a discharge of their contents. Change of air, travelling, or short excursion, with moderate exercise, are extremely conducive to recovery.

Prevention is universally acknowledged to be better than cure; and we know of no other complaint in which immunity from an attack rests so much in the hands of the patient. If he will regulate his diet, his exercise, and his clothing, he can greatly diminish his liability; and if he will receive as a hint the most trivial deviation from his wonted health, and immediately submit himself to proper treatment, he may prevent the occurrence of a fearful train of symptoms, not unattended with danger.

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. VI.

ACUTE, OR RAPID CONSUMPTION.

Continued from page 36.

The duration of this form of the disease varies from a few months to two years; sometimes it runs its course in two or three months, or, as in the case of the Duchess de Pienne, recorded by M. Portal, in ten or twelve days. M. Andral has related the history of four cases, the duration of which varied from twenty-one to thirty-five days.

When the disease travels to the fatal goal with such prodigious rapidity, it occurs in those in whom the hereditary predisposition is great, and whose habits and idiosyncrasies greatly favour the perfect development of the tuberculous matter. In such cases, all the symptoms I have before recited, are present in an unusual degree of severity, and succeed to each other with great rapidity. The cough becomes day by day more distressing and exhausting, and expectoration, at first mucus, quickly becomes purulent, curd-like, and tinged with blood. The hectic fever is violent, the perspiration constant, and the diarrhœa seldom absent; the emaciation of the body is excessive, the whole frame is in a state of decay, and readily preys upon itself.

In other instances, in young and delicate persons, more frequently females than males, the symptoms are so trifling, that the real condition of the patient often escapes the observation of herself or her friends, until the lungs are tuberculous to a considerable extent; nevertheless, the signs are so characteristic of the disease, as to disclose to the observant physician the amount of mischief of which they are the unobtrusive, but significant, heralds. In such cases, we find debility the most prominent symptom.

I am frequently consulted by the friends of young and enfeebled girls, who are said to have been delicate from their infancy, who take cold on the least exposure, and have been "short-breathed" for many years. On inquiry, I find they have a slight cough, with some little expectoration, but it is so common, or so constant, that "really, they think the cough of no consequence;" there is no pain in the chest, no spitting of blood; the spirits are exuberant, and the imagination ardent. Presently, on some fresh exposure to cold, the cough becomes more troublesome, the expectoration more copious, and, on one or two occasions, has been seen *tinged with blood;* the breathing is now more oppressed, the languor increases, and the skin is drenched with moisture. To those who have daily presented to them such cases, the countenance tells its own history, and that is comprised in one word—consumption. The cheeks are generally of a leaden or faded hue, except when lighted up with a transient *hectic blush*, and the lips are of a bluish colour; the white of the eye has a peculiar dull, pearly tint, and the whole features are shrunken. When thus affected, the patient may sink with great rapidity; an attack of diarrhœa may speedily waste away her strength; or, after some trifling exertion, a fainting fit may suddenly supervene, and as suddenly prove fatal.

Of all the forms of consumption, this is the most insidious, the most treacherous, as the actual amount of danger is never suspected by the friends of the patient, because of the absence of the more decided symptoms, and their obscure character when they do exist. In consequence of the individual being always in a state of sickly health, easily fatigued by exercise, and oppressed by a high, and chilled by a cold temperature, many anxious mothers have allowed this fatal disease to make irremedial progress.

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in the belief that her child was delicate, but not consumptive.

CHRONIC CONSUMPTION.

Bayle and Laennec were the first who described the nature of protracted cases, and proved their identity with tubercles. Hoffman relates the history of three persons who lived under the disease for thirty-six years. In 1828, a person, named Robert Jeffries, died in the Fleet-prison, aged fifty-six years; he had had cough and shortness of breath thirty years; on examination, after death, his lungs were found filled with tubercles and abscesses. In the "Edinburgh Communications" is detailed the case of a man, who passed nearly the whole of a long life with tubercles in his lungs; he was consumptive from eighteen to seventy-two, and at last died of the disease.

The chronic form occurs at a more advanced period of life, in persons in whom the hereditary predisposition is not strong, and who have been placed in circumstances which do not favour the development of disease, or have delayed its advancement by precaution and care.

The symptoms are, in certain stages, obscure, and seldom referred by the patient to the lungs; the general health is greatly impaired; there is considerable languor, debility, and disinclination for exertion; the appetite is good, and there is no pain; but there *is* a slight cough, with some little expectoration, and, despite the good appetite, the patient loses both strength and flesh. On the return of winter, the cough is more troublesome, and is accompanied with some expectoration; he is susceptible of cold, and seriously affected by every change of temperature; he still loses bulk, and is languid. As the succeeding summer advances, his health improves, and any occasional discomfort he may experience he then refers to the stomach. Towards the following winter, however, the disease assumes a more formidable aspect; the cough becomes constant, and is attended with a free expectoration; he perspires with the least exertion, his breathing is oppressed, and he daily finds himself unable to undergo that fatigue which previously afforded no inconvenience. Such cases are very common amongst the middle and higher classes of society, who are able to desist from labour or excitement so soon as they are affected by any serious amount of illness; so that by care, and by avoiding fresh exposure to cold, the disease, in its full violence, may be protracted from year to year. Amongst the working classes and lower orders, whose necessities compel them at all hazards to continue their daily pursuits, one or two winters often bring the disease to its almost inevitable conclusion.

Chronic consumption is seldom a source of much anxiety to the patient or his connexions, inasmuch as they are ignorant of the malady; the cough is little heeded, because it does not increase rapidly in severity, and may be entirely absent during the summer; as well as this, the subjects of the chronic disease are generally those who are considered delicate or ailing, so that the pulmonary symptoms creep on quietly, and are overlooked, or attributed to debility, cold, or dyspepsia—in fact, to every cause but the right one. When, however, the symptoms become so urgent—the cough constant, breathing difficult, expectoration copious, perspirations profuse—as clearly to point to the lungs as the seat of the disease, the patient is even then more inclined to think he has acquired a new disorder, than that he is suffering an aggravation of his former complaint.

From what I have stated, it will be seen that the *duration* of consumption is influenced by many causes, and that it may be a disease of weeks, or of years. The mean duration, as calculated from the tables of Bayle and Louis, is twenty months; in a record of one hundred and sixty-two fatal cases, I find that more than one half terminated in nine months.

The man whose position enables him to avoid exposure to sudden changes of the weather, who has proper diet and proper clothing, who has at his command means to combat the symptoms of the disease as they arise, has a far better chance of withstanding its effects and arresting its progress, than he who has none of these auxiliaries to assist him. The tuberculous disease may be controlled by remedial means, and by improving the general health; and thus an individual may continue for years alternating between disease and health.

The seasons of the year also exert a powerful influence; if the disease has shewn itself early in the winter, the symptoms may be checked or arrested during the coming summer; if, on the other hand, it appears in the summer, or early in the autumn, the coming winter may bring it to a more speedy climax. From the tables of Dr. Heberden, we find that the maximum of deaths occurs in March, February, December, January, April, and May; and the minimum in November, June, July, September, and August; this result accords with the prevalent opinion, that the disease proves more fatal in the winter and spring.

Is consumption curable? In answering this question, I shall take for my text the words of Sir James Clark. He says: "It is only by convincing the public of the comparative futility of all attempts to cure consumption, and of the signal efficacy of proper measures to PREVENT it, that physicians can ever hope to produce those beneficial results in improving public health, and in preserving and prolonging human life, which is the distinguishing privilege of their profession to aim at."

It may be considered an opprobrium to the medical profession, but, nevertheless, every honest physician must admit, that all attempts to cure tuberculous consumption have hitherto failed. To reply to the anxious inquiry of a father, or a husband, that consumption *is* curable, would be "a delusion, a mockery, and a snare;" and the man who would presume to say this, can only be considered "a boasting charlatan."

If every disorder of the lungs, whether arising from catarrh, bronchitis, or *dyspeptic consumption*, be called, as they are by some irregular practitioners, *consumption*, then I also will admit the disease to be curable; but, up to this period, *tuberculous consumption* has never been permanently cured. "As well might we attempt to restore vision when the organisation of the eye is destroyed, or the functions of the brain, when the substance of that organ is reduced by disease to a pultaceous mass, as to cure a patient whose lungs are extensively disorganised by tubercles."

Although compelled to admit that the disease is seldom, if ever, curable, still it is allowed me to say, that it may be so palliated, its progress may be so retarded, and its consequences so counteracted, that a long life of utility, of happiness, and of comparative health, may be reserved for those who adopt such means and precautions as art is able to suggest. The disease may be made to accomplish its course by "parts and parcels, many times beginning, many times apparently ending." We may shelter the vessel, but we cannot restore the wreck.

We shall speak of the treatment of consumption in our next.

BOOKS.

Some books are to be tasted, others to be swallowed, and some few to be chewed and digested; that is, some books are to be read only in parts; others to be read, but not curiously; and some few to be read wholly, and with diligence and attention.—*Bacon.*

PLEASURE is like the delicate flower, whose odour, if you inhale too much of it, loses all its charm.

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DOCTORS AND PATIENTS.

So much of the lives of many among us is spent in association with that important person, the Doctor, that the relations of patient and physician, and their different duties, really have come to be questions of some importance in looking at the lives we are to lead, and the deaths we are to die. "What is my duty to my doctor?" might have formed no unimportant chapter in a respectable little book, published some three years ago, catechetically inquiring into our social obligations of many kinds, and defining, with a good deal of cleverness, the order and spirit in which our several duties should be performed. But for some reason or other, negative or positive, the Doctor was not in the book; it was an omission which I should be glad to supply, the more so that I am often troubled about the exceedingly loose morality of my friends—my female friends especially—as regards this relation.

It has struck me painfully, and I must say that the sting of the trouble is in the truth on which it is founded, that our doctors seldom look or act as if they had confidence in the faithful, conscientious dealings of women with them. What is a poor practitioner to do? He gives his orders; he is obeyed after a fashion: but I do deliberately declare that I believe the cases are extremely rare in which the directions of a medical man, however skilful he may be, are throughly followed out. The conceit, the timidity, the carelessness, the ignorance, and, what is worse, the half-knowledge of patients, prevent a large number of them from this conscientious obedience to his directions; while with regard to many others, who wish to be true, sudden jerks of imagination, seeming to wear the appearance of reasonable exceptions to the rule of obedience, carry them off in wide divergence from the prescribed course. And then, when all these various sources of non-conformity to the doctor's orders have had their effect, and the patients have one and all run riot and followed their own devices rather than his, what sort of an account do they render him of their vagaries? This is the most humiliating part of the subject; they rarely, I am afraid, have the fairness and courage to tell him the whole truth. Excepting when their strongly-excited fears force it out, I really fear not many female patients are plain with him about their deviations from his prescriptions. Depend upon it, doctors in general are quite aware of this. They settle it with themselves that not all their directions, by a good deal, are followed; and that, unless they catechise closely, they will not be told the whole truth. Then they begin a little to trick in their turn. They generally become learned in the weak points of character, and they adapt their treatment, almost as matter of necessity, so as to accomplish their point through means of these very weaknesses. You will find very good doctors, and even otherwise very honest men too, who will, occasionally, own to giving bread pills and disguised water-potions, in order to quiet troublesome patients. Small deceptions, like these, prepare the way for others of greater moment, and the physician who flatters the looks of his fanciful patient, will even sometimes distinctly delude the dying with the hope of recovery.

These mutual flaws in the intercourse of Doctor and Patient are not to be contemplated without pain. We have an intense dislike to deceptions in the matter of disease, but there is room for great pity and allowance for the medical man whose hopes of success are mainly dependent on the state of mind of the patient, and who cannot keep the straight path without the almost certainty of hastening some poor feeble creature into the grave. And then, to recur to the minor deviations from truth on the part of the patients themselves, I again repeat that I fear the doctor's experience is full of them. It is because I feel this and feel the low condition of mind which it implies, that I cannot help warning my countrywomen to beware of the beginnings of unfairness towards a class of men in whose hands their lives and healths, under Providence, are often placed.

A woman should regard the family physician and her relations to him as among the most important she has to fulfil Upon her firm tone of mind, her spotless truthfulness, her quiet trust and patience under some delays and disappointments, may the safety of herself and children or other dear ones greatly depend. If she seeks in him chiefly a domestic gossip and a flatterer, it will not often be difficult to make even a respectable doctor both of these; or if she tampers with him herself, and conceals the deviations of the children or servants from his rule, she must not wonder if he becomes hasty and rough in listening to her explanations; or if she is a theorist, and chooses to give him proof of her superior discernment, she will, perhaps, provoke him to prove her at fault, at some small abatement of his own straightforwardness. This last propensity, strongly as it prevails among women, (for almost every woman is at heart a doctor, and has her own system of medicine, if it were but the right one,) is, however, on the whole, the least evil, because the vanity of being thought to understand the subject is mostly accompanied with open-heartedness; the worst is, that the temper of mind it produces is so bad for one whose proper business it is to obey directions, not slavishly of course, but in good faith. And then this propensity acts, not on herself only, but upon her household, her children, dependants, friends. An unbelieving, conceited tone drives the poor doctor almost to despair. He sees everybody in the house is wiser in his own eyes than he is; and that, if any thing goes wrong, it was predicted before the remedy was tried. So they are at a perpetual game of cross-purposes, in playing which it is hard to say which party is the least likely to be pleased or satisfied. Expecting no perfection in human beings, I yet believe that were men allowed to be as good as they fain would be, the world would be far happier than it is.

Sincerity and faith would take away half the bitterness of the lot, the mutual misunderstandings, irritations, suspicions; and, perhaps, nowhere is this more marked than as respects the class of intercourses of which I have been speaking. One does not at least see so clearly anywhere else, except in the actual *family*, the effect of temper and personal habits of mind, good or bad. You do not meet your lawyer, nor even your clergyman, under conditions requiring a long course of forbearance, careful regard to your own manner and spirit, confiding readiness to believe and trust, as in the case of your family doctor. You do not disclose to any one else half so many of your family secrets, nor draw so largely any where else on good sense and feeling. When I remember the scenes I have witnessed—the devoted wife hanging breathless on the tones of him who was to help her to a hope for the husband of her youth, or to dash that hope away,—when I recall the manly tenderness, the swimming eye, with which the sad truth was reluctantly proclaimed, by one whose tongue could not equivocate, but whose heart was as gentle as his hand was skilful,—I seem to see what Physicians and Patients should be, how strong their mutual reliance, how inspired to act and re-act for the benefit of each other and of society.

My worthy countrywomen, then, do not be displeased with the writer who asks you to be considerate, truthful, faithful, towards the person in whose hands you certainly place a high trust. Keep out of his way, by all means, as long as you can; for the plain duty of us all is to be well and physicless, so far as common care and prudence will prevent the evil of illness; but once under the necessity of calling in the doctor, treat him generously—frankly; and, believe me, your sickness will, in more ways than one, turn to your gain.—*Ladies' Companion.*

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EXPERIMENTS ON THE CORPSE OF AN EXECUTED CULPRIT.

Dr. Feldmann has published a letter in *L'Union Médicale*, wherein he gives a description of some experiments which were very recently made by Professor Harless, of Munich, on the body of a culprit, fifty minutes after decapitation. These experiments were principally intended to verify those of Dr. Wagner on the contraction of the spleen, which this physiologist had performed upon animals.

Reaumur's thermometer, placed into the thorax immediately the subject was brought in, by means of a small incision in an intercostal space, rose at once to 28° (95° Fahrenheit). Whilst this was being done, Dr. Harless placed one wire of an electric machine, which had been prepared beforehand, into the divided spinal marrow, and the other on the skin of the shoulder; this produced directly vigorous contractions. Dr. Harless, without losing a moment, laid open the abdominal cavity, took out the spleen and placed it on a glass disk, in order to isolate it. Scarcely had the wire been plunged into that viscus than it rose in a few seconds like a bulwark around the wire. The same experiment was made upon other portions of the spleen with the same result, so that the contractility of that organ in the human subject could be looked upon as perfectly proved. The heart, when the thorax had been opened and the pericardium taken off, evinced, on the access of atmospheric air, very marked contractions in the right auricle. When that viscus was removed from the body and placed on the glass disk, it lay motionless, but was made to contract strongly again by means of powerful electric shocks. These contractions, however, were exclusively confined to the right auricle, in whatever directions the electric fluid was made to pass through the heart. When the various nerves supplying muscles were excited, convulsions, either in the direction of flexion or extension of the arms and fingers, were excited; and these movements were in keeping with the direction of the fluid and the length of time the contact was continued.

Convulsions of the muscles of the face were attempted to be produced, yet the muscles of mastication remained motionless. The duration of the other muscular contractions never lasted beyond the time of the actual application of the pole, whether the latter was placed in immediate contact with the spinal marrow or not, which circumstance proved that the vitality of the medulla, as a cerebral organ, was destroyed, and that it acted merely as a simple conductor of the electric fluid. From this fact it may be deduced, that the bond of connexion between intelligence and the nervous matter had for some time been destroyed. The anatomical investigations were principally directed to the yellow spot of the eye, which is thought to exist during life merely by the effect of light. After an horizontal section of the eye had been made, but a few hours had elapsed, and the spot was noticed to appear in a more and more marked manner; it was found in a similar state in the other eye, which had been preserved.

ADULTERATION OF COFFEE.

The article chicory, which is now so extensively used by grocers in mixing with the ground coffee sold at their shops, does not possess properties injurious to health; but, on the contrary, it is said by some members of the medical profession to be rather more wholesome than coffee. Dr. Pereira describes the root as wild succory, chicory, wild endive; and he says, "Chicory coffee yields a perfectly wholesome beverage, but which wants the fine flavour for which genuine coffee is so renowned." The chicory roots are dried in kilns; then cut into slices, and roasted in cylinders similar to coffee; after which they are crushed to a powder in mills, and a little colouring matter is added. The consumption of chicory is now very great, amounting, it is thought, to not less than 12,000,000 pounds annually. Foreign chicory pays a duty of 4½d. per pound, but as home-grown chicory pays no duty, it is now extensively cultivated by English farmers, and can be delivered wholesale as low as 2½d. per pound. Sir John Tyrrell, one of the Members for Essex, boasted, a few evenings since, in the House of Commons, that he was himself an extensive grower of chicory, and found the cultivation very profitable. But since this root has come into extensive use, chicory itself has become subject to adulteration, so that coffee is rendered doubly impure, and it is now impossible that the purchasers of ground coffee can inform themselves what they drink. Chicory is frequently adulterated by adding other roots, such as the parsnip, the white carrot, the beet-root, the radish, and others, which, when kiln-dried, assume the same appearance. All this, however, is only an innocent part of the adulteration which ground coffee undergoes at the shops. Mr. Simmons, the Editor of the "Colonial Magazine," and himself many years a coffee planter in Jamaica, says, that gross adulteration is also practised in coffee by mixing with it roasted corn, haricots, acorns, chestnuts, peas and beans, burnt bread, red pottery earth, mahogany sawdust, and lastly, brick dust! Pretty well, all this, and we hope our readers are beginning to like the flavour of their coffee; but we have not done yet. The same authority makes the following pleasant statement:—"In various parts of the metropolis, but more especially in the East, are to be found liver bakers. These men take the livers of oxen and horses, bake them, and grind them into a powder, which they sell to the low-priced coffee shopkeepers, varying in price from 4d. to 0d. per pound; horses' liver coffee bearing the highest price. It may be known by allowing the coffee to stand until cold, when a thick pellicle or skin will be found on the top. It goes farther than coffee, and is generally mixed with chicory, and other vegetable imitations of coffee"! Verily this is equal to sausage-making in Sharp's-alley. We always had a high opinion of English ingenuity and industry, but we had no notion the public could be made to swallow so many villanous compounds for breakfast, and fancy they were enjoying high-flavoured Mocha or Jamaica coffee. However, let us comfort ourselves. There is a remedy for all this. The public must buy their coffee whole, and grind it themselves at their own houses. Coffee is a great deal the better for being used immediately after it is ground. Chicory, if it can be got genuine, may be usefully mixed with it, in the proportion of about one-fifth, and the flavour of the coffee will be improved. But the public must mix it themselves, and then they will know what they are about. If people pay the price for coffee, they ought to get coffee, and not chicory; and the grocer who substitutes the one for the other practises a cheat and a fraud upon his customer. We say, then, to the consumers of this article, buy your coffee whole and grind it yourselves. A little work, price one shilling, recently published by Mr. Effingham Wilson, of the Royal Exchange, entitled, "Coffee as it is, and as it ought to be," may be profitably consulted by those who interest themselves in the matter.

The grand doctrine, that every human being should have the means of self-culture, of progress in knowledge and virtue, of health, comfort, and happiness, of exercising the powers and affections of a man,—this is slowly taking its place as the highest social truth.—*Channing.*

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CONVULSIONS FOLLOWED BY MANIA, AND ACCOMPANIED WITH ENTIRE LOSS OF SPEECH DURING PREGNANCY.

By Sidney Hewson, Esq.

I was summoned to a young married woman, to whom, on the 29th December last, pains had come on at five P.M., which ultimately proved to be spurious, although they so closely resembled labour-pains that I was quite deceived by them. She had miscarried in her first pregnancy when about three months advanced, and this was her second, which she dated from St. Patrick's day, the 17th of March. She had last menstruated in the week before, so that she believed she was at her full time. The pains continued with but short intervals, until the night of 1st of January, when convulsions came on, which lasted about two hours. The next morning she was quite delirious, and remained so until the morning of the 5th. On the evening of the 6th, these false pains were very violent, so much so, that she had administered to her, by the advice of Dr. Weir, one of the physicians to the Maternity Hospital, (who had seen her with me once or twice before,) sixty minims of laudanum, which not producing sleep shortly, were followed by twenty minims of solution of acetate of morphia, and a drachm of chloric ether. This soon caused her to fall into a deep sleep, which lasted for eight or nine hours, when she awoke quite conscious. She had not spoken since she had the convulsions. Now, however, she could say "You wee rogue!" and with difficulty about half the alphabet. She continued tolerably well until January 16th, when I was again called to her, about eight P.M. At two P.M., January 17th, she was delivered of a living, but feeble female child, and the very moment the child was born she could speak without any difficulty whatever, and convalesced rapidly.

Remarks.—When first called to her, I ascertained, upon inquiry, that her bowels were open, having been relieved during the afternoon. The pains were seated both in the back and abdomen. At noon, the next day, I gave her a little chloroform to inhale, but fortunately the husband objected, and I did not give her much, or it would have borne the odium of causing all these disasters. In the afternoon, I gave her forty minims of tincture of opium, which procured her a few hours' sleep. This was repeated several times, castor oil being administered after each dose.

Another circumstance which I think worthy of notice is, as to the duration of the pregnancy. I was first called to her on the 287th day after she had become pregnant, and she was not delivered until the 17th of January, the 306 day. St. Patrick's day (she told me) was on a Saturday, and she had last menstruated the previous Saturday, so that she must have been mistaken, I think, although she will not hear of the possibility of such a thing.

ANOTHER ACQUITTAL OF A QUACK CHARGED WITH MANSLAUGHTER.

William Tate was indited at Carlisle, on August 2, before Mr. Justice Wightman, for the manslaughter of William Hewitt, in having negligently and unskilfully administered to him a poisonous drug called *lobelia inflata*.

Mr. James, in his opening, stated that the prisoner was a disciple of a Doctor Coffin, who was in the habit of administering *lobelia inflata*, as Doctor Sangrado resorted to bleeding and warm water, as an universal specific for his patients. This Doctor Coffin should have stood at the bar in place of his poor ignorant tool, the prisoner.

The learned Judge, in summing up, directed the jury, that if a person ignorant of medicine took upon himself, without necessity, to administer a poisonous substance which required skill and care in its application, he rendered himself responsible for the results of his unskilfulness, and if the drug so administered produced death, he would be guilty of manslaughter. The jury returned a verdict of *Not Guilty*.

The Judge said he hoped this case would serve as a caution to persons not ignorantly and rashly to administer such medicines.

PHARMACOLOGY.

No. XXI.

TONICS.—(*Continued from page* 38.)

Tonics are those medicines which restore the *tension* and vigour of muscular fibre when it is weakened and relaxed, by increasing the powers inherent in it, namely, its contractile power, termed irritability, or *vis insitæ*, and the power which renders muscles more susceptible of nervous influences, denominated *vis nervosæ*. They act either by permanently improving the powers of the digestive apparatus; or in a more temporary manner by obviating the sympathetic debility which is caused by the presence of food in the stomach. As their name implies, tonics are given in states of debility, with a view of restoring firmness, strength, and *tone* to the entire frame. When the body is extremely weak, stimulants have the effect of imparting real strength; in other words, they become tonics. In less degrees of debility, they produce less obvious effect than on the robust and healthy. Stimulants in large doses become tonics in small ones: "Is there not, therefore, (says Dr. Guy) good reason to suppose, that these remedies which are tonics in the dose in which they are commonly employed, would act as stimulants in larger quantities? Ought not stimulants and tonics to be classed together, as remedies which have the same effect on the system, but vary rather in the state of body in which they are administered, stimulants being tonics for the weak, and tonics becoming stimulants to the strong?" Tonic medicines may be divided into *general tonics*, and *local tonics*. General Tonics are either strong stimulants given in small doses, or weak stimulants in larger ones. As they are administered in states of debility, the characteristic effect of the stimulant on the circulation is not preceptible. They consist of the stronger metallic preparations in small doses, or the less active, as zinc and steel, in larger quantities; the mineral acids, and a variety of vegetable substances, as myrrh, cascarilla, gentian, quassia, serpentary, cinchona, quinine, &c. To these must be added, cold applied repeatedly in the form of shock, and followed by reaction. Local Tonics are those remedies which restore the relaxed capillaries (minute vessels, either blood-vessels or absorbents) of the parts to which they are applied to their healthy condition. These, too, are stimulants applied with caution, and of strength proportioned to the condition of the parts affected. The chief local tonics are the nitrate of silver, the sulphate of copper, cold in the form of douche, &c.

GENERAL TONICS.

Arsenicum Album. Acidum Arseniosum,—Sublimed White Arsenic. Arsenious Acid.—This is the most virulent of the mineral poisons. In very minute doses its medicinal action is tonic; applied externally it is escharotic. It is employed in intermittent fevers, in periodic headaches, some skin diseases, and some chronic rheumatisms; and externally as an application to cancerous sores, in the form of lotion. The dose is from the tenth part of a grain to a quarter of a grain, once or twice a day. It should always be administered soon after a meal. The *Liquor Potassæ Arsenitis*—*Liquor Arsenicalis*. Solution of arsenite of potash. Fowler's Solution, is the more preferable and safe mode of prescribing arsenic. The dose is from four drops to twenty, gradually increased, taken twice a day.

Zinci Sulphas.—Sulphate of Zinc. This well-known drug is in crystals that have some resemblance to Epsom salts; the taste is powerfully styptic; it is easily soluble in water, but insoluble in alkohol. Its operation is tonic, emetic, antispasmodic, and, applied externally, astringent. As a tonic it is useful in consumption, indigestion, and nervous affections. As an emetic it operates very quickly, it is therefore a valuable antidote in cases of poisoning, also to empty the stomach in the commencement of the cold stage in intermittent pain, and in other cases where immediate vomiting is required. Externally it is used as an eye wash in ophthalmia after the inflammatory action has subsided; in injections in gonorrhœa; and as a lotion in external inflammations, and to stop inordinate discharges. As a tonic, the dose is from one grain to two twice a day. As an emetic from ten grains to half a drachm. Sulphate of Zinc may be ordered as a tonic in the following forms:—Take, sulphate of zinc, one grain; extract of camomile flowers, ten grains. Mix, and divide into two pills, which take two or three times a-day.—or, Take, sulphate of zinc, two grains; tincture of gentian, three drachms; decoction of bark, seven ounces and a half. Mix. Dose, three table-spoonsful twice or three times a day.

Zinci Oxydum.—Oxide of Zinc—or Flowers of Zinc. This oxide is of a yellowish white colour, inodorous, insipid, and is insoluble in alkohol or water. It is a tonic and antispasmodic; used in epilepsy, chorea, and other spasmodic affections. The dose is from one grain to six twice a day. The following is a good form for administering this remedy. Take, oxide of zinc, four grains; extract of gentian, four grains; syrup of ginger, sufficient to form a mass, which divide into two pills. To be taken twice a day. The *Unguentum Zinci*, or zinc ointment, is an excellent application for excoriated nipples, some acrid scabby eruptions, and for some stages of ophthalmia.

(*To be continued.*)

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HINTS FOR HEALTH.

SLEEP.

Healthy sleep is the perfect rest and inactivity of the brain, and, therefore, of every function that implies consciousness. It consequently draws with it the repose of the voluntary muscles, and the cessation of almost every other mode of expenditure, while it leaves the involuntary functions, which nourish the frame and repair the waste of the tissues, under the circumstances most favourable to their activity. This is what constitutes sleep the great "foster-nurse of nature"—"Nature's chief restorer."

PORT AND SHERRY.

The port and sherry consumed in this country are mixed with a quantity of strong brandy to render them fit for keeping during the voyage; so that instead of pure wine they are in reality a proof spirit. This spirit is extremely pernicious to animal life, and its repeated use will assuredly, sooner or later, destroy the most robust constitution; for after the stomach has been accustomed to its stimulus for some time, it requires a repetition to keep up its effects, and as life advances so an additional quantity becomes necessary; a degree of sub-irritation of the whole system is thus produced, which becomes intolerable when the system is not under the cheering influence of the poison; derangement in the structure of the stomach takes place, and the foundation of the most distressing complaints that can possibly assail the human frame is laid before the meridian of life. The great numbers that die of diseased stomachs and apoplexy, brought on by the abuse of spirits, is a melancholy proof of this assertion.

BEVERAGES.

Though water may be said to be the natural drink of man, and numerous instances are recorded of individuals attaining extreme longevity by its use as a diluent alone, it would be puerile, or rather senile, to chime in with the prevailing opinion of the day, that all other liquids so bountifully provided by the Almighty are pernicious. Wines, as well as spirituous fluids, taken moderately in extent, are amongst the best means which man possesses for maintaining the body in a state of health, or for supporting it when in a condition of disease. The danger exists only in excess, or the inability of the individual to restrain his appetite. In no other event is it necessary to substitute indiscrimate abstinence for moderate indulgence, though when the latter cannot be adhered to, it is assuredly safer and more conducive to health wholly to avoid the subject of temptation.

HINTS FOR HUSBANDS.

When once a man has established a home, his most important duties have fairly begun. The errors of youth may be overlooked; want of purpose, and even of honour, in his earlier days may be forgotten. But from the moment of his marriage he begins to write his indelible history; not by pen and ink—but by actions—by which he must ever afterwards be reported and judged. His conduct at home; his solicitude for his family; the training of his children; his devotion to his wife; his regard for the great interests of eternity; these are the tests by which his worth will ever afterwards be estimated by all who think or care about him. These will determine his position while living, and influence his memory when dead. He uses well or ill the brief space allotted to him, out of all eternity, to build up a fame founded upon the most solid of all foundations—private worth—and God will judge of him, and man judge of him, accordingly.

ADVERTISEMENTS.

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Those who are partial to Soda Water will find either of these a very grateful adjunct, as they obviate the unpleasantness which sometimes occurs from Soda Water taken alone.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Tuesday, and may be had in all the large towns in the provinces on Thursday; consequently, letters arriving in LLOYD SQUARE after 10 o'clock on Monday morning, cannot be noticed in the current number. This to many correspondents.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

P. J. M.—We are not conjurors; the deafness may arise from so many different causes to which you have not referred, that we dare not in your case "let you know a simple remedy to restore the hearing."

WM. COOK.—You will find all the information you ask for in the articles on PHARMACOLOGY. They were commenced in No. 12. The preparation of every extract, infusion, or decoction, has been, or will be, described in the series.

BOZ.—In all such cases one guinea.

MARY.—They are all fearful symptoms—have you not aggravated them in description? We must see you. Cheer up!

SMIKE.—We cannot suggest "any possible way of curing or preventing a *red nose*" without we know what occasions it.—"Bright is thy tip with Canary—Jolly Nose?" It may be constitutional—it may be caused by some local skin disease—scrofula—lupus.

J. S. (Catherine Street, Commercial Road).—We do not comprehend your question. The prescription for the pill which you have forwarded is accurate as regards its constituents; we can't say much for its efficacy.

A RECHABITE.—We have not read Dr. Carpenter's prize essay on Teetotalism; we therefore cannot comply with your request. There is now a controversy as to the justice of the award. Dr. Spencer Thompson's essay is lauded as a most valuable and argumentative production.

A POOR WIDOW (Derby).—Rub the legs well night and morning with a coarse towel, or flesh brush. We dare not prescribe any medicine, our opinion only being directed by the scanty information contained in your note.

T. S. (Friargate).—If you cannot resist "the gay and fascinating scenes therein manifested," you must expect to suffer "great mortification and self-disgust." See answer to THEODORE in No. 30.

SAGAPENUM.—We have waded through your long letter. You take a wrong view of the case; much of your anxiety is caused and aggravated by your own folly. See page 12 in the Editor's small work on Indigestion. As you "intend to study and investigate the subject," perhaps you will favour us with your theory in the year 1860.

W. BALDWIN (Rose Cottage, Maidstone).—We have received the following letter from this person, which we print *verbatim*:—

"To the Editor of the People's Medical Journal, &c."

"SIR,—I have just seen Your Answer to BETA, Maidstone, last Saturday's Journal, 27 July, refering him to A Letter published in the *Lancet* of the 13th inst., Signed William Baldwin, Surgeon, &c. I beg most respectfully to say, I have never sent a Letter in my life to the *Lancet*, (and those who have done so,) signing my name to further 'their silly object demands my pitty, and that of the Editor of the *Lancet*. (Your insertion of this will oblige.) I am, Sir, yours respectfully,

W. BALDWIN.

"Maidstone, Rose Cottage, Aug. 1, 1850. Surgeon, Accoucheur, and Dentist."

[Our printer's youngest devil has just suggested that there are two rr's in *referring*—and only one t in *pity*. The child says, that —"those who have" must be *plural*; that "demands" is *singular*. The little boy also objects to the redundancy of capital letters, and is quite puzzled by the "brackets."—"Follow copy," we said; "how dare you criticise the composition of a 'Surgeon, Accoucheur, and Dentist!'"] Mr. Baldwin need not repudiate any correspondence with the *Lancet*: his communications, if inserted, could only be treated as we now treat his favour of the 1st instant. Mr. Baldwin had better be silent. The letter referred to was not addressed to the Editor of the *Lancet* by Mr. Baldwin, but was sent by him to a highly respectable *qualified* medical practitioner in Maidstone, who forwarded it to the Editor of the *Lancet*—it was published in that Journal under the heading—"THE IMPUDENCE OF A QUACK."

CHOLERA.—At the Western General Dispensary, New Road, seven cases of cholera have been admitted during the last month. One of them proved fatal. In London 13 deaths are ascribed to cholera during the last week, which is an increase on the previous returns; but an investigation of the cases, as detailed in the Registry, prove that in a certain proportion of them it was the common English form of the complaint.

A CONSTANT SUBSCRIBER (Leeds).—We doubt the correctness of this signature for three reasons: First—a constant subscriber would know how greatly we object to such signatures. Second—he would know that we never advise publicly in such cases as the one for which he has sought our counsel. Third—he would know that the person about whom he inquiries is not a qualified medical practitioner, and that he is a swindling advertising Quack.

ELIZABETH (Limehouse).—The suppression may be, and more probably is, occasioned by other causes than cold. Try a warm hip bath, friction, and a mild aperient. See answer to CHARLOTTE (St. George's East,) in No. 6, or call at 78 Gracechurch Street.

THOMAS SHEPHERD (Bolton).—The quantity of blood extracted by leeches is variable and uncertain. Some experiments have proved that a leech weighing three drachms, weighs six drachms and half when filled to repletion, and that the blood which escapes afterwards from the puncture amounts to about three drachms and a half—so that the average loss of blood by the application of one leech may be estimated at something less than an ounce.

WM. ST. CLAIR (Clifton).—Remain where you are; the climate of Clifton is admirably adapted to young scrofulous persons and those of relaxed habits of body generally. Devonshire is not sufficiently bracing.

A HEALTH SEEKER (Belgravia).—Lawrence's horse-hair gloves and belts are the best and cheapest. "Groom" yourself with them night and morning.

ELIZA ANN (Middlesborough).—Such discharges should not always be attributed to infection; much misery has been caused by such an erroneous opinion. Many men have been placed at the felons' bar to answer charges of which they were entirely innocent. The age of your daughter forbids the suspicion you have formed. We write earnestly because we wish to remove from your mind thoughts so distressing. Give her some "cooling medicine," apply warm fomentations, and let her live upon a light diet—puddings and vegetables.

HELENA.—As domestic economists, as well as physicians, we strongly recommend you to try Nevill's Flour of Lentils; it is wholesome, highly nutritive, and slightly aperient. Used to make a "light pudding," it will save three eggs in every six. Order a sixpenny packet, and thank us for directing you to a cheap and proper addition to your household comforts.

A. T. (Walcot Square).—We know of no better tooth powder than that prescribed by Mr. Smartt, in No. 6. (p. 42 vol. i.) It may be used with advantage every morning, although bedtime is the better time. Were the admonitions on the management of the teeth given in the papers published in Nos. 5, 6, 7, 8, strictly observed, tooth-ache would be a novelty, decayed teeth the companions alone of extreme old age, and advertising dentists beggars.

F. J. L. (Bradford).—Nonsense—do not lose one drop of blood. The lancet has killed hundreds more than it has cured. The practice of "spring-and-fall bleedings" is now, fortunately, obsolete.

AGONY (Hull).—See the papers on RHEUMATISM, published in Nos. 8 & 9. All the back numbers are in print, and may be ordered of Mrs. Noble, Market-place, in your town.

RICHARD HILL (Birmingham).—Take, iodide of iron, a scruple; tincture of orange peel, six drachms; syrup of lemons, two drachms; water, three ounces. Mix. Dose—two teaspoonsful, in a wine-glassful of water twice a-day. Diet, plain and nutritious animal food; exercise daily; wear a "riding belt."

J. D. (Glasgow).—Do not blame us. The delay was occasioned by the inhuman, fanatical, and absurd arrangements at the Post Office. The amount of misery caused by the non-delivery of letters on Sundays, that has come under our own observation, would, if known, counterbalance any glorification felt by Lord Ashley and his coadjutors.

DUBIOUS. The man is an advertising Quack Consulting Surgeon—which is another name for an unworthy citizen.

THEODORE.—We can only repeat our former answer. Your indisposition and infirmity is caused by your own indiscretion. We can only advise you privately.

W. SMITH.—We cannot give an opinion on your case unless we examine you.

M. GUIOT (Bristol).—If you come to London, you had better call in Lloyd Square.

T. W. S.—DISEASES of ERROR will not be published until Oct. 1st.—Second, one guinea.

It is with pain we announce the death of MR. JOHN MILES, Surgeon, 78, Gracechurch Street.

Printed by CHARLES ADAMS, at his Printing Office, 8, St. James's Walk, Clerkenwell; and Published for the Proprietor, by GEORGE VICKERS, Strand, in the Parish of St. Clement-Danes, in the County of Middlesex.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 33.—Vol. II.] SATURDAY, AUGUST 17, 1850. [ONE PENNY.

THE NERVOUS SYSTEM.

The Nervous System, as viewed in the higher order of animals, consists of four parts; namely, the brain; the spinal marrow; the nerves; and the sympathetic, or ganglionic system.

The Brain.—The term Brain is applied to the whole of that mass which, with its surrounding membranes, fills the cavity of the cranium or skull. It is composed of two substances, which differ in their colour and consistence, and are named the *cortical* or *cineritious* substance, and the *medullary* substance. The cortical, as its name denotes, forms the outer surface, and is of a reddish-brown or greyish colour; it is softer and more pulpy than the medullary, and is more profusely supplied with blood-vessels; from the immense quantity of blood conveyed through the vessels to the cortical substance, it was considered by many physiologists that this part of the brain was a secreting organ; and those who believed in the erroneous opinion that nervous influence took place by means of a subtle fluid, held that that fluid was formed in the cortical substance of the brain. The medullary substance, which is covered by the cortical substance, is of a whiter colour, greater in quantity, more opaque, and somewhat firmer in texture than the cineritious substance; it has been proved, by the microscopic observations of Ehrenberg and others, to be composed of delicate white filaments or fibres, which, according to the opinion of Reil—and this, in part, confirms Dr. Gall's theory—constitute the working part of the brain and nervous system generally, and that it is the grey mass which is the "*matrix* of the medullary filaments." An idea of the *size* of the brain may be obtained by any one passing his hand across the upper part of his eyes, then along the ear, just over its external opening, then along the neck, just where it becomes united with the head, and so round by the other ear to the eyes again. All the space above this line may be said to be occupied by the brain. The *weight* of course varies according to the size of the head, but it may be estimated at from forty-three to fifty ounces.

The brain is divided into two parts—namely, the cerebrum, or brain proper, and the cerebellum, or little brain. The *cerebrum* occupies the greater part of the cavity of the skull, to the inner surface of which it exactly corresponds. It is divided, by means of a deep longitudinal furrow, which extends from the fore to the back part of the brain, into two parts, named *hemispheres;* this division is made by the strong protecting membrane, called the *dura mater*, which comes from each side of the skull, and is reflected down along the central line so as to separate the hemispheres to a depth of about an inch-and-a-half, giving to this part of the brain an appearance similar to an egg cut lengthwise to nearly its centre. The hemispheres thus divided correspond very closely with one another. In general a little difference in point of size is observable, the preponderance being most frequently, though not always, in favour of the right. The surface of the cerebrum is marked by a great number of eminences, perfectly smooth, and rounded at the edges, which wind into each other; these are termed the *convolutions* of the brain. The convolutions vary exceedingly in size and number, and are seldom found the same in the two hemispheres; they are sometimes very small and sometimes very large in individuals of the same age. From lengthened observation they are found to be smallest at the fore part of the brain, larger behind, and largest at the upper and middle parts of the hemispheres, where they sometimes extend from half an inch to three quarters of an inch in breadth. The convolutions are separated by depressions called *anfractuosities*, or furrows, which, like the convolutions, are variable; they run in all directions, sometimes simple, sometimes subdivided; sometimes very long, sometimes very short. They generally penetrate the brain to the depth of about an inch, and so far of course the convolutions can be separated from one another. Gall and Spurzheim, and their disciples, the phrenologists, consider these convolutions as the organs of the different faculties and sentiments of the mind; and they have mapped out the brain into some thirty-five or thirty-six regions, assigning to each the performance of some intellectual duty or passion.

It is not our intention to give anything like a minute description of the anatomy of the brain; but we must shortly allude to the internal organisation of the cerebrum. At the base of the divisions of the two hemispheres is observed a white level surface, of a somewhat firm structure, termed the *corpus callosum*, beneath which are certain cavities termed *ventricles;* the largest of them are the two lateral ventricles; there is also a third and a fourth, and by some anatomists the fossa Sylvii is described as a fifth ventricle. The ventricles are chiefly formed of medullary matter, plentifully supplied with small blood-vessels, and are lined with a continuation of the pia mater, one of the membranes of the brain of which we shall presently have to speak. The inner surface of the ventricles is moistened by an exhalation or fluid which prevents their sides adhering together; during health, however, they are contiguous to each other, so that, in fact, no cavity can be said to exist; in disease the case is different, for as the serous membrane which lines the abdomen (the peritoneum) may, by an increased exhalation from its surface, give rise to dropsy, so in like manner may the serous lining of the ventricles, if its secretion or exhalation of fluid be greater than its absorption, give rise to an accumulation of water in the ventricles, and constitute that formidable disease termed *hydrocephalus*, or water on the brain. At the top, if we may so call it, of the spinal marrow, or at the commencement of the *medulla oblongata*, there is situated another small cavity or ventricle, in front of which is placed a small body, about the size of a garden pea, called the *pineal gland*, from its resemblance in form to a pine or fir cone. In consequence of its being always present, and seldom found in a diseased state, Des Cartes celebrated it as

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the seat of the soul! From the pineal gland may be traced two white cords like nerves, which run from it and form a direct communication with the interior ganglion of the brain and the junction of the two hemispheres of the cerebrum. From this point the spinal marrow may be traced down into the canal formed for its reception, along all the bones of the spine. It is still a contested opinion, as it was among the Greek physiologists, whether the brain or the spinal marrow be the parent organ. Vesalius, Fallopius, Haller, and Portal, concur with Galen, in regarding the spinal marrow as an appendix of the brain. Malpighi, Reil, Tiedmann, and Gall contend, on the contrary, as Plato and Praxagoras contended formerly, that the brain is an efflorescence of the spinal marrow, which takes the lead in the process of organisation; still more lately M. de Serres has thrown out a third hypothesis, and derived not only each of these organs from a different source, but even the cerebellum as well.

The *cerebellum*, or little brain, is situated at the lower and back part of the head, in the cup-like pits of the occipital bone; it lies in close opposition to the cerebrum, from which it is separated by a belt of the dura mater, called the *tentorium*. The cerebellum is somewhat of a roundish form, though a little flattened above; its greatest breadth is from side to side; its size is about one-sixth part of the cerebrum, and its weight from four to five ounces. In colour it resembles the other part of the brain, and is also divided into numerous convolutions, which run in a lateral direction, and form a series of arches. The substance of the cerebellum consists of cineritious and medullary matter, but the cineritious matter is in greater proportion. The cerebellum is connected to the cerebrum and to the spinal marrow.

The MEMBRANES of the brain were called *meninges* and *matres* by the ancients, from an idea that they gave birth to all the other membranes of the body. They consist of the *dura mater*, the *pia mater*, and the *tunica arachnoidea*. The *dura mater*, so named from its firm texture, is a dense pearly-coloured fibro-serous membrane, which forms a protecting envelope and support for the whole brain, and a secure lodging-place for the great veins or *sinuses* of the cerebral organ. The dura mater adheres everywhere to the surface of the skull by blood-vessels, in the same manner as the periosteum adheres to the bones in the other parts of the body; the inner surface is remarkably smooth and in close contact with the subjacent membranes. This membrane serves as a protection and partition to the different contents of the skull, and for this purpose different processes of it are sent off. The *falx* is placed longitudinally and separates the two hemispheres of the cerebrum; the *tentorium* is placed laterally and prevents the cerebrum pressing on the cerebellum; and the *falx minor* is placed between the lobes of the cerebellum. The *pia mater* is so named from its tenderness; it is plentifully supplied with blood-vessels, and is in fact the seat of the blood-vessels of the brain; it envelopes the brain in general, dips down between all the convolutions, and lines the ventricles. The *tunica arachnoidea* is named from its cob-web appearance, and is an exceedingly thin, tender, and transparent serous membrane; it is spread uniformly over the surface of the brain, enclosing all its convolutions, without insinuating itself between any of them.

(To be continued.)

PHYSIC.

MEDICINES, for the most part, are only artificial methods of getting nature to do that which, when she has fair play, she will do better without their assistance; and unless there be some specific malady which really requires the resources of the Medical art, the best purpose of seeking advice is to be directed how to do without it. To bring his patient to this point should be the aim of every right-minded member of the profession.

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. VII.

THE TREATMENT OF CONSUMPTION.

Continued from page 43.

I HOLD the opinion that consumption is a disease of debility; a disease of imperfect nutrition, and of excessive irritability of the nervous system; having for its result tuberculous deposits: that the inflammation and fever, by which it is frequently attended, are merely concurrent circumstances, to some extent independent of tubercles. I consider that the especial aim of all treatment should be to induce such a change of system, such a change of habit or constitution, as may retard the progress of the tuberculous deposits, and prevent the formation of succeeding crops of tubercles.

I, therefore, maintain that the most rational plan of treatment must be based on the endeavour to re-invigorate the whole frame; to supply proper nutriment according to the capability of the digestive organs; and to soothe and tranquillise the nervous irritation.

We know that latent consumption quickly becomes active consumption when the body is debilitated, and whenever any of the numerous exciting causes impede healthful circulation, digestion, and nutrition; therefore, the first indication is to remove such exciting causes as may exist, and to restore, as far as possible, the healthy functions of the various organs of the body. Without the general health be improved, how temporary will be the palliation of any single symptom!

In speaking of the treatment of consumption, I intend to pass unnoticed the ridiculous theories—and less than theories, the ridiculous fancies—of many clever but sanguine physicians, and the nostrums of rapacious and ignorant empirics. I shall not describe how one advised a diet of snails, how another relied on a residence in coal-mines, how another depended on earth baths, another on the exhalations from cow-dung, another on cod-liver oil, and another on *my* inhaling apparatus, and *my* chlorine or iodine gas; but shall confine myself to that rational mode of management which perfect knowledge of the disease, judgment, and candour, must dictate to those who care to think, and which my own experience and daily practice has proved to be beneficial.

I propose to consider, first, the general management of consumptive patients; secondly, the treatment of each symptom, as cough, dyspnœa, spitting of blood, hectic fever, &c.; and thirdly, the prophylactic treatment, or the means of prevention.

THE GENERAL MANAGEMENT OF CONSUMPTION

It is seldom that an individual is brought under notice of the physician, as a patient, at the very commencement of the tuberculous disease; it is not until the cough, or pain in the side, compel him to seek advice, that he considers himself an invalid; and then how frequently is he merely treated for these *symptoms of a disease*, whilst the disease itself is forgotten or unheeded; and how frequently might these symptoms, at their first appearance, be restrained by means the very opposite to those which are employed when they become more developed;—in other words, how frequently would the elimination and circulation of good, nutritive blood prevent the abstraction of a poor, worthless, sanguineous fluid, when inflammation has succeeded to irritation. If we could arrive at the earliest indications of consumptive disease, we should find, in nineteen cases out of twenty, that debility and irritability are the *avant couriers*. How then, should these derangements of the health be treated? Cer-

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tainly not by the lancet; not by digitalis; not by antimony; and yet, when the debility and irritability have produced a consequent fever, and an accelerated—*not vigorous*—pulse, and the patient is submitted, *secundum artem*, to modern practice, the fever is allayed, the pulse diminished, by bleeding and by digitalis; and, in the *prostration* of the patient, the fever is supposed to be checked, and the heart's action subdued.

It is my opinion, not heedlessly avowed, that these symptoms may be more safely removed by manufacturing in the system an increased quantity of pure and healthy blood, than by the abstraction of what little blood—good or impoverished—there may be.

I have no hesitation in saying, that the lancet and digitalis have hastened the progress of tuberculous disease in numberless cases; that they have arrested it in none.

A person affected with tubercles is liable to inflammation of the lungs, or of the pleura, perhaps, in a greater degree than another; and when inflammation does occur, the loss of blood, either by the lancet, by cupping, or by leeches, may be indispensable; but it should be abstracted with caution, and not one drop withdrawn more than is sufficient to remove the urgency of the pneumonia, or the pleurisy.

I speak thus strongly against the too common practice of indiscriminate bleeding in consumption, because I have daily to witness the direful effects it is capable of inducing; I have been consulted by patients who, to use their own words, "have been bled like calves;" I know the eagerness with which any *heroic* plan of treatment is sought for by the consumptive, and the friends of the consumptive; and I would impressively caution them against the, not heroic, but "fool-hardy" remedy, that "mighty instrument of little men," the lancet.

Believing consumption to be a disease of debility, how are we to give strength to the patient, without producing over excitement? By proper diet, pure air, exercise, clothing, and cleanliness.

Proper diet is the key-stone of all treatment; by it we may correct or modify the constitutional disorder, as well as support the patient with that strength which he requires to contend against its exhausting effects. In the following remarks I can only give general hints, which must be adapted to the varying circumstances of each individual case.

The diet should be nourishing, without being stimulating; a moderate quantity of animal food may be allowed daily, but only of those meats that are easily digested, and are not rich and gross in their nature. Mutton is by far the best, beef may be occasionally substituted—veal or pork, never. Veal, as commonly cooked, is unsuited to the consumptive or dyspeptic patient; but when deprived of its fibrine, as it is in jellies, it is wholesome and nourishing. White poultry, as chickens, turkeys, rabbits, and pigeons, are not improper; on the other hand, water birds, as ducks and geese, are indigestible, and to be avoided. Game is nutritive, and easily dissolved in the stomach, especially venison, grouse, and partridges. Of all the processes of cooking, broiling is the best; and a chop or steak thus prepared affords more nutriment in a small compass than any other kind of food. Roast meat is more nutritious than that which is boiled; the assertion may startle some persons, but I am convinced that those "animo-vegeto decoctions," called broths and soups, are unwholesome; they load the stomach with an useless mass, and satisfy hunger, certainly; but the nourishment they afford is trifling, whilst the flatulence, distension, and indigestion, are abundant.

Fish yields little nutriment, and is not so easily digested as is generally imagined; whitings, soles, flounders, trout, and oysters, only, may be eaten with prudence. Cooked vegetables should be used moderately; asparagus, French beans, spinach, and turnips, are the best. Raw vegetables, as water-cress and lettuces, taken in moderation, are grateful, and not injurious; cucumbers, onions, celery, and radishes, should be shunned as poison. Milk, from its bland, unirritating, and nourishing properties, is most valuable, and has always been held in high estimation in phthisis; it should, however, be used more sparingly than is usually the custom. The milk of asses is superior to cow's milk, as it contains less caseous or cheesy matter, is lighter, and equally nutritive; mare's milk is superior to either, but few patients can overcome a natural dislike to its use. The ordinary beverages, tea and coffee, are not the most proper fluids for the consumptive patient. Tea is without one particle of nutriment; it favours perspiration, relaxes the membranes of the stomach, and induces nervous wakefulness; coffee is nutritious to a certain extent, but it is also exciting, and should not be employed when there is the least tendency to spitting of blood, or inflammation. The Italian chocolate is nourishing, without being stimulating, is speedily and easily digested, and frequently improves the appetite for solid food. The "soluble cocoa" of commerce is too much adulterated for the invalid; when obtained pure, or when made from the "nibs," cocoa is excellent. A Coffee, prepared by Mr. Hooper from the dandelion root, has deservedly obtained some fame for its medicinal and agreeable properties; whenever the action of the liver or kidneys is impaired, or when there is any irritability of the stomach, it is a valuable substitute for the usual beverage drank at the morning meal.

A moderate quantity of wine may be allowed, or, in its absence, some good malt liquor; and the bitter pale ale of Allsop or Bass is preferable to all others. An occasional beverage may be obtained from a thin jelly of Iceland moss, or linseed tea, slightly acidulated with lemon juice. The less quantity of fluid that the patient takes, the better; it should be sipped, rather than taken at "hearty draughts," and the temperature should never exceed that of new milk.

I will now sketch a day's diet on the plan I uphold. Breakfast, at eight o'clock:—A large cup of pure chocolate, or half-a-pint of new milk, with dried toast, or water biscuits, and the yolk of an egg lightly boiled; or a basin of thick porridge, made of Scotch oatmeal. Luncheon, at eleven:—A glass of good Madeira, or something less than half-a-pint of pale ale, and a biscuit. Dinner, at two:—A broiled mutton chop, broiled or roasted chicken, or a cut from a hot joint of roasted beef or mutton, toasted bread, a glass of Madeira, diluted with water. Tea, at six:—A cup of black tea, with little sugar, dried toast or biscuit. Supper, at nine:—A biscuit and orange marmalade, or cold boiled rice with preserved fruit, or a few raisins with bread and milk. Bed, at ten.

Now, although I advocate this generous diet in cases where inflammation is absent, and the patient has inclination for such food, I wish not to be considered as treating consumption on the "beef-steak-and-porter" system, so properly derided by Sir James Clark; we may over-stimulate a patient by food, as readily as we may exhaust him by the lancet; there is safety only in a happy medium. I have constantly under my notice cases in which a weak, rapid pulse, ranging from 120 to 140, has been reduced twenty or thirty beats, by supplying a deficiency of good blood; proving that the irritability of the heart and arteries is proportionate to this deficiency.

Much mischief is incurred by immuring the consumptive in heated chambers, and preventing them inhaling the pure, unadultered breath of Heaven; a consumptive patient should almost live in the open air when the state of the atmosphere is mild, dry, equable, and congenial to his feelings. In England,

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Undercliffe, in the Isle of Wight, Torquay, Hastings, Penzance, and, in the neighbourhood of the Metropolis, Brompton, Hampstead, and Hornsey, are peculiarly eligible, and when the circumstances of the patient permit, a residence during the winter at one of those places, or in a climate where this inclement season is less subject to vicissitudes, is of the highest importance. The late Dr. Young observed, that the mean temperature, from October to March, was, from the year 1790 to 1794, as follows:—At London, 43 degrees; at Penzance, 48 degrees; Lisbon, 55 degrees; Madeira, 63 degrees. In this point of view, Madeira, therefore, is the most healthy locality.

Exercise should be taken daily, either by walking, riding on horseback, or sailing; a long journey, by such easy stages as will not fatigue the patient, has frequently arrested the progress of the disease. Riding on horseback is of infinite service, and, when it can be accomplished, ought never to be neglected. A sea voyage, or a short excursion along the coast, has, in many instances known to me, removed all the urgent symptoms, and the invalid has returned as with a new lease of life. Certain gymnastic exercises, when not too violent, frequently assist to give energy and vigour to the system; when the strength of the patient will not permit any great exertion, swinging in the open air is a healthful, soothing recreation.

The clothing should be warm and sufficient, without being relaxing, and so regulated as to preserve the surface of the body, in every change of weather and of the seasons, at an equal temperature. As a general rule, I am opposed to the wearing of flannel next the skin; it absorbs the perspiration, becomes damp, and does not readily part with the moisture by evaporation; it retains all the unctuous secretions constantly exuding from the body; in many instances it creates that degree of heat which is too relaxing, and it always tends to diminish that hardihood of constitution which is the best preventative of disease. As well as for these reasons, it is objectionable on the score of cleanliness; where can be the luxury of putting on a clean linen or calico shirt over a soiled flannel? If the additional warmth which flannel certainly imparts be required, let it be worn—but not next the skin. The best material for underclothing is calico; it maintains an equal warmth better than any other fabric; it allows the perspiration to escape by evaporation, and never clings to the body, coldly and damp, as does linen. The patient should never sleep in the same clothing that he has worn during the day.

Water is one of the best prophylactics of disease that beneficent Nature has provided for us, and in the malady now under consideration, when judiciously employed, is of considerable utility. The cold bath should seldom be resorted to, as we cannot insure that re-action, or glow, which follows its use in perfect health; a tepid bath, at about 76 or 80 degrees, will frequently tranquillise the system, and procure for the patient a good night's rest, when all other means fail. When a bath cannot be procured conveniently, the invalid should dash his chest night and morning with tepid water, and afterwards use a moderately coarse towel, so as to excite some slight degree of friction.

(To be continued.)

DEATHS FROM CONSUMPTION.

It is a very remarkable fact that more than one-third of the deaths in the metropolis, and in the greater number of the large towns, arise from consumption alone. After a careful examination of the number of deaths in different localities from various causes, we find that while the fluctuation of the number of deaths from other diseases is very considerable according to the locality, the prevalence of the seasons, or the state of the atmosphere, the fluctuation of deaths from this insidious malady is very inconsiderable, not being more than nine per cent.—*The Reporter.*

QUACK CONSULTING SURGEONS.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

Sir,—The shamlessness with which certain (said-to-be) qualified surgeons put forth their baits for the unwary—in the shape of advertisements in the newspapers, placards on the walls, and hand-bills in the streets—induces me to address you, in the hope that, by the necessary exposure—yours being the only publication fitted, or indeed bold enough, for the task,—the tricks of these gentry may be rendered somewhat less mischievous in their tendency, and at the same time that the youth of the metropolis may be put on their guard against their machinations.

Some days since I received a note from an old, but somewhat dissipated friend of mine, dated from the Lazarus Ward, St. Thomas' Hospital, begging me, in the most pathetic terms, to come and see him. Now the truth is, I have a great horror of visiting sick people, and especially such as are obliged, from their own folly, to retreat to a public hospital; but the case was urgent, we had been boys together, and I went. In the outermost corner of the building, quite away from the other patients, I found the Lazarus Ward; and, stretched upon a mattress within it, I discovered my poor friend, so thin and haggard, so wasted by mercury and disease, that I hardly recognised in his skeleton features the once blooming face of my quondam playmate.

It would be uninteresting to you to describe our meeting, but could I record in his own words the misery, pain, and wretchedness he had undergone in his efforts to cure himself,—the expense to which he had been put, when he applied to a celebrated "Consulting Surgeon," whose book he had seen advertised in the papers; the lingering torture he had felt in his endeavours to keep his state secret from his family, and to prosecute his business as usual—for he had been told by the "doctor," that no restraint in diet or alteration of habits was necessary in *his* mode of treatment—I think it would be the most efficient warning that could be placed before your youthful readers.

It was not long, you may be sure, before I was acquainted with my friend's sad story. Having fallen into temptation, he soon discovered the leprosy of sin in his whole system. At first he was inclined to think he could master the disease by his own endeavours; but in this he was speedily undeceived, and he was induced, from reading the high-flown advertisements of certain Messrs. P——, to pay those *gentlemen* a visit. From that moment his ruin, in purse and person, was fairly commenced. At the first interview the doctor told him he had "just come in time, another day might have rendered his cure impossible,"—and so forth; and before the youth left the house, he had purchased a five-guinea case of the "Celebrated Balm of ——, without a particle of mercury or copaiba in its composition," and felt himself well again by anticipation. But he was cruelly deceived. Bottle after bottle, and guinea after guinea, disappeared; and, instead of getting better, he was rapidly approaching a state of disease which was fearful to behold. At last, after spending upwards of £30, he began to suspect the prudence of his present course and the ability of his "doctor;" so, on his next visit, he hinted that he was not quite satisfied with the mode of treatment adopted; and then, and not till then, the true character of the charlatan came out. "My dear sir," replied this respectable practitioner, "if you are not satisfied with me, I shall be happy to *write to your parents and consult with your family physician.*" The youth was thunder-struck. In the simplicity of his heart, he had told the quack of his unwillingness to expose his state to his friends; and now, when his means were almost exhausted,

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this *threat*, for it was nothing else, was the only consolation he received.

I cannot describe to you his state of mind. Weakened by disease, and excited almost beyond endurance by this villanous suggestion, he was almost inclined to put an end to his miserable existence, when he chanced to meet an old servant of the family, to whom he confided the secret of his condition. This faithful fellow advised him to get into one of the hospitals, and undertook to procure the necessary credentials for him. Armed with these, he appeared at the gates of St. Thomas' under a feigned name, his humble friend acting father for him on the occasion—for you are aware that, in these cases, it is necessary for some person to guarantee the removal of the body in case of the death of the patient. As soon as the examining surgeon saw him, he ordered his instant removal to the proper ward. "And here I have remained," said the poor fellow, "for five months: I have been thrice salivated, and I am assured by the dresser that had I been properly attended in the first instance, the disease would have yielded to regular treatment in as many weeks."

This, sir, is one instance out of several that have come under my notice of the cruel mischief caused by these advertising quacks. They first work upon the hopes, and afterwards upon the fears, of their foolish patients; and then, when they have drained their purses to the last shilling, and irretrievably injured their constitutions, they quietly drop the connexion, and allow their poor deluded victims to get patched up and eventually cured (if cure be possible) in the public hospitals.

A word, sir, in conclusion; these men advertise in the newspapers, the proprietors of which are tempted by the large sums paid to admit their filthy announcements; youths read them, even virtuous girls wonder what they mean, fathers and mothers are shocked when they catch sight of the disgusting trash, and the rogues prosper. Now, I would advise every father of a family to exclude from his house all newspapers containing the description of advertisements alluded to, and you may depend upon it that the proprietors of the papers would soon discover who were their best patrons; the advertisements would be discontinued in all respectable prints, and the quack's trade would sensibly deteriorate, to the no small benefit of the community.

I may possibly, if you allow me, return to the subject. In the mean time, believe me your's, ALEXIS.

AFFECTIONS OF THE FEMALE BREAST.

A LADY who had assiduously nursed a female relative afflicted with cancer of the breast, conceived so great a horror of this malady, that her attention was incessantly directed towards her own breast. The slightest sensation was magnified into importance, and watched with trembling anxiety. At last the organ actually did swell, and became the seat of pain. In her alarm she hurried to a surgeon. It was then found that the breast was slightly turgescent from increased influx of blood, and partly suffused with a faint rosy blush. It was tender to the touch, but the tenderness, which resided principally in the skin, extended to the armpit and down the side of the chest. If the skin were pinched, various startings in different muscles of the body followed. When the patient's attention was drawn from the breast, it might be somewhat roughly handled without producing pain. The distinguished surgeon who examined the case gave a confident opinion that no disease existed. Consoled by this assurance, the patient ceased to watch her sensations so diligently, and after a short time all uneasiness and swelling disappeared.

But sometimes a somewhat different case happens, such a case as may be illustrated by the following from Dr. Good: "It is about two years ago that I was requested by an eminent surgeon of this metropolis in dispensing practice, to examine a young woman, then 18 years of age, who, for more than two years had been subject to a painful disorder of the breast, that seemed to defy all parallel and all mode of treatment. On examining into the nature of the symptoms, I found her complaining of sharp cutting pains, diverging from a fixed point in the breast, and shooting equally down the course of the ribs and of the arm to the elbow. The breast was full formed, soft, and globular, without the slightest degree of inflammation or hardness. When the pain was not present, it would bear pressure without inconvenience, but during the pain the whole breast was acutely sensible. The attack returned at first five or six times in the course of the day, and was short and transient, but as the disease became more fixed, it became also more severe and extensive; for the agonizing fits at length recurred as often as once an hour, and sometimes more frequently; and from being comparatively concentrated, the cutting pains darted both downwards, and in the course of the circumjacent ribs, and upwards to the armpit, whence they afterwards descended to the elbow, below which I do not know that they proceeded at any time. These fits were at length so frequent and vehement, as to embitter her whole life, and incapacitate her from pursuing any employment, for it frequently happened that if she attempted needlework, her fingers abruptly dropped the needle a few minutes after taking hold of it, from a mixture of pungent pain and tremulous twitching. The twitches or snatches in the shoulder, for it at length reached to this height, were at one time so considerable, as to give the patient an idea, to use her own words, that something was alive there; while, though the cutting pain did not descend below the elbow, a considerable degree of trepidation reached occasionally to her finger-ends. Her general health was in the mean time unaffected; and she was regular in menstruation."

Together with this condition of the breast, the patient sometimes complains of singular alternations of heat and cold—a kind of local ague of the organ. The pain is frequently described as resembling an electrical shock, darting through the gland like the pang of tic douloureux. When the pain is very severe, the stomach sympathises, and vomiting occurs. The suffering is usually increased prior to menstruation, relieved during the period, and much diminished on its cessation. Sometimes only a small portion of one breast is affected, but sometimes the whole organ, or even both are implicated. "Besides this irritable and painful state of a whole or part of the breast, a tumour is sometimes found distinctly circumscribed, highly sensitive to the touch, acutely painful at intervals, more especially prior to menstruation, very moveable, often not larger than a pea, seldom exceeding the size of a marble; generally only one exists, but in other cases there are several similar swellings. Although they continue for years, they vary but little in size. I have never seen them suppurate; they sometimes spontaneously cease to be painful, and sometimes disappear without any obvious cause. This disease is met with in persons of an irritable and nervous temperament, in whom there is excessive excitability of the system, accompanied with diminished power. The menstrual secretion is generally very deficient; but in some cases I have known it morbidly abundant, and have very seldom seen an example where it was in all respects regular and healthy. The flux alba is also a frequent concomitant of this complaint."*

YOUTH has one delightful time, when hope walks like an angel by its side, and all things have their freshness and their charm. There appears so much to enjoy, that the only question is, what to enjoy first.

* Sir Astley Cooper on Diseases of the Breast.

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ON VENEREAL CUTANEOUS ERUPTIONS.

BY BRANSBY COOPER, ESQ., F.R.S.

In this form of "secondary symptoms" a doubt always arises in my mind as to whether the eruption can be attributed to the immediate action of syphilis, or whether it may not be regarded as the result of a constitutional tendency, only developed by the action of the syphilitic poison, and the appearance of the eruption being also modified by the same agency. Perhaps the most common form of cutaneous eruption in syphilis is the papillary, as lichen, which is to be distinguished from the idiopathic disease by the dirty copper brown colour of the skin, and the peculiarly superficial appearance of the stain, which gives the idea that it may be easily removed by washing. It is also much less irritating than the ordinary disease. The papular is the form which the disease usually assumes in children. This eruption will sometimes pass into the pustular form, which renders its classification difficult; but still the specific colour sufficiently stamps it as a venereal eruption.

In this form of eruption, Plummer's pill, and large doses of sarsaparilla, are the remedies which I generally employ: sometimes, however, I give small doses of the bichloride of mercury, with the sarsaparilla, in the place of the Plummer's pill.

I think I have found the scaly eruptions appear next in order in point of frequency to the papular just described, and have sometimes seen pityriasis in the first eruption of venereal disease; but the character of the disease is then likewise marked by its peculiar copper colour: it sometimes commences as a smooth elevation or as a dirty blotch before it passes into its scaly condition,

Lepra and psoriasis are also common forms of secondary scaly eruptions, modified, however, in appearance by the venereal poison.

These squamous diseases I invariably treat with mercury, but have lately employed the mercury in combination with iodine and arsenic, under the form of Donovan's solution.

The tubercular form of the venereal disease comes next in order, and usually presents itself as acne, constituting a distinct hard inflamed tubercle, having a tendency to slowly suppurate. The tubercles appear especially on the forehead, face, neck, and shoulders, but rarely attack the lower parts of the trunk. Their specific characteristic is, as in the other kinds of eruption, indicated by a peculiar dusky colour: the venereal taint is, however, sometimes very difficult to distinguish, when the eruption appears in those whose constitutions have been broken down by hard drinking; and the diagnosis is important, as mercury is the appropriate remedy when the disease is influenced by the venereal poison, but quite inappropriate when the disease appears as a consequence of dissipation. Lastly, there are two other forms of venereal cutaneous disease, but these have generally been considered as tertiary in character, although I confess I do not distinctly understand what is meant by "tertiary symptoms;" but if it be true that these eruptions be neither capable of being propagated by innoculation nor hereditarily, they deserve a distinct place in the category of venereal disease; the eruptions to which I allude are impetigo and ecthyma of the pustular, and rupia of the vesicular order. These diseases are not to be treated by mercury, but by iodine and the iodide of potassium, and when the vital powers of the patient are greatly diminished, bark and the mineral acids are indicated; but generally change of air, especially to that of the sea-side, seems to prove the most effectual remedy, at the same time iodide of potassium ought again to be given when the constitution of the patient is sufficiently restored.

PHARMACOLOGY.

No. XXII.

TONICS.—(*Continued from page* 46.)

Argenti Nitras,—Nitrate of Silver,—Lunar Caustic.—This most important and valuable preparation acts as a tonic, antispasmodic, and, externally, as an escharotic. It is employed in chorea, and epilepsy; locally to relieve strictures, to fungous ulcers, warts, and venereal chancres. The dose is one-eighth of a grain, gradually increased to three grains, in a pill, made with crumb of bread, and taken three times a-day. The dark colour communicated to the skin of some individuals is an objection to its internal employment, but this is prevented by the administration of diluted nitric acid. Within the last fortnight we were told by a physician, enjoying probably the largest practice in the City, that he had recently prescribed a four-grain dose of caustic in a confirmed case of Asiatic cholera with marked success. Two grains dissolved in one ounce of water is a good injection in fistulous sores, and as an application to spongy gums. A solution of half a drachm to an ounce of distilled water is highly useful when pencilled over the surface in erysipelas.

Ferrum,—Iron.—This invaluable metal is universally useful, in manufactures, in arts, in medicine. It is a powerful tonic, and is used in cases of general debility, indigestion, hysteria, chlorosis, worms, and in passive hæmorrhages. It should be borne in mind it can only prove useful when perfectly oxidised, which is known by the fœtid eructations which it causes by the evolution of sulphuretted hydrogen gas, and by the blackened colour of the evacuations. Iron is found in combination with springs in many "watering places" in England. The following are the chief chalybeate waters:—Harrowgate, Dimsdale, Croft, Askern, Scarborough, Cheltenham, Leamington, Beulah, Melksham, Tonbridge Wells, Woodhall, and Ashby-de-la-Zouch. The most powerfully chalybeate water we ever tasted was at a private spring a few miles distant from Lynn. The pharmaceutical preparations of iron are numerous—namely,

Ferri Ammonio-Chloridium.—Ammoniated Iron is a tonic, emmenagogue, and aperient; it is employed in epilepsy, hysteria, chlorosis, scrofula, rickets, and mesenteric obstructions; sometimes in cancer. The dose is from three grains to fifteen, twice or thrice a-day, made into pills with extract of gentian.

Ferri Iodidum.—Iodide of Iron is a tonic, emmenagogue and deobstruent. It may be used in cases of debility, scrofula, incipient cancers, amenorrhœa (obstruction of the menses), secondary syphilis, and mesenteric obstructions. This is a bad form of the preparation of iron, which should only be kept in solution. The dose is from three to eight grains.

Ferri Sulphas,—Sulphate of Iron.—This well-reputed preparation is tonic, emmengogue, and useful in some cases of worms; in large doses, it is emetic. It is ordered in diseases of general debility; in amenorrhœa, with a weak languid pulse; in diabetes; also as an enema for the removal of small thread worms. The dose is from one grain to five, combined with myrrh, ammoniacum, and bitter extracts.

Ferri Potassio-tartras,—Potassio-tartrate of Iron is tonic and deobstruent. This is one of the mildest of the salts of iron, and so palatable that children may be easily persuaded to take it. It is of much service in scrofulous tumours, weakened bowels, and the debiliting symptoms that mark a scrofulous constitution. The dose is from ten grains to half a drachm.

Ferri Carbonas,—The Carbonate of Iron.—This preparation is now seldom used; it was a favorite remedy of Dr. Elliotson's, who prescribed it in most heroic doses; it is employed in those cases which indicate the exhibition of iron. The doses is from five grains to a scruple.

Ferri Murias Tinctura,—*Tinctura Ferri Sesqui-chloridium*.—Tincture of the Muriate of Iron,—Tincture of Steel.—This well-known tincture of iron, as well as being employed in those cases for which the above preparations are prescribed, is of infinite service in cases of debility in the bladder, and genito-urinary system; also in dysuria, (painful and difficult discharge of urine,) depending on spasmodic stricture of the urethra; in such cases it should be given in small doses repeated every fifteen minutes, till nausea be induced. It is also applied as a styptic to bleeding vessels in cancerous and loose fungous sores. The dose is from ten drops to half a drachm, gradually increased.

Mistura Ferri Composita,—Compound mixture of Iron.—Griffiths' mixture;—— contains iron, carbonate of potash, myrrh, spirits of nutmeg, sugar, and rose water; the result is a proto-carbonate of iron, and sulphate of potash, suspended with the other ingredients. It is ordered in all cases in which preparations of iron are useful, particularly in hysteria and chlorosis depending on weak arterial action, after unloading the stomach and bowels. The dose is from an ounce to two ounces twice or three times a day.

Pilula Ferri Composita.—Compound pills of iron are tonic and emmenagogue; they are employed in indigestion and chlorosis. The dose is from ten grains to a scruple, twice or three times a day.

(*To be continued.*)

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HINTS FOR HEALTH.

A FIT OF ILLNESS,

In nine cases out of ten, is only the crisis of long-continued ill-health. The patient has not been well for a long time before he became ill; and the illness is the result of many antecedent circumstances, which have been acting prejudicially on his constitution. How much better would it be to follow the advice of the medical profession, in our endeavours to enjoy the blessings of full health, than only to have recourse to it in illness!

MENTAL OCCUPATION.

Mental occupation, some determinate and animating object of endeavour, is most essential to the attainment of what we are all pursuing—happiness. Yet if the mind is not allowed its needful intervals of relaxation and recreation, if its lawful objects of desire are prosecuted with an unremitting toil and anxiety, then will this great aim of our being most assuredly fail us. Now, may it not reasonably be doubted if our own citizens, under their eager covetings for riches and preferment, under their exhausting and almost unrelieved confinement to business, do not mistake the true road to happiness? As a people we certainly exhibit but little of that quiet serenity of temper which of all earthly blessings is the most to be desired.—*American Pamphlet.*

WEANING

Is a subject of great interest and importance, and the age at which it should take place must depend on existing circumstances. Nature in this, as in most other subjects, is our surest guide; and no individual circumstance should so much influence a mother, when determining this point, as the appearance of the teeth. Until children have four or six teeth, they can have little to do with articles of food which require mastication, and, unless meat and other solid articles are masticated, they cannot be thoroughly digested. Can toothless children accomplish mastication?—*Dr. Conquest.*

THE SHOWER BATH,

Either cold or tepid, according to circumstances, is a valuable means of preserving the health, and of fortifying the system of nervous and delicate persons. It is likewise highly advantageous in remedying certain disordered states of health, in which an ordinary bath would not be applicable; as some cerebral affections, cases of nervous irritability, with a tendency to spasmodic affections, sleeplessness, &c.

PROPERTIES OF THE BLOOD.

From the blood all the secretions are formed; it also imparts nourishment, growth, and strength to the general system, and is the source of sensibility, irritability, motion, and animal heat.

TO PREVENT PITTING FROM SMALL POX.

Apply mercurial ointment thickened with starch (mercurial ointment, one ounce; starch, two drachms,) to the forehead and face night and morning. The ointment forms a thick hard crust, which, as it cracks and pulls off, is to be renewed by a fresh application.—*Professor Bennett.*

WARTS.

If they are broad at the top with a narrow base, employ a ligature of silk, fine catgut, or horse-hair; in other cases, apply caustic, or powdered savine. If these means are insufficient, excise the warts with a knife, and apply caustic to the cut surfaces.—*Bransby Cooper.*

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TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Tuesday, and may be had in all the large towns in the provinces on Thursday; consequently, letters arriving in LLOYD SQUARE after 10 o'clock on Monday morning, cannot be noticed in the current number. This to many correspondents.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

A SUFFERER FOR MANY YEARS (Great Yarmouth).—Articles on PILES were published in Nos. 2 and 10.

A CURATE (Shropshire).—Since the exposure of the TERVAN affair the man has been quiet. We believe he still exists; if he again pursues his disreputable course, we shall follow up the "plan of treatment" adopted by the Editor of *the Lancet*.

AARON.—We thank you for the kind expressions contained in your note. As a father, you can appreciate the necessity of excluding such demoralising publications from the reading of your sons. We have fought, and are fighting, single handed against the pernicious system which every well-conditioned mind must deprecate.

DOUBTFUL (Leeds).—We should advise you to go to Croft, about three miles from Darlington. The water is not near so nauseous, and quite as efficacious, as Harrowgate or Aix-la-Chapelle. The society and scenery is better than at Dimsdale, and much depends on the relaxation of mind and body in taking "waters." We have sent many dyspeptic and rheumatic cases to Croft, all of whom have derived much advantage from their trip.

MARIANNE (Ramsgate).—The complaint is most distressing. We beg to compliment you on the admirable taste and delicacy you have displayed in relating the case. Diet,—light and nourishing; drink,—avoid all that can stimulate; sea bathing to be discontinued; warm local fomentations applied; refrain from "scratching;" take castor oil if necessary; use a lotion composed of vinegar, one ounce; *vinum opii*, two drachms; spirits of wine, six drachms; rose water, half-a-pint. Mix. Had you not better communicate privately?

H. M. (Westminster).—We must see you. See answer to JAQUES in No. 28.

W. JOHNSON (Chelsea)—It is an interesting case which we should wish to see. We will do so without fee.

JOHN A. Z. (Barbican).—We never prescribe for patients labouring under chest disease, or skin eruptions, without examination, whenever the distance is not so great as to prevent a visit.

D. R. J. (Park Square, Regent's Park).—You will find a Cod's head and shoulders a better remedy than Cod-liver oil. The quackery of the oil will soon subside; it is a most deluding drug, varnishing over old sores whilst the decay gallops on below.

A. WEAVER (Halifax).—Mr. Lord, Northgate, in your town has always a supply our Journal on hand.

A. B. Z. (Shelf).—It is impossible to restore a "burnt bone to its former appearance, and to make it as good as before burning the bone."

JOHN GARDNER (Edinburgh).—Your letter is too indefinite. You write well, explain yourself better.

ADOLPHUS. You will find an article on HAIR DYES in No. 8, page 62, and prescriptions for bear's grease and other preparations for the Hair in Nos. 8, 12, 22.

W. BALDWIN (Rose Cottage, Maidstone).—Our Journal, bearing date August 10, was published in London on Tuesday, August 6. In it we said, "Mr. Baldwin need not repudiate any correspondence with the *Lancet*. His communications, if inserted, could only be treated as we now treat his favour of the 1st instant." We were right to the very *letter*. See the *Lancet*, August 10, published four days *after* we prognosticated your "treatment."

R. PR. (a Poor Mechanic).—Call in Lloyd Square.

RIDDLE FOR LORD ASHLEY.—*Punch* asks why is the condition of a medical man without patients like that of a Sabbatarian eating a hot dinner on a Sunday? And gives the answer,—Because it is a profession without practice.

LEVENSHULME MECHANICS' INSTITUTION.—The Secretary has acknowledged the receipt of our small gift in an unpaid letter!

S. C. (St. Pancras).—See answer to H. W. F. (Camden Town,) in No. 31.

HOMŒOPATHY.—A brilliant exposure of this quackery took place in the House of Commons, August 2, when Mr. Wakley said "he believed that a more audacious set of quacks did not exist, and could not be found on the surface of the globe, than in the Homœopathic Institution. It consisted partly of noodles and partly of knaves. The noodles formed the majority, and the knaves used them as tools."—*Daily News*. In the able editorial article in the *Lancet*, the homœopathic theory of disease, being cured by an infinitesimal dose of some substance causing the disease, is thus illustrated: "If a man were dying of strangulation, the cord should be drawn only a very little tighter; if another were dying of drowning, he should be kept an infinitesimal space of time longer under water; if a third were dying of drunkenness, he should have a few drops more brandy, as a restorative." He adds, "We might expose this mixed system of knavery and idiocy to any extent; the practitioners supplying the knaves, and the patients the idiots."

SAGAPENUM (Cheltenham).—However transcendent your abilities may be, however capable you may be of "propounding theories, and defending them," nevertheless, we cannot avoid saying, that your general character would be improved by more amiability than your last letter induces us to suppose you possess.

WALTON-ON-THE-NAZE.—We have much pleasure in recommending this delightful place to such of our readers who may be yet undecided as to the *locus in quo* of their autumnal relaxation. Recently we sent several patients there, who have returned invigorated by the healthy climate, and delighted with the civility and moderate charges of the inhabitants.

BLONDEL.—Can any of our readers give us some information concerning a novel quack establishment for the cure of consumption and other chest diseases by "rubbing." The head-quarters is somewhere in Broad Street, New Broad Street, or Broad Street Buildings, with a branch in Finsbury Pavement. We have heard the name of a medical man hitherto considered respectable in connexion with it. We shall be glad to have the unfavourable impression removed.

J. S. (Fakenham).—As you have tried so many preparations to promote the growth of the hair without success, give the following a trial. Take, beef marrow, one ounce; tincture of cantharides, three drachms; powdered cinnamon, one drachm. Mix. To be well brushed in night and morning, the head being first washed with salt and water. Keep the hair short.

MECHANICS' INSTITUTES, &c.—The following societies have not yet had the good manners to acknowledge the receipt of the Editor's works, which were forwarded to them some weeks since:—"Mechanics' Institute," *Darlington*—H. Dunn, hon. sec.; "Institute of Progress," *Chelsea*—James Empson, secretary; "Mutual Improvement Society," *Ashton-under-Lyne*—John Kenyon, secretary; "Parochial Library," *Richmond*—James Flack, librarian; "Dr. Shepherd's Library" *Preston*—R. Barton, secretary; "St. George's Mutual Improvement Society," *Bolton*—John Green, secretary. Also two clergymen, who applied on behalf of private book clubs; one at Torrington, Devonshire, the other at Brigstock, Northamptonshire. We have given away upwards of forty sets, five books in each. We do not complain of the trouble or the expense, but we beg to intimate that we cannot attend to any more applications. July 16th was the last day appointed.

THE DISEASES OF WOMEN AND CHILDREN will be resumed in our next.

MOVEMENT FOR THE SUPPRESSION OF QUACKERY.—A meeting of the medical profession was held at Durham on Monday last, when it was resolved, "that an association be formed for the prosecution of unqualified practitioners, and for the suppression of quackery in all its forms, whether in the profession or out of it." We heartily wish it God speed.

J. J. (Old Kent Road).—See answer to ROBERT HAWSON, in No. 7.

ALIQUIS.—*First*, We have anticipated this question: the papers on DISEASES OF WOMEN are now in type. *Second*, We have anticipated this question—NERVOUS DISEASES are considered in this number; the series will be followed up. *Third*, The articles on MELANCHOLY, in Nos. 27, 28, 29, 50, 51, will be concluded in an early No. *Fourth*, The concise table of "the doses, and diseases for which the drugs and remedies described are employed," will follow the completion of the articles on PHARMACOLOGY. *Fifth*, "Hints for Health" will appear in every number in the present volume. Accept our thanks for your note.

F. M. L. (Hull).—The symptoms are not those of pregnancy.

RACHAEL (Oxford).—Write to Mrs. Smith, bandage maker, &c., 1, High Holborn.

1850 (Birmingham).—Take calomel, three grains; compound extract of colocynth, five grains; soap, five grains; oil of cloves, one drop. Mix, and divide into three pills, to be taken for a dose. We do not know of a better, more comfortable, or effective purge than the above, for an adult, (two for a female).

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 34.—Vol. II.] SATURDAY, AUGUST 24, 1850. [ONE PENNY.

THE DISEASES OF WOMEN & CHILDREN.

No. IV.

(Continued from page 43. vol. i.*)*

THE TREATMENT OF CHLOROSIS.

Chlorosis, or the *Green Sickness*, as it is vulgarly called,—the signs and symptoms of which we described in No. 6, and in the letter of Sabina Green, in No. 16,—being a disease in which the blood is altered in character, containing less of the red particles and of the solid ingredients than it does in a state of health; the whole system, especially the heart, and the circulation generally, being enfeebled and weakened; and the secretions depraved, arrested, or altered in character,—it follows that the treatment must be directed, first,—to restore the natural character of the blood; and second,—to correct the depraved, and promote the healthy secretions.

The first indication must be fulfilled by a nourishing diet with as much animal food as the digestive powers of the patient can master—by tonic medicines that best restore the appetite, promote the powers of digestion, and assist the conversion of the chyle into blood—the use of means, if necessary, to promote the natural excretions—and an exposure of the patient to the pure air and light of heaven, as free and as long as the strength and sensibility will bear—such are the chief items of the treatment.

The diet, which should consist chiefly of mutton and beef, should be eaten in that form which yields the most nourishment and is also easily dissolved and digested in the stomach: therefore, appetite should not be wasted on cold meats, or made dishes; a broiled mutton chop or cutlet, or rump-steak, varied with white poultry, toasted bread, and a spare supply of cooked vegetables, should form the basis of the nourishment. The beverages taken in the morning and evening should be as little exciting as possible, therefore weak black tea, in small quantity and perfectly cool, is the best; a moderate quantity of sherry diluted with water, or a small glass of pale ale, or other mild malt liquor, may be taken at dinner, and a smaller quantity once or twice during the day—at luncheon or early in the evening. When practicable, exercise on horseback is much to be desired; when impracticable, walking exercise should be taken daily; the use of some of the elegant calesthentic games—la grace, even the good old game of battledore and shuttlecock, are of much service, as the exercise thereby induced is not confined to one or more limbs, or to the trunk, but is universal throughout the frame. Friction to the surface of the body, especially in the neighbourhood of the loins, is an important duty, which should be practised night and morning. The hip-bath, or the vapour of hot water, is an excellent helpmate to renewed health, especially at that period when nature appears to be making an effort to relieve herself, which is indicated by increased local pain, and some aggravation of the general symptoms. The spirits should be roused and cheered by agreeable society, and the considerate, affectionate attendance of a mother or other near female relation; idleness of body and mind should not be permitted; some active in-door occupation should alternate with out-of-door exercise, and the mind in the interval should be occupied with light yet instructive and exhilarating reading, devoid alike of the gloom of some class works, and the frivolous improprieties of the modern Anglo-Gallic press.

The medical treatment must have the preparations of iron for its foundation, as it is well-known that this metal possesses the property of promoting the formation of the red particles of the blood. The best preparation is the dried sulphate of iron, which should be given in tolerably full doses,—say three or four grains, with five grains of the extract of gentian, three times a day. If the form of mixture be preferred, sulphate of iron may be combined with small doses of the sulphate of magnesia, as in the following form:—

> Take—Sulphate of iron, half a drachm;
> Sulphate of magnesia, four drachms;
> Tincture of orange-peel, four drachms;
> Water, seven ounces and a half.
> Mix—Dose, two large spoonsful three times a day.

The citrate of iron is an elegant preparation, which may be substituted for the sulphate. The iodide of iron has been highly lauded by many practitioners—we have no experience of its utility. It may be prescribed in three-grain doses, dissolved in water, and taken three times a day. Dr. Elliotson depends on no other preparation than the carbonate of iron; he says, "I am sure that carbonate of iron is better than any other preparation; and with that you will generally succeed." We cannot echo the doctor's opinion; in the first place, the bulk of the carbonate renders it most objectionable to patients, and next, it continually deranges the stomach. (For an account of the preparations of iron,—see Pharmacology, in No. 33.)

The bowels should always be maintained in a regular state; they must not be disturbed by profuse purging, neither should a collection of rubbish be allowed to form in them; when requisite an aloetic aperient may be combined with steel: the following forms an excellent pill when the bowels are at all sluggish:—

> Take—Compound aloetic pill, half a drachm;
> Sulphate of iron, a scruple;
> Oil of cloves, one drop;
> Mix by the help of syrup, and divide into twelve pills—one to be taken night and morning.

Change of air, and the use of some of the chalybeate waters will frequently do more towards the restoration of the patient than months of sedulous care and "physicing" at home. Sea bathing, and the occasional use of the shower bath, may also be recommended.

We have recently had our attention drawn to a new remedy in the treatment of chlorosis, namely—manganese. M. Millon, a short time since, presented a memoir on its use to the Academie

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des Sciences of Paris, and his observations have been subsequently confirmed by M. Haunon. This gentleman relates the following case of extreme chlorosis, in which the patient was sent into the country, and was for some months without benefit. We are told that the patient was then directed to take one of the following pills daily before breakfast, and another before dinner:—

Take—Extract of cinchona,
Carbonate of manganese, of each a drachm.
Mix and divide into four-grain pills.

After she had used these pills for a fortnight, the cheeks and eyes regained their natural colour, and the swelling of the feet disappeared. The following pills were then ordered:—

Take—Sulphate of manganese,
Carbonate of soda, of each a drachm;
Fresh charcoal,
Honey, of each a sufficient quantity to make a mass; to be divided into four-grain pills.

A fortnight after the employment of this medicine, the bellows-sound had disappeared; the pulsations of the heart were strong and loud; and an energetic impulse was felt on applying the hand. There was no fainting, and the appetite had returned. The dose of the pills was increased; and a month after, menstruation occurred, and the patient became plump, and able to bear much exertion. She digested and slept well—in a word, was cured. Thus favourably does M. Haunon report to us. We shall give the remedy a fair trial, and hope to be enabled to attest its efficacy.

(To be continued.)

NUTRITIVE PROPERTIES OF COFFEE.

M. Gasparin stated, a short time ago, before the Academy of Sciences of Paris, that the journeymen miners in the neighbourhood of Charleroi preserve robust health and great muscular strength by using an article of food containing but half the nutritive principles which are found in the usual nourishment used in the rest of Europe among people occupied in the same manner. The difference lies principally in the large quantities of coffee which the Charleroi miners consume. The journeyman, before going to his work in the morning, takes half a pint of coffee (half chicory and half coffee) and a good slice of bread-and-butter. He carries with him into the mine another pint of coffee and a few rounds of bread-and-butter; and after returning home in the evening, he sups upon potatoes and cabbage, or some other green vegetable, and concludes his meal with a repetition of coffee and bread-and-butter. The consumption per diem consists in about two pounds of bread, two ounces of butter, one ounce of coffee, and another of chicory, and a pound and a half of cooked vegetables. Meat is eaten on Sundays and holidays only, and the miner drinks no fermented liquors during the week, his only beverage being his coffee. On Sundays, however, he takes a couple of quarts of beer. Thus it is calculated that such a labourer consumes only about four drachms of nitrogen per diem, whilst in other places about double the quantity is required. It would appear, from Boecker's investigations, that the amount of urea ejected in the twenty-four hours is diminished to one-half by the use of coffee. This substance would, then, seem to prevent the loss of nitrogen, and thus its nutritive effects might be explained. The garlick-bulbs, so much used in the south of France, seem to act in a similar manner. It has, on the other hand, been ascertained by M. Barral, that common salt increases the proportion of urea and uric acid, so that more substantial nourishment is required by those who use table-salt. Government might very judiciously, therefore, favour the use of coffee among the humbler classes, and free it from all duty. It would be interesting to institute a few inquiries regarding the effects produced in this country by the use of tea.

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. VIII.

MEDICAL TREATMENT.

Continued from page 52.

The medical auxiliaries that assist in correcting the system and ameliorating the constitutional disorder, are tonics and sedatives.

The vegetable tonics that unite a bitter with an astringent principal, as the infusions of gentian, cascarilla, quassia, are of great utility, and may be taken daily, concurrently with other remedies for the peculiar symptoms of the disease, *except* when there is inflammation of the lungs or pleura. The grateful aromatic bitter of gentian, when combined, as it is in the infusion of the London Pharmacopœia, with orange-peel, forms an agreeable and refreshing draught, and affords an innocent stimulus, without the risk of producing over-excitement or irritation: a wine-glassful may be taken two or three times during the day. Cascarilla is well adapted to cases in which the function of the stomach is disordered. The powder or decoction of cinchona bark seldom agrees with consumptive patients, whilst its active principle, quinine, is free from all objection, in cases in which this vegetable is indicated. Several of the mosses, especially Iceland moss, are held, and deservedly so, in high estimation, for, with an aliment of considerable nutrition, they possess a tonic power, that, far from increasing vascular action, seems rather to quiet it. The bitter principle of Iceland moss closely resembles the medicinal qualities of the hop, which is both sedative and tonic.

The mineral tonics, as iron, copper, &c., should be prescribed with much caution, as they are apt to produce too great excitement, and add to any degree of fever that may be present. That elegant preparation, the *citrate of iron*, is the best mode in which ferruginous medicines may be administered; the compound iron mixture of the London College is far less objectionable than the popular *tincture of steel*, which is the ordinary panacea of amateur prescribers.

I place much confidence in the *acids*, which may be regarded in the joint character of sedatives, refrigerants, and astringent tonics. The mineral acids are more commonly prescribed, but from their corrosive quality, I think they cannot be thrown in sufficient abundance into the circulating fluids; on this account I prefer the vegetable acids. Acetous acid diminishes action generally, but gives tone to the system; it checks night sweats, restrains hæmoptysis, but produces costiveness; if we guard against this evil, it may be administered with manifest and unmixed advantage. It may be given in doses of two or three drachms in a wine-glassful of infusion of cascarilla and a little syrup, three or four times a day. I have, in numerous cases, been enabled to trace increased energy in the system, cessation of the night-sweats, and improved appetite, to the administration of the following:—

Take—Sulphate of quinine, 20 grains;
Strong acetic acid (Beaufoy's), 2 drachms;
Tincture of hops, 3 drachms;
Tincture of squills, 3 drachms.—Mix.
Dose, thirty drops, in a little water, three times a day.

I have repeatedly prescribed citric and tartaric acid, but never with any good effect.

The *elixir of vitriol*, or diluted sulphuric acid, is a favourite tonic in domestic medicine, and is one that may be employed, in moderate doses, with safety. We should never deride those simple remedies which have acquired fame amongst the people; for

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we may be assured that their popularity has been gained by their proved utility; at the same time we must recollect that tampering with medicine is frequently more hurtful than allowing disease to progress unnoticed.

As the general health improves by careful regimen and mildly tonic treatment, we may confidently anticipate a diminution, if not the entire removal, of that irritability of the system which hurries on the progress of tubercle, and, by preventing the patient taking proper nourishment, induces that wasting fever peculiar to the disease. Should, however, the nervous irritability remain unsubdued, it will be necessary to have recourse to medicines possessing *sedative* properties; as hop, lettuce, hyosciamus, aconite, morphia, prussic acid, &c. Of these, the extracts of hop and of lettuce are the safest and best; they exert a balmy influence over the whole frame, allay the cough, and do not produce the loathing of food common to more active sedatives and narcotics. Hyosciamus is a valuably remedy for the same purpose, but is apt to disturb the stomach and bowels; when employed, the *tincture* is the preferable preparation, as its strength is generally uniform, whereas the *extract* cannot be depended on, as scarcely two chemists prepare it in the same manner; the tincture may be given in doses of ten or fifteen drops, in some bitter infusion, twice or three times a day, followed by a full dose of thirty drops at bed-time. Prussic acid, or the *acidum hydrocyanicum dilutum*, is, when prescribed with caution, a safe and useful sedative. Opium, and the preparations of opium, as the acetate and muriate of morphia, should not be used until other sedatives have failed; opium, by itself, is highly improper, as it may cause congestion, and invariably induces headache, constipation, and some degree of fever.

Cough.—In the earlist stage of the disease the cough is seldom very troublesome, and is caused rather by a sensation of tickling at the back part of the throat, than by any accumulation of mucus in the windpipe or larger bronchial tubes; considerable relief may be obtained in such cases from the use of any bland demulcent which will lubricate the mouth and fauces. A mucilage of gum-arabic, the refined extract of liquorice, linseed-tea, black currant-jelly, are safe and proper domestic remedies; or, the following agreeable medicine may be taken with considerable advantage:—

Take—Emulsion of sweet almonds, 5½ ounces,
Oxymel of squills, half an ounce.—Mix.
A table-spoonful to be taken occasionally.

In few instances, however, can we expect to restrain the cough in this comparatively quiescent state for any length of time; too frequently it becomes rapidly constant and distressing.

I would here earnestly express my disapprobation of the too common practice of obtaining temporary relief from opium. This drug is certainly one of the most effectual and valuable drugs we possess, but it is one that quickly loses its power of doing good in innocent doses; so that the quantity necessary to produce the the wished-for effect must be daily augmented, until it becomes no longer innocent. Opium, and its preparations, laudanum, paregoric, and morphia, should always be used sparingly, and deferred, if possible, to a late period of the disease, in order that the patient may obtain the greater benefit when its aid is most required. I may add, by way of parenthesis, that opium is the basis of all the "quack" advertised nostrums for cough, asthma, and consumption; the increasing supply which the system demands, when once habituated to its use, is not the least favourable point to those mercenary *speculators* who make the health of their fellow-creatures the object of *commercial* enterprise.

It is a fact well known to medical practitioners—and patients soon discover it also—that the effect of any remedy is diminished by the frequency of taking it; so that that formula which gave ease to-day, will be without avail this day week. It is, therefore, advantageous to vary the form, and even the ingredients, of our remedies. I subjoin one or two prescriptions for "cough mixtures," which may be persisted in for a time, and then one exchanged for the other:—

Take—Tincture of hops, 4 drachms;
Syrup of red poppies, 3 drachms;
Diluted sulphuric acid, 1 drachm;
Mucilage of gum arabic, 2 ounces.—Mix.
Two tea-spoonsful to be taken every three or four hours.

Or,—

Take—Syrup of squills,
Syrup of white poppies,
Spirit of sweet nitre.—Of each equal parts.
A tea-spoonful to be taken three or four times a day in water.

Or,—

Take—Emulsion of sweet almonds, 7 ounces;
Tincture of hops, 4 drachms;
Syrup of the balsam of tolu, 4 drachms;
Oil of aniseed, 15 drops.—Mix.
A large spoonful to be taken every three or four hours.

When the cough is so frequent during the night as to deprive the patient of sleep, it will then be necessary to employ a narcotic, and morphia is the best: it is always prudent to commence with the smallest possible dose, for as the disease advances, it is generally necessary to increase the quantity; and in the latter stages it often becomes the chief solace of the patient amid his multiplied sufferings. A pill, prepared as follows, may be taken a short time before going to bed:—

Take—Muriate of morphia, 1 grain;
Ipecacuan powder, 6 grains;
Extract of gentian, sufficient to form six pills.
One to be taken for a dose.

The extracts of conium, hyosciamus, and belladonna, may be occasionally substituted, when the effect of the morphia, in its minimum dose, begins to diminish; belladonna must be prescribed with the greatest caution; the dose should never exceed the eighth, or, at the most, the sixth part of a grain.

When the cough is aggravated by an accumulation of mucus in the bronchial tubes, and when there is much difficulty in expectorating, we must endeavour to assist nature by the exhibition of some gently expectorant medicine, such as the following:—

Take—Ipecacuan wine, 3 drachms;
Tincture of squills, 4 drachms;
Acetous acid, 5 drachms.—Mix.
A tea-spoonful to be taken for a dose, in linseed tea.

Or,—

Take—Decoction of Senega root, 8 ounces;
Tincture of squills, 2 drachms.—Mix.
Two table-spoonsful to be taken occasionally.

I object to the indiscriminate employment of antimony as an expectorant in consumption; if there be inflammation, then antimony may be ordered with safety and advantage. In the absence of inflammatory action, in creates a long continuing nausea, and depresses the powers of the patient more than the urgency of the bronchial obstruction demands; and as other remedies, free from this objection, are capable of producing all the good we crave for—antimony possessing no specific curative property—I never prescribe this drug when other remedies will equally fulfil the purpose.

When the tubercles begin to soften, the patient is sometimes unable to expectorate without violent exertion, and consequent straining and exhaustion. In such cases the difficulty in breathing is so great, that we are compelled to resort to means more speedy in their action than the ordinary expectorants. A gentle emetic will frequently spare the patient many hours' harrassing

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cough, and procure for him a good night's rest; even in the last stage of consumption I have never noticed the administration of emetics followed by other than a good effect, for the expectoration is brought up almost without an effort, and thus the remaining strength is treasured. The metallic emetics are admirably adapted to our purpose, as they excite vomiting immediately, without the previous nausea and depression which ipecacuanha and antimony produce; their action is quick, and they do not debilitate the stomach, or create pain or tenderness. An emetic composed of ten or twenty grains of the sulphate of zinc, or six to twelve grains of the sulphate of copper, will speedily cause the discharge of a quantity of sputa, which the strength of the patient could not, perhaps, spontaneously expectorate.

With the vain hope of subduing local irritation, improving the secretion from the lungs, allaying the consumptive cough, the inhalation of various gases, medicated air, and fumigation, has, from time to time, occupied the attention of physicians. I have watched many cases in which iodine, chlorine, the vapour of tar, and benzoin, were inhaled—the benefit supposed to be derived was always doubtful; in some instances the injury was positive; the only *gas* fit for the lungs is that of a pure, warm atmosphere. Sir James Clark, who must ever be considered one of the best authorities on the disease, says, "When more correct views of the nature of consumption are generally entertained, we shall no longer hear it asserted that the disease is to be cured by inhalation, or any other local means;" and I believe this remark coincides with the opinion of every candid physician. Directed by the relief which a patient always experiences from a moist warm atmosphere, we may successfully imitate this, when the air of the chamber is so dry as to excite an irritating cough, by placing a basin of boiling water near the patient; the vapour thus diffuses itself in the air of the chamber, and renders it more soothing to the irritated surfaces of the air-passages, while it spares him the irksome *labour* of inhaling through expensive tubes and spouts.

In our next we shall speak of the treatment of each symptom, as pain, spitting of blood, difficulty in breathing, &c.

TAKING THE CENSUS.

On Friday the 8th inst., the act for taking an account of the population of Great Britain was printed. The Secretary of State is to superintend the taking of the population, and registrars of districts in England are to be formed into enumeration districts. The several registrars of birth and deaths in England are to return to their superintendents a sufficient number of persons duly qualified, according to instructions, to take an account of the population within their several districts, to be called "enumerators." The census in England is to be taken on Monday, the 31st of March next, of all persons in houses on the previous night (Sunday). In Scotland, sheriffs are to appoint schoolmasters to take the accounts. Schedules, in England and Scotland, are to be left at every house, to be filled up by the occupiers, and to be delivered to an enumerator, under a penalty of £5., which schedules are to be collected on the 31st of March, and to be corrected, if found to be erroneous. The Secretary of State is to obtain returns of houseless poor, and of persons travelling or on shipboard, on the 30th of March. Guardians and overseers are to pay the persons employed under this act, and the parishes are to be reimbursed by parliament. Every person refusing to answer the enumerator, or wilfully giving a false answer, shall forfeit for every such refusal or false answer a sum not exceeding £5. nor less than 20*s*., to be recovered in a summary manner.

DEATH FROM RUPTURE OF THE UTERUS DURING LABOUR.

The *Halifax Guardian* of August 3rd, gives the report of an inquest lately held there on the body of a woman who had been attended by an unqualified practitioner, and on a post-mortem examination of whom a rupture was found on the left side of the womb, some ten or twelve inches in length. The report is so extremely defective as to its medical evidence, that it is impossible to ascertain from it when the rupture took place, and whether it was spontaneous or caused by manual interference. Under these circumstances we must refrain from any comment on this unfortunate case. The jury, however, passed a severe censure on the unqualified practitioner who had been in attendance. Mr. Harrison, a qualified practitioner who was called in, unhappily too late in the progress of the case, appears to have acted with great promptitude and energy, and to have afforded the sufferer the best chance which remained of escape from her peril.

HYDROPHOBIA.

A most distressing case of hydrophobia has recently occurred in Glasgow. The victim was a young man employed by the Edinburgh and Glasgow Railway Company, who was bitten about two months ago by a terrier dog, while in the act of removing it from one of the carriages. The wound was so slight that the poor fellow paid no attention to it at the time, although desired by one of the managers of the railway to consult a surgeon. Since it healed, however, the idea haunted his mind that hydrophobia would be the result of the accident. About eight days ago he complained of a numbness in his arm, which increased until the feeling became painful; but this was removed temporarily by friction with a liniment. On Friday last the patient complained of a dryness in the throat, and an inability to swallow fluids, when the family medical attendant was called in, and he was put under treatment. He was considered somewhat easier on Saturday night, but on Sabbath morning he became much worse, and in the course of the day the paroxysms increased in violence so much, that the efforts of three men were necessary to hold the poor sufferer in bed. The scene has been described to us as a most agonizing one. The distressing sense of suffocation, the hurried and gasping respiration, the extreme irritability, the utterance of fear and apprehension, the horror at the frothy and viscid saliva constantly ejected from the mouth by the tortured sufferer, were most painful to witness. At half-past 7 on Sunday night death relieved the unfortunate man from his agony. This case surely ought to stimulate the authorities most rigidly to enforce the Police Act with regard to the securing or destroying of all stray or unmuzzled dogs during the present hot weather. It will be seen that the young man whose melancholy death we have just recorded was bitten by the dog when taking it from a carriage. There is no more common, and, we will add, no more dangerous and reprehensible practice, than for unthinking people to insist upon having their dogs thrust among their fellow-passengers, not only in railway carriages, but in omnibusses. In such circumstances, the unfortunate passengers dare not move hand or foot, in case they should be bitten by a mad dog, and our only wonder is that so few deaths occur from hydrophobia as really do take place. With regard to the present case, if the cur had been secured in a wicker-basket, the accident would not have occurred, and the life of the young man would not have been lost. As it is, the neglect of a very obvious and very inexpensive precaution has resulted in most disastrous consequences, but we trust that we shall not hear of such a case again.

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CANCER OF THE MALE BREAST,

(Under the care of Mr. South, at St. Thomas' Hospital.)

Cancer of the male breast is rarely met with, and the causes of this fact are sufficiently obvious; yet we sometimes meet with such cases, and find them unfortunately as intractable and destructive as when the disease is seated in the female breast. Dr. Walshe states, in his work on cancer, (p. 485,) that the impression that the disease is in the male breast less commonly attended with development of visceral cancer appears to him a point requiring further investigation; and he gives cases from Velpeau, Travers, and Cruvellhier, where visceral disease had taken place. Still he thinks that there seems evidence sufficient to show, that excision may be undertaken with better chance of ultimate success in the male than in the female. The case which we have to lay before our readers is one which seems to point to a cancerous diathesis developed in the rudimentary mammary gland by a violent exciting cause, this having been more or less the case in the various examples of cancer of the male breast which have been recorded. We have to thank Mr. Keyworth for the following history:—

The patient is a spare but healthy-looking man of sixty, a native of Harwich, and has been engaged at sea all his life. He was admitted into Isaac's Ward, under the care of Mr. South, December 13th, 1849, with scirrhous disease of the right mammary gland.

The patient, more than four years before admission, received a severe blow from a windlass upon the right shoulder, and fainted under the violence of the shock. Ten days later a small circumscribed swelling appeared in the right breast, but this little tumour disappeared by means of frictions with oil. Six months afterwards, however, the swelling re-appeared and rapidly increased subsequently to a violent fall on the shoulder, which the patient met with at that time. Yet no pain was felt during a long period until seven or eight months before admission, when the tumour had acquired the size of the clenched fist. Ulceration now came on, and was accompanied by sharp cutting pains, which were of the remitting type. The sore grew daily larger, and about six months before the patient presented himself at the hospital the glands of the right axilla (arm-pit) swelled and became very painful. The irritation was, however, not confined to the right side, as the left axilla became soon affected in a similar manner, this having taken place about three months before admission.

When the patient came into the hospital the pain was almost constant, sharp, lancinating, worse at night, and frequently preventing sleep. During the development of this distressing complaint, his general health remained in tolerable condition, which is rather to be wondered at, since his habits are very irregular. No trace of hereditary taint could be discovered in his family. Patient used out of the house an ointment of verdigris with some relief.

On examination a sore was found on the right breast, the size of the palm of the hand, with ragged, everted edges; the discharge was not considerable, but of a very fœtid odour. The nipple was destroyed, but the ulcer did not appear to extend much deeper than the integument. Under these circumstances it was evident that none but palliative means could be attempted; excision, at this stage of the disease, was out of the question, and the patient remained in the house but a short time. Since his discharge he has attended, at distant periods, as out-patient; the sore has been spreading, but not very rapidly, and the glands of both axillæ remain in the same condition. It would appear as if the disease could not take so firm, or rather so destructive, a hold upon the rudimentary gland of the male as upon the fully-developed mamma of the female. Here the discharge has never been considerable, and the ulceration has spread more in breadth than depth, without materially affecting the health of the subject. The latter will, however, hardly escape the weakening effect of such a complaint, which, unfortunately, must sooner or later act in a prejudicial manner upon the system.

In casting a glance over the history of the case, one can hardly help raising this question—What would have happened had the patient applied for relief long before the ulcerative stage had come on? According to Dr. Walshe, a tolerable chance of totally extirpating the disease might then have attended an operation; and it is to be regretted that patients are so tardy in seeking relief at the hands of regular practitioners, and that they often will allow their complaints to be tampered with by ignorant and mischievous pretenders.—*The Lancet.*

COD LIVER OIL:

A PROBABLY DANGER FROM ITS USE.

At a recent meeting of the Surgical Society of Ireland, Dr. Benson made the following statement regarding cod-liver oil:—

"It was not to be expected that a remedy of so much power could be used *with impunity in all cases.* Having such efficacy in checking emaciation, in restoring the wasted flesh, and bringing back colour to the faded cheek, it might be anticipated that it would in some cases of consumption occasion a congested condition of the lung, and even give a tendency or prove a predisposing cause to inflammation of the lung; and this was, in fact, what he thought he had observed in some instances, and it was o this he begged to call the attention of the meeting.

"It so happened that in almost every patient who had died of consumption under his care while using cod-liver oil, he found the lung congested and consolidated, not only in the neighbourhood of the tubercles, but through nearly the entire of both lungs. This morbid condition, it is true, is often met with when no oil has been used, but he was struck with the greater frequency of it in the post-mortems he had made where the oil was freely administered."

THE HEALTH OF LONDON.

The mortality in London is still increasing. The deaths registered in the last week were 997, while the deaths in the four weeks preceding were 781, 863, 898, 917. The increase in the time exceeds 200 a week.

Small-pox was fatal last week to 15 persons; measles to 13, scarlatina to 21, hooping-cough to 25, typhus to 35, and erysipelas to 4. Nine deaths from child-birth were registered. The deaths from diarrhœa were 152; namely, 124 children under the age of 15, 9 adults between the ages of 15 and 60, and 19 persons of ages over 60. Of cholera 12 children and 3 adults died. The number exceeds the deaths from cholera in the corresponding weeks 1840-5, but is less than those in the corresponding weeks of 1846-9, when 37, 16, 19, and 823 deaths were ascribed to that malady. There is nothing to indicate the presence of an epidemic either in the number of deaths from cholera, or in the character of the cases recorded; but the mortality from diarrhœa is an untoward symptom, which deserves the attention of those who have the power to adopt precautionary measures.

ECONOMICAL VIRTUE.

It should be an indispensable rule in life, to contract our desires to our present condition; and whatever may be our expectations, to live within the compass of what we actually possess.

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SCURVY ON BOARD TEMPERANCE VESSELS.

Dr. Vaughan, who has medical charge of the Naval Hospital at Aden, writes to say, that during the last twelve months, he has had more cases of scurvy from English vessels than during the previous five years, almost solely from coal-laden vessels, the worst cases coming from vessels sailed on temperance principles. Several ships, he says, have been almost disabled in censequence of both officers and men suffering. He urges, therefore, on charterers and owners of ships, that the men should have an allowance of spirits daily, that the quality of their provisions be strictly attended to, and that cleanliness of clothes and person be enforced. There can be no doubt that this is a most important matter. The serious outbreak of sea-scurvy, which so throughly disabled the ships under Lord Anson, and has since been comparatively little heard of, except in vessels proceeding on very long voyages, and badly found in all respects, especially in what are termed "medical comforts," is a matter worthy of the utmost attention, and would warrant the authorities of the Admiralty in appointing a Medical Commission to investigate its causes, and the means to remedy them. It is evident, from the disease being principally confined to coal-laden vessels, that it springs from some local cause. We are loath to recognise, as that cause, the sailing of the vessels on temperance principles, and we do not agree with Dr. Vaughan in considering that a daily allowance of spirits would act as a preventive. Drunkards are the very worst subjects there can be for scurvy, as they are more readily attacked, and less easily cured, their stamina and powers of resisting disease being already destroyed. At the same time, if the sailors engaged on board were not previously temperate, the being obliged to give up suddenly their habit of drinking, and the great change from intoxication to utter temperance, would, of itself, be sufficient to induce disease, but not the disease called scurvy. There must be other causes; want of cleanliness and bad provisions, want of good and proper ventilation, foul air, and close, damp sleeping places, with insufficient exercise, will be more likely to induce scurvy than the loss of the spirit ration. A great step has been made in abandoning the daily ration of spirits; for Heaven's sake, let not that step be lost without sufficient reason and due inquiry. A very ordinary cause for the outbreak of scurvy in vessels proceeding on long voyages is the atrocious adulteration of the lime-juice supplied them, as prophylactic of the disease. It is frequently obtained from Jews, who furnish an article the acid principle of which is the oil of vitriol, mixed with other trash, utterly useless for the intended purpose, and of so vile a flavour that the sailors are unwilling to take it. This system has been carried out to an enormous extent in some of the whalers going to the South Seas, and in many of the vessels which are employed in collecting guano; we understand that the Royal Navy itself has not escaped. The principal surgeon employed in the late Polar Expedition was himself attacked by scurvy, and lingered long under the disease, although he took the lime-juice with which the vessel was supplied to a great extent. It did not prove of the slightest service to him, although, when the juice is really good, benefit is generally experienced in the course of a few days. The lime-juice in general use has been found by direct experiment to be at least two-thirds less valuable than fresh lemon-juice.

A SALUTARY CAUTION.

The man who will live above his present circumstances, is in danger of living in a little time much beneath them, or, as the Italian proverb runs, "The man who lives by hope will die by hunger."

PHARMACOLOGY.

No. XXIII.

TONICS.—(*Continued from page* 54.)

Cupri Sulphas,—Sulphate of Copper.—This metallic sulphate acts as a tonic, emetic, astringent and escharotic. It is employed in epilepsy, hysteria, intermittent fever, and dysentery; and to produce vomiting in the incipient stage of consumption when such practice is resorted to; externally it is used as a stimulant to ulcers, and to take down fungus, or "proud flesh." A weak solution is sometimes used as an eye-wash in ophthalmia, and as an injection in gleets. The dose of sulphate of copper as a tonic is from a quarter of a grain, cautiously increased to two grains; it is usually given in the form of pills, made up with crumb of bread. In dysentery the following pills may be ordered with advantage. Take sulphate of copper, two grains; extract of opium, four grains; confection of roses, a drachm. Mix well and carefully together, and divide into twenty pills, of which one is to be taken three times a day. As an eye-wash in the purulent ophthalmia of infants, it is ordered in the proportion of three grains dissolved in six ounces of camphor mixture.

Acid Tonics.

Acidum Sulphuricum Dilutum,—Dilute Sulphuric Acid,—Elixir of Vitriol, is prepared by adding gradually one ounce and a half of pure sulphuric acid to thirteen ounces of water. It is tonic, astringent, and cooling: it is employed in spitting of blood, profuse flow of the menstrual fluid, in diabetes, in some forms of indigestion, in some cutaneous eruptions, and in hectic; it forms a constituent in gargles for sore throat, and for checking salivation. The dose is from ten to fifty drops largely diluted; in gargles a drachm to three drachms in eight ounces of infusion of roses or other fluid.

Acidum Nitricum Dilutum,—Dilute Nitric Acid,—is made by adding one ounce of pure acid to nine ounces of water; consequently one drachm contains six drops of the strong acid. Its medicinal action is tonic, antisyphilitic, antiseptic, and escharotic. As a drink, diluted largely with water, it may advantageously be taken in fevers of a typhoid kind, in chronic affections of the liver, attended with a redundant and hasty formation of bile, and occasionally in indigestion. As a remedy in venereal complaints, it is a very useful adjunct to mercury, and allays the violent irritation induced by it. It is also very useful in the cure of old ulcerated legs. Dose, five to twelve drops in a wine-glassful of water twice or thrice a day.

Acidum Hydrochloricum,—*Acidum Muriaticum*,—Muriatic Acid,—is a tonic, antiseptic, and diuretic. It is employed in typhus, some cutaneous eruptions (especially those of a venereal origin), as a gargle in inflammatory and putrid sore throats, and (in some peculiar and extreme cases) as an injection in gonorrhœa. The dose is from ten drops to twenty, properly diluted; in gargles, half a drachm to two drachms, in six ounces of fluid; in injections, six or eight drops, in four ounces of water.

Acidum Hydrochloricum Dilutum,—Dilute Muriatic Acid,—is used in the same cases as the strong acid. The dose is from half a drachm to a drachm.

Vegetable Tonics.

Cinchona,—Bark.—The medicinal "bark" is the product of a genus of plants native of South America, which yields "Peruvian bark." There are three species:—1st, *Cinchonæ Cordifoliæ Cortex*, *Cinchona Flava*, or yellow bark. 2nd, *Cinchonæ Lancifoliæ Cortex*, *Cinchonæ Coronæ Cinereæ*, or pale bark. 3rd, *Cinchonæ Oblongifoliæ Cortex*, *Cinchonæ Rubra*, or red bark. The terms "Cinchona Bark" and "Countess's Powder" are derived from the circumstance that the Countess of Cinchon, wife of the Viceroy of Peru, brought some bark to Europe from South America in 1639. Soon afterwards the Jesuits, and particularly the Cardinal de Lugo, carried it to Rome, and hence it was called "Jesuit's Bark," "Jesuit's Powder," "Pulvis Cardinalis de Lugo," "Pulvis Patrum," &c. It was subsequently employed in France by Sir Robert Talbor, and hence it was called "Talbor's Powder," or "the English Remedy." The above three species of cinchona yield the active principle known as *Quina*, the sulphate of quinine, the yellow bark affording it in the largest quantity and of the purest quality. The properties of bark are, a strong and permanent tonic, slightly astringent, stomachic, antiperiodic, and febrifuge. It is employed in intermittent fevers, after the stomach and bowels have been freely evacuated; in continued fevers, taking care during its use to keep the bowels clear; in confluent smallpox; in erysipelas; in acute rheumatism; in malignant sore throat; in scarlet fever; in passive hæmorrhages; and in every disease attended with deficient action. Externally, it is sometimes ordered as a glyster in cases of gangrous ulceration, and as a gargle in malignant sore throat; the powder, dusted on gangrous and ill-conditioned sores, produces a good effect. The dose of powdered bark is from ten grains to three drachms, in milk, a solution of liquorice, or water.

(*To be continued.*)

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HINTS FOR HEALTH.

RABBITS.

The flesh of the rabbit resembles that of a fowl, and is equally digestible; the young, in particular, are well suited to weak stomachs. The tame, is fatter and more tender than the wild rabbit; but the latter, from the greater variety of its food, and the exercise it takes, is wholesomer, and is more agreeable to the taste. Their is little viscidity in its meat, and consequently it is one of the lightest and most digestible foods in use.

THE FEET.

Bathing the feet ought, if possible, to be a daily practice. They contain a number of those ducts and arteries, through which a considerable proportion of the vapour of perspiration is expelled from the body. Every obstacle, therefore, to a due discharge from that source ought to be removed. Nothing indicates more a tenderness of frame than a coldness in the feet; whereas a warmth, and moderate perspiration there, is a certain proof of good health; for it shows a full circulation, in the small vessels, at a distance from the source of heat and motion of the blood. The perspiration, however, unless daily removed, is apt to become offensive. It is much disputed whether hot or cold water should be applied in bathing the feet. On the whole, cold water may be recommended for the young, and warm or tepid water for the aged and the delicate.

TRAINING.

Men in training always begin their exercise early in the morning; in summer, at five, and in winter as soon as it is light. The great object of exercise is, to produce perspiration sufficient to take off the superfluities of flesh and fat, to reduce the quantity of blood, and to make it lighter, by which a person gains wind and strength, and giddiness is prevented. Those who are trained for boxing, get a run in the morning, but are not so violently sweated as those who are trained for a foot race. The latter take a run for three miles twice a day; and the sweating process, which is intended to remove the obesity, is increased by placing them in bed covered with many blankets, and the drinking of warm diluents. Every two days they are twice sweated in this way, well rubbed with flannel, and kept within doors till cool. During *the run*, those who are training to boxing are always in flannel, but they take their walking exercise in their usual clothes. When they come home, they are generally laid down in a bed, and one limb after another gradually rubbed dry, and clothed in that situation; after taking their regular exercise, they are all employed in cricket and other active amusements. Quoits is reckoned a good exercise for them. If a muscular man, during his training, gets much thinner, his exercise must be reduced; but if he gets fatter, or more muscular, it is a proof that it agrees with him.

STIMULANTS

"Take a little wine for thy stomach's sake, and thine often infirmities," is still very salutary advice for many people. But the necessity for stimulants is more frequently fancied than real; if any individual discovers, by abstinence, that he can do without them, he will be greatly the better if he can do without them entirely. Let the reader engage honestly in the praiseworthy attempt to find out what is the *least* amount of stimulating drink under which he can preserve his health and spirits, and not how much he may take without immediate injury, and he will require nothing more to guide him in the employment of either wine, beer, or spirits, bearing in mind that well-fermented, unsweet, and well-hopped beer, ranks first in the gradation of wholesomeness, and that spirits are quite at the opposite end of the scale.

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

HE attends at 78, Gracechurch-street, on Mondays and Thursdays, from Two till Three o'clock.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Tuesday, and may be had in all the large towns in the provinces on Thursday; consequently, letters arriving in LLOYD SQUARE after 10 o'clock on Monday morning, cannot be noticed in the current number. This to many correspondents.

OUR SUBSCRIBERS are respectfully requested to complete their sets of Volume I. with as little delay as may be convenient, as we are wishful that the series of our old subscribers should be perfect before we bind up our surplus copies for *the Trade*.

VOLUME I. is now ready, price, in a strong and elegant cloth binding, 4s. Covers for binding may be obtained through every news-agent, price 1s. 3d.

THE DISEASES OF ERROR will be published, uniform with INDIGESTION, October 1. The preface will run thus: "It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of Jew "consulting surgeons," and other atrocious impostors, who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

FRED. MANSEL (Kenilworth).—Were you to swallow pills by the gross, mixtures by the gallon, and powders by the pound, you would never be well. Why be so enamoured of physic? Make food your medicine, not medicine your food. Much caution, careful diet, little physic. We are so sanguine as to suppose you will not repent the journey you project. Write the day before you leave home.

ANXIOUS (Halifax).—Our fee for a visit to your town will be fifteen guineas. We do not limit the number of patients you may present to us.

DÆDALUS.—You need not be alarmed—the symptoms do not denote anything serious. Continue under the direction of your present medical attendant. We are certain he is fully competent to "cure" you.

AMICUS (Turner Street, Commercial Road).—You have been fearfully robbed by the wretch in "Back Church Lane"—you have no redress.

RICHARD HOLT (Haggerstone.)—Dissolve twenty grains of the disulphate of quinine, in a bottle of sherry, and take a wine-glassful every day at eleven o'clock.

G. H., as "a reader of your (our) Journal" ought to know that we do not give gratuitous advice in cases originating in "vice, folly, or indiscretion."

N. O. C. (Everton).—Can only be attended to privately. To give you the information you require would occupy the whole space we devote to "Notices to Correspondents."

W. READ (Police Office, Bungay).—Abstinence from spirits cannot in your case be a cause of headache; some persons who have for many years habituated themselves to wine and other stimulants, cannot, without some ill effects suddenly, refrain from a modicum of stimulus. Smoking in moderation is not injurious.

GEORGE LEWIS COOPER.—We have heard of the great want of courtesy and kindly feeling displayed by this gentleman towards Dr. Highmore. We cannot open our columns to the *pros* and *cons* of the points of etiquette. It appears to us that Dr. Highmore was correct in his diagnosis of the case: Mr. Cooper was wrong in his treatment of Dr. Highmore, and probably in his treatment of *their* patient also.

E. C. (Colchester).—The duration of pregnancy in the human female is calculated at about 280 days. In some cases, however, it is prolonged. Velpeau gives a case of 310 days. Six cases are recorded by Dr. Reid, in which the period was from 310 to 316 days. It was the Gardner peerage case which led to so much discussion on the point in this country.

ANTHONY (Dover).—*Matico* is a plant, native of Bolivia and some parts of South America. The leaves are said to have the virtue of healing wounds, and the power of arresting the issue of blood from a wounded vessel.

DONALD M'DONALD (Perth).—Idiocy is a frequent result of the error—we call it vice—to which you refer; loss of memory, incapacity to concentrate the ideas, "the mind wandering," are the first symptoms of the mental faculties being impaired.

LONSDALE (Penrith).—Take a scruple of pulv. uva ursi, and ten grains of carbonate of soda, in a wine-glassful of water twice a day.

JOHN MACINTYRE (Belfast).—Take, one grain of muriate of morphia, and half a drachm of the extract of hops, divide into eight pills. Dose, one every night, so long as the sleeplessness continues.

A. JOHNSTON (Paisley).—The discharge from the nose may be occasioned by some disease of the bone, or by polypus. The long duration of the complaint would indicate some disorganisation of the parts implicated. Try the effect of "snuffing" up a powder, composed of ten grains of finely powdered alum, with a drachm of finely powdered starch.

PETER BELL (Keswick).—No.

EDWARD D. (Shrewsbury).—Tobacco taken in large quantities, or when smoked or chewed by persons not habituated to its use, produces the most dangerous effects; it depresses the whole nervous energy, and prostrates the powers of mind and body: in fact, it is a poison, and acts as speedily and as effectively as the most deadly agent.

A. B. C.—It has been suggested that the Lock Hospital should bear the following inscription, "We have done those things which we ought not to have done, and there is *no health* in us."

W. COSTELLO.—We have received an impertinent letter from this person, who complains that because we listened to his tedious detail of a not very agreeable case, carefully examined him, bestowed at least half an hour in instructing him how to "manage" himself, and prescribed for him,—he complains, forsooth, that we did not also present him with his medicine "gratis!" We are not chemists, and have not in our house a grain or drop of any drug. W. COSTELLO says he is a mechanic, "who has been unemployed for twelve months." We can readily believe this assertion to be true. Few masters could put up with such a turbulent servant. An ill-conditioned mind and temper, Mister Costello, may also be the cause of your ill-conditioned body.

GAS.—See answer to J. D. F. (Friar Street), in No. 23.

ANN H. (Ipswich).—Use the lotion advised in No. 31, Article PHARMACOLOGY, paragraph *Alum*, "the compound alum lotion."

R. P. (Canterbury).—The articles on CONSUMPTION were commenced in No. 27. The index and title-page vol. i., were published with No. 26.

G. M. (Hatton Garden).—We have repeatedly said, written, and printed the following—"We will cheerfully regulate our fee according to the circumstances and position of the patient."

GEORGE W. (Strand).—See answer to H. W. F. (Camden Town) in No. 31.

THOMAS DUFFIELD (Exeter).—Answered privately.

G. H. (Greenwich).—We cannot recall your visit "at Easter" to mind. We cannot imagine sea-bathing will be injurious to you, if your only symptoms are those detailed in your note of the 16th instant.

M. GUIOT (Bristol).—Your letter is too indefinite; we cannot spare the space an answer would require. You must send your address.

JOHN GARDINER (Edinburgh).—We will never prescribe for a boy of "14 years and 4 months" without we have the confidence of the parents as well as that of the son. Let your father apply to us.

SAMUEL JONES (Northampton).—We do not understand your note.

C. Y. (Leeds).—See answer to THEODORE in No. 30.

SMIKE.—You must communicate privately. Your symptoms are indeed complicated. Write larger.

J. S. (Wormwood Street).—You are rightly informed. We *are* preparing for publication a PEOPLE'S MEDICAL ALMANAC.

A SUBSCRIBER.—"Diseases of the liver" will be considered, the precise ichen we cannot at this moment say.

CHARLES TONGEMAN.—So long as the urine maintains its present character, so long must it be considered a diseased secretion. Take, liquor potassæ, two drachms; lime water, six ounces. Mix. Dose, a table-spoonful in thin mutton broth twice or three times a day. Write in ten days' time.

MATHEW (Charing Cross).—The PEOPLE'S MEDICAL JOURNAL has now been established eight months; during that time we have received, probably, two thousand five hundred letters: not one has been destroyed. Your former letter will be readily found, if you send the date and signature under which you addressed us.

REGINALD DALTON.—Consumption being hereditary in your family, you should be doubly cautious of any chest affection; your letter does not betray any alarming symptom. Call in Lloyd Square.

D. S. (Oxford).—The first volume of our Journal contains complete monographs on Diseases of the Chest, except "Consumption" and "Asthma," which will be published in the present volume; Diseases of the Heart; Diseases and Management of the Teeth; Rheumatism; Gout; Intestinal Worms; the Anatomy and Physiology of the Organs of Sense; the first part of the Diseases of Women and Children; Pharmacology, &c. &c.

A TOOTH (Long Acre).—Part with the tooth, and be a short acher. Apply to Mr. Smartt.

DR. YEOMAN announces that, after Sept. 1, he will discontinue his attendance at 78 Gracechurch Street. His many engagements, correspondence, and time devoted to his Journal, compel him to come to this determination.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 35.—Vol. II.] SATURDAY, AUGUST 31, 1850. [ONE PENNY.

THE NERVOUS SYSTEM.

No. II.

(*Continued from page 50.*)

THE SPINAL MARROW—OR MEDULLA SPINALIS.

From the pineal gland, of which we spoke in our last paper, may be traced two white cords, like worms, which unite with the inferior ganglion of the brain, and with the junction of the two hemispheres of the cerebrum; from this point of union, the spinal marrow descends down the spine in the canal formed for it in each vertebra. The general appearance of the spinal marrow is that of four (according to Sir Charles Bell, *six*) thick columns, or rods, placed together so as to make but one column of a cylindrical form, which, in the neck, is about half an inch in diameter, from one side to the other, and somewhat less from before backwards; in the back it is a little narrower, and is more of a cylindrical form; in the loins, where the great nerves of the lower part of the body are given off, it widens out a little, but not to such an extent as in the neck, and it then gradually tapers away to the extremity of the spine. The divisions and furrows, marking the separate rods, may be distinctly observed on removing the membranes which surround the column. The substance of the spinal marrow is formed, like the brain, of cineritious and medullary matter, changed, however, in position, as the gray matter is no longer placed on the surface, as in the brain, but is entirely confined to the centre, so that a section of the column gives the appearance of two crescents, of a dark colour, placed back to back, surrounded by white matter slightly indented on the four sides, which mark the juncture of the "rods" which form the column. The spinal marrow is protected, and loosely connected to the spinal canal, by an external sheath of a firm fibrous structure, continuous with the *dura mater* of the brain. This membrane, after lining the skull and giving sheath to the several nerves passing out, descends into the cavity of the spinal column in something of a funnel shape, continuing to line it all through, and connected with the bones by means of a loose cellular structure; as the spinal marrow emerges from the brain by the *foramen magnum*, or great opening of the skull, this fibrous membrane becomes also attached to the pericranium of the occipital bone. The spinal marrow is more closely embraced by another and much finer membrane, which is analagous to the *pia mater* of the brain; and also by a third membrane which is continuous with the *arachnoid* membrane. The late Sir Charles Bell, to whom science is indebted for the most correct knowledge of the nervous system, successfully demonstrated that the spinal marrow consisted of a double chord; an anterior one connected with the cerebrum, and productive of locomotion, and a posterior one connected with the cerebellum, productive of sensation; and he has further shown that these two distinct powers are communicated to every part of the body by nervous fibres, according as they issue from one or the other of these chords; and that for the most part, every *spinal* nerve distributed over the body and limbs has a double origin, and issues equally from the anterior and posterior trunk of the medulla spinalis, and is consequently, a nerve of sensation and a nerve of motion; while those (such as are connected with the function of respiration) which proceed from one chord alone, are limited in their power to the peculiar property of their source. The following extract is Sir Charles Bell's description:—"Different columns of nervous matter combine to form the spinal marrow. Each lateral portion of the spinal marrow consists of three tracks, or columns. So that the spinal marrow comprehends in all six rods, intimately bound together, but *distinct in office;* and the capital of this compound column is the medulla oblongata. No doubt," he adds, "these grander columns contain within them subdivisions; for if we lift up the medulla spinalis from the cerebellum, and look at its back part, we shall see more numerous chords, the offices of which will one day be discovered." He thus clearly explains his views, which are now received as the law and the gospel. The anterior column of each lateral division is for *motion*, the posterior column is for *sensation*, and the middle one is for *respiration*. The two former extend up into the brain, and are dispersed or lost in it, for their functions stand related to the sensorium; but the latter stops short in the medulla oblongata, being in function independent of reason, and capable of its office independent of the brain, or when separated from it.

THE NERVES.

The nerves are white or whitish cords, which are formed of a number of fibrils, which fibrils are composed of small cylindrical tubes, in diameter about the one twelve-thousandth part of an inch. The substance forming these tubes is of the same character as the mass of the brain, namely, cineritious and medullary. They are attached by *one* of their extremities to a nervous *mass* or centre, as the brain, spinal cord, or a ganglion; and by the *other* to a sensitive, muscular, or some other organ or texture of the body. The nerves may be classed according to their function, thus:—1st, those which preside over sensation and the function of the mind; 2nd, those connected with muscular motion; and 3rd, those which have a great share in nutrition and organic changes. By following this arrangement, we should have to anticipate much of the physiology of the nervous system which will occupy us hereafter, and to repeat what we have already written in the papers on The Senses in Nos. 20 to 24, inclusive. We shall, therefore, consider them according to their anatomical situation, namely, the central nerves, the spinal nerves, and the great sympathetic nerve.

The Cerebral Nerves are better described according to Arnold's arrangement, as being twelve pairs, taking their names from their position, as the *first* pair, *second* pair, and so on to the *twelfth*. The nerves, after leaving the brain, pass out of the cranium through the holes or *foramina* of the skull, invested

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with their membranes. The first pair of nerves are the olfactory, or the nerves of the sense of smell, and come under the head of nerves of *special sensation;* they proceed from the middle lobes of the cerebrum by three roots, and are distributed to the lining membrane of the nose. The second pair are the optic nerves, the nerves of the sense of sight—also nerves of special sensation; these proceed from the brain to the back part of the globe of the eye, which they penetrate, and then terminate in the retina of the eye. The third and fourth pair are distributed to the muscles of the eyelids. The fifth pair is divided into three divisions, and is one of the most important nerves of the body—it is distributed over the face, mouth, ear, and muscles of the jaw, and is a nerve of sensation, motion, and of special sensation, as the sense of taste seems to depend on the branch which the tongue derives from this nerve; it is this nerve that is affected in *tic douloureux*. The sixth pair is distributed to the abductor muscle of the eye, and is a nerve of motion. The seventh pair is distributed to the external ear and the muscles surrounding; it is connected with the fifth pair, and with the pneumo-gastric nerve, and has in consequence a different action in different parts, and may be described as a nerve of motion and a nerve of sensation. The eighth pair is the auditory nerve, the nerve of hearing; it proceeds to the internal ear, and is distributed in the cochlea and semi-circular canals. The ninth pair supplies the tongue and gullet, and also communicates with the pneumo-gastric nerve and the nerves of the stomach—it is the nerve which gives motion to the tongue. The tenth pair, or pneumo-gastric, supplies the œsophagus, the lungs, the stomach, and the diaphragm—it is a compound nerve—and one of the most important in the function of respiration and of digestion. The eleventh is scarcely a cerebral nerve, as it proceeds from the side of the spinal column in the neck, ascends into the cranium by the large opening, and leaves it immediately by passing through the foramen lacerum; it is a nerve of motion, and is the means of communicating several important nerves with each other. The twelfth pair, or hypo-glossal, is distributed to the jaw and tongue.

The Spinal Nerves.—There are thirty-one pairs of spinal nerves, which proceed from the sides of the spinal cord; each nerve arises by two roots, one anterior and the other posterior; the *anterior* being exclusively nerves of motion, and the *posterior* nerves of sensibility. The spinal nerves are usually divided into the cervical, eight pairs in the neck—the dorsal, twelve pairs in the back—the lumbar, five pairs in the loins—the sacral, five or six pairs at the end of the spine.

The Sympathetic Nerve has properly neither beginning nor ending; it resembles none of the nerves of which we have been speaking, and which can all be shown to originate at some determinate place, either of the brain or spinal marrow. The sympathetic, on the contrary, seems to spring up, as it were, everywhere; and to be, in fact, a collection of ganglia united together by unnumerable nervous filaments, and sending out others to all the organs found in the great cavities of the chest and abdomen, and generally known by the appropriate term of vital. In fact, wherever an ordinary nerve comes off from the spinal marrow, there the sympathetic is sure to have a distinct branch sent to it also. The sympathetic is possessed neither of sensibility nor power over the voluntary muscles, but it appears to have an influential office in controlling and combining the whole economy of the system, and to have its centre in the abdominal viscera.

In our next we will speak of the physiology of the brain.

The parent that would train up a child in the way he should go, must go in the way that he would train up his child.

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. IX.

TREATMENT OF CONSUMPTION.

(Continued from page 60.)

Dyspnœa.—In the first stage of consumption, *difficult breathing* does not occasion much distress; the respiration, however, in the latter stages, is oppressed, laborious, and painful. When the dyspnœa occurs in paroxysms, after a fit of coughing or extra exertion, twenty or thirty drops of sulphuric æther, in a small quantity of camphor mixture, will often prove useful. This form of consumptive dyspnœa was described by Laennec as a *besoin de respirer*, or an increased want of breath, for which he prescribed the extracts of belladonna, conium, and stramonium; the latter, in small doses, to the extent of a quarter or half a grain during the day, is an excellent remedy.

When the breathing is constantly difficult, external applications are sometimes beneficial; a blister, or a mustard poultice, should be frequently applied to the chest, and if the oppression be very severe we may apply the mustard to the arms or calves of the legs at the same time. The dyspnœa may be occasioned by congestion of the pulmonary blood-vessels; when the pulse is quick, full, and bounding, and if we are satisfied that the lungs are congested, it will then be prudent to abstract a small quantity of blood from the arm. When the bronchial tubes are filled with an accumulation of mucus, or when the stomach is overloaded with undigested or improper food, an emetic will frequently afford immediate relief and remove the oppression at the chest.

Pain at the side is seldom a very urgent symptom, unless there be inflammation of the lungs, or of the pleura. If the pain be acute, but transitory, amounting only to a "stitch" in the side, dry cupping is often serviceable, and if this be followed by the application of a blister, the benefit is more decided and permanent. Many persons suffer considerable irritation and disturbance of the whole frame during the "rising" of the blister; a mustard poultice is free from this objection, and is a convenient, efficacious, and ready substitute. Friction, with some stimulating or anodyne embrocation, as soap liniment and strong spirits of ammonia, or soap liniment and laudanum, frequently affords immediate relief. If the pain be slight, but constant and fixed to one particular part of the chest, a slightly stimulating plaister, containing a portion of Burgundy pitch, may be applied to the seat of the pain.

Spitting Blood.—In active hæmoptysis, while the blood is actually flowing, the first thing to be done is to keep the patient perfectly quiet; he should be prevented making the slightest movement, even speaking must be forbidden; fresh air must be freely admitted, so that he inhale a pure, cool, and unirritating atmosphere. When the pulse indicates increased action of the heart, or there is sanguineous congestion of the lungs, we must not delay, even whilst the patient is expectorating blood, in opening a vein in the arm, and abstracting such a quantity of blood—regulated by the urgency of the symptoms, the constitution, and strength of the patient—as will diminish the pulmonary circulation. In bleeding under such circumstances, it is better to take away at first a sufficient quantity of blood to arrest the hemorrhage, rather than do so timidly and sparingly. Paradoxical as it may appear, we must depend on loss of blood from the general circulation, as the chief means of checking its flow in the chest. Local depletion, as by leeches

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or by cupping, is of doubtful utility; sometimes it is not free from danger, as it may produce the evil it is intended to prevent or remove.

It commonly happens, in the course of a few hours after the hemorrhage has ceased, that feverish symptoms come on; the pulse becomes full and hard, the skin hot, and there is a sense of oppression about the chest. In order to prevent the repetition of blood-letting, the treatment must be guarded and active; a saline purgative should be immediately given; saline antimonial medicines frequently administered, and the patient kept low, cool, and quiet. Cold, even iced, acidulated drinks, as lemonade, tamarind-water, apple-tea, &c., alone are to be permitted, and food of all kind prohibited, until the threatened inflammation is entirely subdued.

In passive hæmoptysis, when the blood passes from the vessels to the lungs, as it were by exhalation, and in quantity scarcely more than sufficient to tinge the expectoration, bleeding is seldom required; acid and astringent medicines, in conjunction with a low, vegetable diet, and perfect repose, are in the majority of cases sufficient to restrain the hemorrhage. Sulphuric acid, in the proportion of ten or fifteen minims of dilute acid, to an ounce of the compound infusion of roses, may be administered every two or three hours; and when this is not sufficiently energetic, we must have recourse to alum, or the di-acetate of lead. Some of the preparations of iron, as the citrate or the compound iron mixture, of the London Pharmacopæia, are valuable medicines when the hæmoptysis proceeds from debility.

In both forms of hæmoptysis, the most perfect repose is essential to safety; the patient should scarcely be permitted to move hand or foot until the bleeding is entirely checked; he must be sustained by cold, acidulated beverages; his chamber kept perfectly cool, and his bed sparingly covered with clothing.

As may be easily supposed, an invalid, after spitting any quantity of blood, is frequently in a state of alarm and nervous irritation; when such is the case, it will be proper to add twenty or thirty drops of tincture of hyosciamus to the acid draught, until the excitement is allayed.

Inflammation of the Lungs is the most adverse complication of consumption, as the means we are compelled to employ are directed to lowering the strength and power of the invalid; bleeding is indispensable, and bleeding to such an extent as will produce some effect on the system, as faintness, or sickness, diminution of pain, and reduction of the strength of arterial contraction. When the loss of blood is imperative, the patient should be in the upright position at the time it is abstracted, and it should flow from a *large* orifice in the arm; for by this method a greater impression is made upon the inflammatory disease, and a cure can be thus effected by a less loss of the vital fluid than if a larger quantity be taken away in a small and slow-flowing stream. If the weakness of the system contra-indicates general blood-letting, local bleeding, either by cupping glasses, or by leeches, is to be preferred. Blisters are unquestionably of the greatest importance, if prescribed with judgment; physicians seem now to agree that until the heat of the skin diminishes, and the pulse becomes less frequent and full, they should not be applied; for so long as the inflammatory fever exists, they add to it, by the constitutional irritation which they produce. On the continent the free exhibition of tartarised antimony has many partisans. Laennec esteemed it the first remedy; his plan was to administer a solution of one grain of tartarized antimony every two hours, repeating the dose six times; after this, if the symptoms were not urgent, and the patient disposed to sleep, he allowed him to remain quiet for six or eight hours; but, if the oppression at the chest was great, or the head was affected, he directed the medicine to be continued, the dose being then increased to a grain and a half, or two grains, or even two grains and a half. In England this plan has not yet gained many advocates; the want of success which has attended its extensive employment, may, I think, be attributed to the amount of stomach disturbance, with which inflammation of the lungs is generally complicated in our climate. During the winter 1846—47, I gave the antimonial treatment a fair trial, and the result was far from satisfactory; certainly we cannot depend upon it alone.

The bowels should be kept in a moderately relaxed state by neutral salts or by an enema; violent purgatives are most hurtful. Refrigerant medicines are of the greatest service; one of the most common and useful is nitre, which may be combined with the citrate of potash, or made to produce a more certain determination to the skin, by the addition of camphor, or antimonial wine, or by a combination with the citrate or acetate of ammonia. Fifteen grains of the nitrate of potash, a drachm of syrup of lemons, and a wine-glassful of water, forms an agreeable and useful draught, which may be taken every three or four hours.

I need scarcely add, that the patient must be sustained by the lightest and coolest diet; acidulated barley-water, tapioca, and arrow-root, in small quantity, being the only articles approaching to food that can be permitted; the chamber must be kept of an equable temperature, and the risk of any sudden draught carefully avoided.

Pleurisy must be treated in the same manner as inflammation of the substance of the lung; bleeding, blisters, laxatives, counter-irritants, and low diet, are the remedies upon which we must depend for subduing inflammatory action; as well as effecting this, we have also to guard against the frequent, I might almost add, the constant, result of pleurisy, namely, the effusion of fluid,—coagulable lymph, in or between the two pleuræ, which, rapidly becomes organised, and converted into cellular bands of variable length, connecting or *gluing* the two pleuræ together, so as to prevent all lateral movement between them, and thus obliterating the pleural space. To prevent this effusion, and to cause its absorption when effused, we must trust to blue-pill, or calomel; small doses of the latter, from one to three grains, should be ordered every three or four hours, and if it passes off too freely by the bowels, it must be combined with opium.

Hectic Fever.—The *cure* of hectic fever must be dependent on the cure or removal of the disease by which it is caused; if it is sympathetic with an abscess in a joint, as "white swelling" of the knee, all the constitutional irritability and fever ceases so soon as the disease in the limb, or the limb itself, is removed; in the hectic of consumption, we can only palliate, and do little more than attack symptoms as they arise; our chief aim being to lesson the irritable diathesis, and to strengthen the frame, without stimulating or increasing the force of the circulation.

The most eligible means of subduing the irritability of the system, are afforded by the medicinal acids, which, as I have before said, act not only as sedatives and tonics, but they also abate the febrile heat, diminish restlessness, and frequently succeed in checking the perspirations. The light bitter infusions are proper vehicles for their exhibition, and when the acetic acid or lemon-juice is employed, a wine-glassful of the infusion of cascarilla, quassia, or columbo, may be agreeably acidulated and taken several times a day. Whenever diarrhœa is present, acids of all kinds must be immediately discontinued.

It is seldom that bark can be administered without a risk of inducing an increase of fever, as well as annoyance to the stomach. The Angustura bark generally agrees better than the Cinchona; to the former myrrh and iron may, in some cases, be added with advantage, particularly as they are united in the *mistura ferri composita*, or "Griffith's Mixture." Quinine in small doses, as in the formula, page 58, No. 34, may be adventured with caution.

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When necessary, the bowels must be acted upon by gentle laxatives, as the neutral salts, the confection of senna, or other mild aperients. A relaxed state of the bowels—in fact, an exhausting diarrhœa—frequently supervenes in the latter stages of consumption, and frustrates all our attempts to strengthen the patient; when excessive, it must be quickly controlled by medicines, and the decoction of logwood, or chalk mixture, combined with some light aromatic, or catechu, are well adapted for the purpose.

In many instances, there is a constant sickness: I attended a lady some years since, who, for several months, rejected every particle of solid food as soon as swallowed; the stomach being so irritable, that it was only by the daily use of prussic acid that fluid nourishment could be retained. Lime water, taken with an equal quantity of milk, will frequently allay the nausea; soda water, or Seltzer water, may be ordered with the same intent.

During the hot stage of hectic, the patient will derive great relief from sponging the hands and feet with tepid or cold vinegar and water, and afterwards carefully drying away the moisture. The cold stage may be mitigated in severity by keeping the patient in bed, warmly covered, until the time of the anticipated attack has passed.

The copious night-sweats constitute one of the chief sources of discomfort, and all remedial means are frequently powerless in restraining them; the acids only are to be relied on, and of these we are constantly deprived by the occurrence of diarrhœa. Great benefit will be derived from sponging the chest and shoulders with tepid vinegar and water before retiring to rest; and I consider it indispensable that the night clothing should be of calico. Immediately on awakening in the morning the night-dress should be changed, and the body carefully rubbed with a soft, warm towel.

The diet should be light, yet nutritive, taken in moderate quantities, and at long intervals, as some increase of the fever is always produced by the process of digestion. When the appetite for animal food continues, which is not often the case, it should be indulged in with the greatest moderation, and only such meats allowed as by past experience are known to agree with the stomach. Mutton, game, or chickens, cooked in the most simple manner, may be eaten in small quantities once a day. Light puddings, prepared of rice, tapioca, white bread, or arrow-root, with a plentiful supply of milk or whey, are, in a majority of cases, the only suitable diet. Fish, salted meats, cooked vegetables, pastry, and condiments are decidedly hurtful; lettuce is an excellent sedative, and conjoined, as it generally is, with vinegar, is a grateful and proper esculent. Wine can seldom be permitted; if, however, no great increase of pulse is induced by a small quantity of sherry, plentifully diluted with water, and the patient feels revived by its use, it cannot be objectionable. The same may be said of malt liquor, premising that it be mild ale, well "hopped," as it is in the India pale ale. All beverages should be taken cool, or cold.

Whenever the strength of the patient and the state of the weather will permit, gentle exercise should be taken daily in the open air; when unable to walk, he should be driven a short distance in an open carriage, or in a garden chair; in the absence of these luxuries, he may sit for a short time in a garden, or other dry, healthy place, where he can inhale a pure, mild atmosphere.

Our next number will contain the most important paper in this Series—namely, The Prevention of Consumption.

USEFULNESS.

Lose no opportunity of doing good; for it is not sufficient to possess many excellent qualities, except they be made manifest for the good example and edification of others.

A RECENT CASE OF CHOLERA SUCCESSFULLY TREATED BY FREQUENT DOSES OF CALOMEL, EFFERVESCENT DRAUGHTS, AND BRANDY.

By R. Budd Painter, Esq., M.R.C.S.

W. P——, a policeman, aged thirty-two, went on duty, quite well, on the evening of the 8th inst. At four o'clock the next morning he was suddenly seized with a "pinching pain in his inside," followed quickly by two motions, looking very much like beer. He felt excessively ill, and being very soon relieved from duty, went home, when he had a most copious watery motion. I was not called upon to visit him until one P.M. on the 9th, when he presented the usual signs of collapse, which was evidently proceeding to that of the profoundest kind. He was lying across the bed, with his head hanging over its edge; frequently streams of colourless fluid gushing from the mouth and the rectum, without the least effort; the pulse scarcely perceptible; the hands shrivelled; the tongue, nose, cheeks, and extremities cold; the voice nearly gone; and cramps in the legs and belly very bad.

I immediately ordered the legs to be encased in mustard poultices, and a large one also to be placed on the abdomen; two grains of calomel to be given every five minutes; an effervescing saline draught, with a good large table-spoonful of brandy, every quarter of an hour; and an *ounce* of cold water frequently.—Half-past two P.M.: The patient is much improved; sickness and purging not near so frequent; cramps much better; pulse more perceptible; breath, &c. not so cold. To continue the calomel every ten minutes, and an effervescing draught and brandy each quarter of an hour, and to have an ounce of water very often.—Half-past three: On entering the room, I was pleased to see the countenance much more natural; a nice state of reaction coming on; cramps better; no dejection since my last visit, and retching only twice. To have beef-tea to drink, instead of water; to continue the calomel every half-hour, and the effervescing draught and brandy every half-hour also.—Five o'clock: Better in all respects; there is no sickness or purging; some slight redness and swelling of gums to be observed. To take the powders every three hours, and the draught every hour or so, with two tea-spoonfuls of brandy only.—Eight o'clock: Is quite comfortable; has had one slight, colourless, watery dejection, but no sickness or retching; the lips, tongue, and other parts have regained their natural warmth; the voice and pulse are much stronger; the eyes brighter; the gums evidently affected, but the face is slightly flushed, the superficial veins of the head prominent, and there is a little head-ache. The brandy to be left off; the powders to be continued every four hours, as also the effervescing draughts; the head to be kept moderately raised on the pillow, and to be frequently bathed with cold water.—Eleven o'clock: Going on admirably. To continue the same remedies.

August 10th.—Half-past eight A.M.: Has passed a tranquil night, and had two small bilious motions, but no sickness; pulse 90, intermitting every few beats; no head-ache or heat of the skin; voice strong, and has passed two ounces and a half of urine this morning; the system is affected by the mercury, but not too much so. Omit the calomel; go on with effervescing draughts; and take beef-tea and arrow-root.—Seven P.M.: Doing well in every respect; has had another small bilious motion, and passed half a pint of urine.

11th.—Is cheerful and comfortable; has had no dejection; is excessively weak, but pulse (76) does not intermit to-day; relishes the beef-tea, &c. To have six drachms of castor oil.

12th.—Had two bilious evacuations after the castor oil. Convalescent.

To those who have not tried the above mode of treatment, I can confidently recommend it, not only because it was evidently

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beneficial in this case, but for the reason, that during the epidemic of last autumn, I found, after trying many plans, that this was the most successful; and my field of observation was by no means small, as medical officer to the parish of St. Margaret, Westminster. The chief caution in treatment of the above kind is to watch the effects very carefully, and leave off the calomel and brandy *gradually*, as the favourable symptoms arise. I should observe, that in the above case there was no circumstance that could suggest a thought concerning contagion or infection.

FAT.

The loss and gain of fat are not without an important influence on the human economy. A certain power of resistance to external physical influences seems to depend very much on the maintenance of a proper proportion of this substance in the body. Prize-fighters have long since found that to make it safe for them to undergo the severe treatment which the exercise of their calling entails, they must be at least up to a particular weight. This weight varies, of course, according to their stature, but varies also according to the individual's constitution. One pugilist will describe himself as belonging to the heavy, another to the light weights, not using the expression to denote his actual gravity, but to indicate what proportion to his height it ought to bear—that is, whether he ought to be light or heavy for a man of his inches, to enable him to enter into a fight without peril. The number of pounds being ascertained, if he has trained himself too much, he will feed himself up to the mark; for he knows by experience, that though fat will somewhat impede the activity of his muscles, yet, without it, the blows he receives would be followed by more severe consequences. Now it is clear that the augmentation of weight thus experienced is not muscle, for the previous training has brought that tissue to its fullest development; and it is too permanent to be water, so that it is fat which gives the power of resistance.

The amount of fat required for the full and perfect resistance of the body is different in different individuals, and will also vary according to their mode of life. Thus a man of letters will require less than a soldier, a soldier less than a prize-fighter. It is impossible, therefore, to fix any absolute standard of weight, and it is incorrect to look upon the average weight of healthy individuals, in proportion to their height, as necessarily the proper one for every person. Still there are certain limits on each side of the average, the transgression of which shows a predisposition to disease, or even itself constitutes an infirmity. If a patient is below the boundaries of healthy thinness, there is a strong presumption in favour of some cause existing which may account for his emaciation, and will tend to shorten life; and if that cause exists, he is, from the deficiency of fat, less able to resist its influence. If he is above the standard of healthy corpulence, the natural defence becomes a burthen; he loses the power of resistance which was derived from the natural proportion being kept between the various tissues; the balance, in fact, of the system is destroyed. Can we wonder at this, when we reflect on the vast aggregate amount of capillary vessels distributed through the fatty tissue, and think that these are doubled or trebled in quantity in obesity? Can we be surprised that the individual becomes thus more liable to such diseases as arise from this defective balance; that he is prone to heart-disease, to apoplexy, and congestions?

GUTTA PERCHA SOLES

The commissioners of the Greenwich Hospital Schools authorised, at the beginning of the year, a trial of the gutta percha soles by the 800 boys under their charge, and after a severe test of six months, the superintendent, Lieut. Rouse, now reports that they are decidedly more durable and economical than leather, and, from their peculiar power of repelling wet, promote the health of the wearers.

QUACKERY & SUPERSTITION.

That Hydropathy, Homœopathy, and Mesmerism, those offsprings of deceit and humbug, should have found, not only believers, but enthusiastic supporters in the nineteenth century, will ever be a cause of wonder and regret to the sensible and unbiased portion of the community. The blind and arrogant vanity of the fosterers of these systems, where madness is balanced by dishonesty, is the mainspring of the zeal they display with so much pride; and though the fallacies which they profess were clearly proved to them to be untenable, and fraught with incalculable mischief, pride, vigorously backed by ignorance, would still hold out, and fasten upon the wild notions which were imbibed by the love of singularity.

That the mischief resulting from the lies and deceptions of mesmerism is frightful, has been proved repeatedly; we were therefore not surprised at the vile accusations made the other day in Paris by a mesmeric imposter. The wretched creature, who, with so many other rogues, daily panders in mesmeric sleep to the stupid love of the wonderful in the Parisian gulls, destroyed, by his calumnious insinuations, the peace of two families, in the most wicked and heartless manner, and so high did the indignation run, that even the authorities, so watchful of political delinquents, and so supine towards the herds of ignorant pretenders who daily figure in public advertisements, instituted inquiries regarding this disgusting transaction. The whole business will be brought before a court of justice, and though we have but very little faith in the support of government in such matters, we trust that the guilty parties will meet their full deserts.

The circumstances are briefly as follow:—It would appear that a young merchant, in good circumstances, lately married a young lady. Their union was at first attended with unclouded happiness; but as the husband was obliged to make frequent journeys, his young wife was beset with all the pangs of jealousy. Being, as it appears, a weak-minded woman, she went to one of those mesmeric rogues who live sumptuously upon public credulity, and the wretch of course told her that her fears were well founded, and that her husband was faithless. The latter was severely taxed by his wife for his supposed irregularities, and she confessed to him whence she had received her information. He insisted upon going with her to the slandering accuser, and when they presented themselves before the *sleeper*, who guessed the intentions of the indignant husband, he requested that the latter might retire, and being left with the foolish wife, told her, with the utmost effrontery, that her husband was intimate with a lady, whose direction he gave her with great accuracy.

No sooner had the wife rejoined her husband than she upbraided him with his conduct; but he, conscious of his innocence, forthwith proceeded with her to the address of his supposed paramour. They were introduced to a lady, who politely asked the object of their visit, and he frankly asked her, before his wife, whether there was any foundation for the accusations brought against him. The lady gave a shriek, and ran away; her mother hastened into the room, and after some explanation, it turned out that this was the second visit of the kind which she and her daughter (of a well-known and respectable family) had received through the vile machinations of the mesmeric imposter. From inquiries which were instituted, a whole string of enormities of various descriptions was brought against the "clairvoyant," and he is now in the hands of justice. The amount of gullibility of the public is enormous. The miserable appetite for the strange and miraculous is not to be suddenly subdued by any means at present within our reach.

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"A NEST OF CORNS."

[The following letter has been addressed to a contemporary.]

Sir,—The following most extraordinary case, though savouring strongly of the fabulous, may be implicitly relied on as a tit-bit of real life, and is so very delicious, that I think you will consider its publication cannot be too extensive.

"A lady having a corn—a tiny corn, on the tiniest toe of the whitest foot—went with a friend, a few days ago, to a corn-cutter of the name of ————, and submitted to the operation for its removal. After this gentleman had partly raised this bit of thickened cuticle, he observed, "Perhaps you do not know my charge?" The lady did not, and he said, "It is two guineas a *corn*, and here is a *nest*." Now, rich in the world's as in nature's gifts, and liberal withal, although the lady had thought his charge was a guinea, she made no demur to the claim; and as for the "nest," she considered its existence rather apocryphal; so the operation proceeded. Beyond the abstraction of what the lady thought was the corn, the operator kept apparently pulling out a great many, of about a quarter of an inch long, and as thick as common thread, but she felt no pain whatever from their removal. When the operation was over, he repeated, "This is a nest of corns, a *callosity*, and I have removed twenty-seven, at two guineas a corn." The lady was astounded, as well she might be, at being given to understand she had "Fifty-four guineas" to pay for this bit of "callosity," of about the diameter of a split pea, and assured him she had not so much money about her; but this was of no consequence, as she could leave an "order," and he considerately showed her from a drawer a memorandum for a large amount, as the sort of thing he needed. She would not do this, but gave him what money she had, which was ten pounds, and hurried home. Her husband, who is a military man of very considerable rank, upon being informed of the transaction, immediately went to an able solicitor, and made known to him all the circumstances. On the following day the solicitor called upon the chiropedist, and gave him to understand, that not only would the forty-four guineas not be forthcoming—although the lady in her confusion might have promised that sum,—but if the ten pounds, *minus* two guineas, were not returned, legal proceedings would be immediately taken against him. The chiropedist objected to such refunding, and proposed to retain the ten pounds and cry quit; but, no! the solicitor had other directions, so the matter must stand over (this being Saturday) until the Monday. On the Monday this bold operator terminated the affair by writing an abusive letter to the lady herself, and returned her the ten pounds.

Here ends this extraordinary transaction—this great corn question—and excepting when the vindictive Shylock preferred "his pound of flesh" to thrice three thousand ducats, or when the gentle and loving Juliet, anxious to make the most of her dear Romeo, prescribed that they should "take him and cut him up in little stars," there never was, in my remembrance, such value put upon human material as fifty-four guineas for one poor scruple of "callosity."

In conclusion, I must assert that I know nothing of the corn-cutter, except from his numerous advertisements, and have no motive whatever in sending you this plain unvarnished tale for your journal, except the feeling that it ought to be made public; and did I not know the lady very well to whom the above has happened,—and in addition to her own undoubted veracity is the testimony of her friend who was present, and who took a deep interest in all that passed,—I should not dare to risk its publication.—I am, sir, your obedient servant,

Richard Parry, M.D.

PHARMACOLOGY.

No. XXIII.

Vegetable Tonics.—(*continued from page 62.*)

The following are the Pharmaceutical preparations of bark:—

Decoctum Cinchonæ.—Decoction of Bark,—is made by boiling ten drachms of bruised bark, in a pint of water, for ten minutes, and straining whilst hot. This is a good preparation when powdered bark does not sit easy on the stomach, and when large doses are necessary, or ingredients of a nature which cannot be combined with the powder are required to be given with the bark. Dose—from one ounce to four ounces, three or four times a day.

Infusum Cinchonæ.—Infusion of Bark,—is made by macerating one ounce of bruised bark in a pint of boiling water for six hours, and straining. It is useful in dyspepsia, and during convalescence from fevers. The dose is from one ounce to two ounces, united with some aromatic tincture, or a mineral acid, taken three or four times a day.

Extractum Cinchona Lancifoliæ,—and *Cordifoliæ,*—Extract of Pale Cinchona Bark, and of Yellow Bark,—is made by evaporating the decoction. Its use is the same as the bark in substance; in ague it is a good remedy. The dose is from five grains to half a drachm.

Tinctura Cinchonæ,—Tincture of Bark,—is made by macerating eight ounces of bruised heart-leaved cinchona, in two pints of proof spirit for fourteen days. It is seldom depended on alone, but is frequently added to the decoction, or infusion; the dose is from one drachm to three drachms.

Tinctura Cinchonæ Composita.—Compound Tincture of Cinchonæ,—is thus made—Take four ounces of bruised lance-leaved bark; three ounces of orange-peel; bruised serpentary, six drachms; saffron, two drachms; powdered cochineal, a drachm; proof spirit, two pints; macerate for fourteen days, and strain. Its operation is the same as the former, but it is rendered more grateful by the admixture of the bitters and aromatics, and is therefore more frequently used in dyspepsia, and as an adjunct to the disulphate of quina in agues.—Dose from one drachm to three drachms.

Quinæ Disulphas,—Quinæ Sulphas,—Disulphate of Quina,—Sulphate of Quinine. This powerful, elegant, and safe tonic is a prominent example of the advantages which medicine has derived from chemistry. It possesses all the virtues of the cinchona, unmixed with inert or superfluous substances, such as woody fibre or resin. Its appearance is unique, in crystals of a pearly lustre, acicular, and intensely bitter taste. Its operation is tonic and antiperiodic; hence its great value in ague, and many nervous maladies that return at definite and regular periods. The dose is from one grain to ten, in any bitter infusion or slightly acidulated (with sulphuric acid) fluid.

Cascarilla,—Cascarillæ Cortex,—Cascarilla Bark; the produce of the *croton cascarilla*, or wild rosemary bush of Jamaica and the Bahamas. Its odour is slightly aromatic, taste bitterish and aromatic; when burning, and the flame extinguished, the smoke has the odour of musk; it consequently forms a chief ingredient in incense and pastiles and other fragrant compounds. Its active parts are an essential oil and a bitter extractive matter. It is used as an adjunct to bark and quinine in ague, in obstinate diarrhœa, and after dysentery; also in dyspepsia and flatulent cholic. The dose of the powder, which, by the way, is seldom prescribed, is from ten grains to a drachm.

Infusum Cascarillæ,—Infusion of Cascarilla,—is made by macerating one ounce and a half of bruised cascarilla bark in a pint of boiling water for two hours, and then straining. It is an excellent tonic and stomachic. Dose, for adults, a wine-glassful twice or three times a day.

Tinctura Cascarillæ,—Tincture of cascarilla,—is an agreeable addition to tonic draughts or mixtures. Dose a drachm to two drachms.

Gentiana,—Gentian.—*Gentianæ Luteæ Radix,*—Gentian Root.—The root of the Gentiana lutea, so called from Gentius, king of Illyria, its discoverer. It is a native of the mountains of Europe, and forms a principal ingredient in the "dram" called "Bitters." It has little smell, but is extremely bitter; externally it is of a brownish yellow, and is much wrinkled; it is tonic and antiseptic, and in large doses acts as an aperient.

Infusum Gentianæ Compositum,—Compound Infusion of Gentian,—is made by infusing two drachms of gentian root, the same quantity of dried orange-peel, and four drachms of fresh lemon-peel, in a pint of boiling water. It is an agreeable tonic and stomachic—useful in indigestion, united with chalybeates, or with alkalies; in diarrhœa and gout, combined with absorbents and aromatic tinctures; and in dropsy, with squill and neutral salts. The dose is about a wine-glassful three times a day.

Tinctura Gentianæ Composita,—Compound Tincture of Gentian,—is an elegant addition to stomachic infusions. Dose, one to two drachms.

Extractum Gentianæ,—The Extract of Gentian,—is used as a medicine for giving metallic oxides in the form of pills—in large doses it is aperient—the medium dose is about ten grains.

(*To be continued.*)

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HINTS FOR HEALTH.

ATTENTION TO THE SICK.

The sick are commonly acutely sensitive to noises which are so slight as to be disregarded by the healthy, and they often suffer very much, and their illness is increased, by such noises. Loud talking, knocking the poker and tongs about, coal or cinders falling, the rustling of the nurse's dress, or of the bed-clothes, injure the sick. Much talking, and sometimes a very little talking, is too much—injures the sick because it wearies them. Whispering often alarms them, and should be avoided. The nurse's step should be noiseless, her hand gentle, her voice soft, and her eye watchful, when tending the sick; and her labour should be of love, and such are women!—our first and last friends! In infancy they nourish us; in sickness, and on the bed of death, their tender caresses console us.

WARMTH.

It is necessary for health that the body be protected from extreme cold. Warmth is produced in the body in the same manner as it is in burning fuel; a part of the air called oxygen combines with a part of the burning fuel, and heat is the result; and the same action takes place continually in living animals, the oxygen of the air entering the body by breathing, combines with a part of the body called carbon, and heat is the result. If the heat of the body be carried away by the cold air faster than it can be produced in the body, death results. To prevent this effect of cold air, animals are clothed in warm coverings of wool, hair, or feathers, by their Maker; and we perceive in the horse and other animals, that the covering is thicker and warmer in winter than it is in summer. But man is gifted with the power of providing against extreme cold by his own reason; and this he effects by the warmth of burning fuel, and by clothing.

BROILING.

Broiling consists in exposing the material to the near application of a naked fire, by which means its outer surface immediately hardens before the heat has penetrated the whole. This prevents any excess of exhalation, and the meat, when done, is rendered sufficiently tender. It is peculiarly suited for rump-steaks, mutton-chops, and cutlets, which are, comparatively speaking, eaten in a juicy, and almost a raw state, and are easily digested, and contain a large amount of nutriment.

"GIVING WAY" TO GRIEF—CRYING.

There is sometimes a luxury, and very often a becoming propriety, in grief, and the gentler sex, especially, think themselves justified in seeking the relief of tears, which often means a passive yielding to emotion which never yet did any body good. The faculty of crying can be cultivated to great perfection, and is most pernicious and enfeebling to mind and body. Whether it arise from sympathy, or from solid personal calamities, sorrow should and can be moderated. But the chronic excess which is most enervating is, perhaps, chiefly occasioned by brooding and self-pity. Nothing is further from our intention than to speak unfeelingly of the numerous class whose lives are passed with very scanty measure of the outward material of happiness, and who, if they possess it at all, must get it from within themselves. But the effects are the same, however excusable the habit of "giving-way" may appear to be.

ADVERTISEMENTS.

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Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1 lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by NEVILL and Co., 16A, Chichester Place, Gray's Inn Road, London; sold at 78, Gracechurch Street.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 25, Harmer Street, Gravesend, every Friday.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE PEOPLE'S MEDICAL JOURNAL, although bearing date Saturday, is published in London on the preceding Tuesday, and may be had in all the large towns in the provinces on Thursday; consequently, letters arriving in LLOYD SQUARE after 10 o'clock on Monday morning, cannot be noticed in the current number. This to many correspondents.

DR. YEOMAN announces that, after Sept. 1, he will discontinue his attendance at 78 Gracechurch Street. His many engagements, correspondence, and time devoted to his Journal, compel him to come to this determination.

THE DISEASES OF ERROR will be published, uniform with INDIGESTION, October 1. The preface will run thus: "It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of Jew 'consulting surgeons,' and other atrocious impostors, who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

VERMES.—We are quite satisfied with the effects of turpentine, castor oil, and proper diet, in the treatment of tape worm. We have had several remarkably satisfactory cases within the last two or three months, which have yielded to this treatment. We therefore do not so much regret the high price of kousso. See articles on intestinal worms, in Nos. 13, 14, 15, 16, and 27.

MARY FARMER.—Take ten grains of alum, and five grains of powdered kino, three times a day. Let the diet be dry and nutritious; all fluids should be drank cool.

INQUIRER (Wells).—See the Editor's small work on INDIGESTION, page 15, a few lines from the bottom.

J. O. B. (Vauxhall Road).—Your account would indicate "Ringworm." If the falling off of the hair becomes general and the "bald spot" is not ringworm, follow the advice tendered to J. S. (Fakenham) in No. 33.

LEVENSHULME MECHANICS' INSTITUTION.—We have received a polite note from the secretary to this institution, for which we thank him. Nevertheless the former letter came to us unpaid.

C. W. (Lambeth).—If your symptoms and general condition correspond with that described, and for which the prescription is prescribed—take it. It would be more satisfactory to be examined by aid of the stethoscope.

A. B. (Lambeth).—We decline advising in your case without examining you.

WILLIAM ANDREWS (Wells).—The symptoms denote much mischief. As a palliative, take the mixture ordered in the third prescription, page 27, vol. i. (No. 4 of the Journal.) You had better communicate privately.

GRATITUDE (Newcastle).—Anoint the parts night and morning with Ung. Hyd. Fort., or dust well with Hydr. Chlorid.

T. PRICE (Merthyr).—The apparatus may be purchased at Knight's in Foster Lane, Cheapside.

F. J. T. (Liverpool).—The pimples are an effect of other mischief. You may find some benefit from gentle friction. Purge the bowels moderately by some warm aperient, as, equal parts of the compound rhubarb pill and the aloetic pill, and take ten drops of liquor potassæ twice a day in water.

THE CHOLERA.—We are not, and never will be, *alarmists*. We, therefore, do not intend to follow in the wake of the *Times*, that day by day is screaming "the disease is hanging about." If our readers will refer to our article on the PREVENTION OF CHOLERA, published in No. 31, they will learn all we can tell them on this fearful topic, and we may perhaps be allowed to add, all that it is necessary they should know.

TO THE TRADE IN THE PROVINCES.—If country news agents will do us the favour to send the address of their London agent, we will take care that they are regularly supplied with "bills of contents," "reviews," &c.

INDECENT PUBLICATIONS.—We are delighted to find that there is a great probability that the sale of publications of an immoral character is in a fair way of being arrested. Two—what shall we call them? we can't call them men—two panders were on Friday last summoned before the Bow-street magistrate for exposing and selling a bestial periodical:—the one was held to bail in £80, the other was sentenced to be imprisoned in the House of Correction for three months.

ANN (Leamington).—Do not drink so much tea; for its injurious effects, see Vol. 1., page 183. (No. 23.) Cocoa, when unadulterated and properly prepared, is a most admirable beverage for breakfast.

D. R.—Mr. Smith, 1, High Holborn, is the most scientific truss maker in London; of course, we speak according to our own knowledge.

R. MERRY (Torbay).—So long as the urine retains the strong ammoniacal odour, take the following:—Dilute nitric acid, one drachm; syrup of lemons, two drachms; water, four ounces. Mix. Dose, a table-spoonful in a wine-glassful of water twice or three times a day.

CHARLES CRAMER (Westbourne Grove.)—Your case, as described in your letter, is one that deserves and should obtain every sympathy. There would be but little difficulty in getting into the hospital; if you will call in Lloyd Square, we will give you a letter of recommendation. If you are unable to call, we will visit you. Any assistance you think we can render shall be done cheerfully, and, need we add, gratuitously.

GEORGE W. (Strand).—We can only repeat our former answer: we consider it perfectly "explicit."

A MARTYR.—We beg to recommend Mr. Smartt as the dentist who will best supply the deficiency. We are not surprised at the history of your adventure with the "small bill" dentist. We have heard such fearful tales about a certain Jew dentist, that our surprise is great that some husband or brother of the insulted party has not before this horse-whipped the rascal. We have frequently followed the fat creature in the street, and his conduct to respectable ladies was always most imprudent and blackguard-like.

AURIST QUACKS.—We beg to caution our readers against a set of imposters, male and female, who profess to cure deafness. A "lady aurist" recently obtained no less a sum than thirty pounds from a silly gentleman who was beguiled by her promise to restore his hearing. He lost his money, and retained his deafness.

COUGHS AND COLDS.—Papers on the treatment and management of these universal plagues were published in the first eleven numbers of our Journal.

UN HOMME JEUNE ET TRISTE.—First—you may, by proper management, as far as your health is concerned, become *un homme jeune et heureux*. Second—Varicocele is a dangerous disease; if neglected it may permanently injure, if not destroy, the organ with which it is intimately connected.

JAMES P. (Coventry.)—If the vomiting be very urgent, apply a mustard poultice to the pit of the stomach; and, take one drop,—mind! one drop, only—of creosote, in an ounce of camphor mixture.

A WEAVER (Paisley.)—There are no such names in the Medical Directory. The only safe treatment of rupture is by wearing a proper and well-adjusted truss.

F. P. (Birmingham.)—See answer to GRATITUDE in this Number. Do get rid of the disgusting annoyance, they are most prolific; there may be two or three generations of the parasites in twenty-four hours. Cleanliness, cleanliness, cleanliness, and better society, F. P.

JOHN RIDEOUT (Bow.)—If you describe the character of the expectoration correctly, it is only mucus. The pain and the perspirations are unfavourable symptoms. You had better submit to an examination by the stethoscope. We will receive you on a Sunday morning before one o'clock.

A REPORTER (Dublin.)—Syringe the ear with tepid water; afterwards apply, by means of a camel's hair pencil, two or three drops of glycerine; then plug the ear with cotton-wool. Avoid sitting in draughts, and keep the head warm.

R. L. A. (Southampton.)—We have frequently found the most troublesome and long-continued heartburn yield to a wine-glassful of lime water, taken twice a day. Try it—'tis simple, 'tis safe.

NANCY BELL (Whitby.)—A letter for you is left at the post office in your town. We did not know your address. Thanks, many thanks, for the information, which is valuable.

A CANTAB.—You do not attribute the discharge to the right cause, or you have been advised to employ very improper means to remove it. We must see you, or you must be more candid in your detail.

FRANCIS (Piccadilly).—Your case is one that depends more on your own management and "moral medicine," than upon pills, mixtures, potions, lotions, powders, and draughts. You would prove a willing and eager victim to some quack Jew scoundrel. Continue as you are, rather than apply to a "consulting surgeon." If you wish for our advice, you must obtain it personally, or by letter.

ANTHONY LUMPKIN.—You are right. Oliver Goldsmith was a physician.

JAMES REID (Kingsdown).—Pump water is the best, as it certainly is the safest remedy. Try a collyrium thus composed—Sulphate of zinc, four grains; rose water, three ounces. Mix. To be used often by means of an "eye-bath," which may be purchased at any chemist's for 9d. Second:—Elder-flower ointment is the mildest, the most soothing, and the best "ointment," to apply to a "simple inflamed" surface.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

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EDITED BY THOMAS HARRISON YEOMAN, M.D.

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CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. X.

THE PREVENTION OF CONSUMPTION.

(Continued from page 68.)

In considering this all-important subject, I shall commence at the origin of the evil, and this, in an immense majority of cases, is *hereditary transmission.*

It would be foreign to these papers to discuss the hitherto inexplicable power which man possesses, of transmitting peculiarity of talent, of form, of defect, in a long line of hereditary descent; we must be contented with the *fact* that he has that power—that wit, beauty, and genius—dulness, madness, and deformity, are thus propagated to a future lineage; and that a host of fearful diseases—as gout, consumption, scrofula, and leprosy, originating, perhaps, in the first sufferer accidentally—are propagated so deeply and so extensively, that it is difficult to meet with a family whose blood is totally free from all hereditary taint. Burton—the quaint, the sententious, but truthful Burton—says, "Such as the temperature of the father is, such is the son's; and what disease the father had when he begot him, his son will have after him; and is as well the inheritor of his infirmities as of his lands."

The health of the parents influences the health of the child. What are the conditions of the health that induce a liability to consumption in the offspring? Sir James Clark says, "The belief that scrofulous parents *only* have consumptive children is an error that cannot be too soon corrected. A deranged state of the health in the parent, from many different causes, may render the offspring pre-disposed to tuberculous consumption." Every member of the profession, by observing what is daily passing before him, can obtain abundant evidence of the truth of this statement; he will find that when the parents are unhealthy, the children are so likewise, and the latter often show evident signs of the tuberculous constitution when the former have no symptoms of it. The children of parents who have suffered long from dyspeptic complaints—gout, syphilis, imprudent courses of mercury, cutaneous affections, or any malady which has debilitated the system—are very frequently the subjects of tuberculous disease, or of such derangements as dispose to the tuberculous constitution.

The importance, therefore, of considering the health of the parent as the most effectual means of checking the extension of consumption, must be admitted; and I fear we must be content with the admission. Is a thought ever bestowed on this subject in matrimonial alliances? The liability to disease, hereditary or acquired, is overlooked, or never cared for, in opposition to personal attraction, mental acquirements, three per cents., and influential connexions.

A contemporary writer has well observed—"It may be justly said, that under no circumstances should legislative enactments interfere with domestic affections and the bonds of society; but as there is no rule devoid of exceptions, so when *insanity* is hereditary in a family, the welfare of society demands that its members should be debarred from matrimonial alliances." I do not ask whether *consumption* may be substituted for *insanity* in the above sentence; but I state my opinion, that when *both* the man and the woman are tainted with a tuberculous constitution, marriage, under such circumstances, should be forbidden by prudence, if not by civil rule.

When a disposition to consumption exists in a family, "there can be no question," says Mason Good, "that inter-marriages among the collateral branches tend more than anything else to fix, and multiply, and aggravate it; there is reason to believe that unions between total strangers, and perhaps inhabitants of different countries, form the surest antidote. For, admitting that such strangers to each other may be tainted on either side with some morbid predisposition, peculiar to their respective lineages, each must lose something of its influence by the mixture with a new soil; and we are not without analogies to render it probable that, in their mutual encounter, the one may even destroy the other by a specific power. And hence, nothing can be wiser, on physical as well as moral grounds, than the restraints which divine and human laws have concurred in laying on marriages between relations."

Mr. Mayo, in his "Outlines of Physiology," advances the opinion that the physical and moral constitution of the infant has a greater resemblance to that of the father than that of the mother. If this be correct, the health of the infant would be dependent in a greater degree upon the health of the father than the mother. The doctrine, however, in relation to form, complexion, and moral character, has so many exceptions, that its correctness seems doubtful. Be this as it may, the young mother should know that the health of her infant depends on her own, and that, from the commencement of pregnancy, she must consider herself responsible, to a great degree, for the health of her offspring; whatever interferes with the regular action of her several functions, especially digestion and its product nutrition, interferes with the growth, the development, and the constitution of the child yet unborn, and irregularity or carelessness at this period may entail upon her infant the most dire afflictions.

We will now consider the prevention of consumption in infancy and childhood, and the means by which we may improve the constitution, so as to overcome the hereditary predisposition. Our helpmates, whilst the infant is "mewling and puking in the

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nurse's arms," are proper diet, pure air, and religious cleanliness. If the child derive its consumptive constitution from both parents, or from the mother only, the latter must be deprived of her sweetest privilege—that of suckling her own child; if, on the other hand, the predisposition be acquired from the father, and the mother's health be unexceptionable, this restraint need not be imposed. Food of "Nature's cooking, a mother's milk," is the natural sustenance of infancy. When a stranger's breast has to afford this, the greatest care is demanded in the selection of the "wet nurse:" she must be healthy herself, and of healthy parentage; in age she should not exceed thirty; her child should not be not more than six or eight weeks old, and her temper should be good and placid, as the secretion of milk is naturally affected by irritability and passion.

It is a common error with healthy mothers to suckle their children for twelve, eighteen, or twenty months, to the risk of their own health and the injury of the child. Soon after the appearance of the teeth, the stomach of the infant is capable of digesting artificial food, and the milk of the mother is, after the eighth or ninth month, deteriorated in quality and unsufficiently nutritive: the child should then be weaned.

In consequence of ill-health, disease, or death of the mother, it may become compulsory to rear the children "by hand"—that is, entirely on prepared food; and certainly this mode, hazardous as it is, is preferable to nursing with the milk of a parent affected with consumption. An artificial milk, which approaches in quality that of the mother, may be made with two-third's of cow's milk, and one-third of water, to which a little sugar is to be added; this forms a good substitute, and should be made fresh as often as the child requires it. The French prefer diluting cow's milk with an equal quantity of fresh whey. Biscuit, powdered and boiled with milk, water, and sugar, is also well suited to the delicate stomachs of infants. Arrow-root, of all vegetables, is the least disposed to fermentation, and forms an excellent food, either with milk, or with water and sugar. It is very common in this country for people to give their children the worst food possible—namely, flour boiled in milk, which, when taken into the stomach, ferments, and fills the intestinal canal with wind and acidity. Not any animal food should ever be given to an infant under nine months old.

Happily the day has gone by when the new-born babe was swathed and rolled in flannels and bandages until deprived of all power of motion; yet, at the present time, dear old grandmmamas and pertinacious Sarah Gamps adhere too closely to the unhealthly custom of *their* childhood, and "long cloths," rollers, and night-caps, still improperly maintain their place in the nursery. It is a sadly mistaken notion to suppose that we can give strength to a delicate and puny infant by keeping it constantly in an artificial state; an infant confined in a heated chamber, lumbered with a superabundance of clothing, must of necessity become so tender and susceptible as to take cold upon any and every alteration of temperature to which it may be exposed.

In the early infancy of children, we must endeavour to adapt the feelings and constitution of the child to the climate and circumstances by which it is surrounded, rather than accommodate and regulate the atmosphere and dress to the supposed limited endurance of the child; our aim being to give to the infant an innate and native power of resistance; to render it a hardy perennial, not a tender hot-house annual. The clothing should be sufficient to preserve the body at a proper warmth, but not abundant or heavy; calico is the only fabric to be worn next the skin, and this should be changed every night and morning; and at the same periods the child should be washed or plunged in cold water, and a genial reaction induced by gentle rubbing with towels. The importance of pure air cannot be too highly estimated, and when the infant can breathe that of the country, it possesses the best antidote to tuberculous disease.

Were I to detail all the painful and trying struggles to which infancy is liable, as teething, convulsions, the eruptive fevers, &c., I should travel far from our present subject; I may, however, remark that, as in the robust child these affections jeopardise the safety and future health, so in the delicate or strumous child, they are doubly hazardous, and demand constant and sedulous attention.

In boyhood, the diet should be nourishing and generous without being stimulating; animal food shquld be given in larger quantities than to those in perfect health; vegetables should be allowed sparingly, and a moderate quantity of good beer taken daily. Exercise in the open air must be obtained whenever the atmosphere is dry and warm, and if it can be accomplished, a residence during the summer and autumn near the sea-shore is desirable. Exercise at this age is a natural want, essential to train the muscles to their requisite offices, and to insure to the frame its full development and just proportions. So strong, indeed, is this tendency to motion, that few punishments are more grievous to childhood than such as impose restraint upon it.

There is great mismanagement in those female boarding schools where out-of-door games are prohibited, and the unfortunate inmates are restricted to a stately walk in the garden, or a still more stately walk along the foot-paths, in pairs, in stiff and monotonous formality, resembling, as Dr. Beddoes justly remarks, a funeral procession, and wanting nothing to funereal solemnity but the feathers and the hearse. The consequence is, that the muscles of the upper extremities, and those concerned in the support of the trunk, are rarely called into active play, and they do not acquire strength as the body increases in stature.

Little bodily restraint should be imposed on children for the first six or eight years; long and irksome confinement to the sitting, or indeed to any one position, and especially in close rooms, cannot but be inimical to the just and healthy development of their physical constitution. It is better that they be allowed to choose their own muscular actions—to run, jump, frolic, and use their limbs according to their own inclinations, or in other words, as nature dictates—than to be subjected to any artificial system of exercise. In children of weakly constitutions, severe mental application is, in a particular measure, hazardous. Whenever a precocity of intellect, or a disposition to thinking and learning in advance of the years is displayed, to the neglect of the usual and salutary habits of early life, it should be restrained rather than encouraged; the physical education should ever be of paramount regard; the future health—for the absence of which life has no recompense—being closely dependent on its judicious management. The practice, unfortunately too common, of selecting the most delicate child for the scholar, is founded in error. This is the very one whom it becomes most necessary to devote to some calling which demands physical action and exposure to the open air.

A proper and moderate use of the vocal organs, at this age, is of considerable advantage; reading aloud is the best method of training the voice and expanding the lungs; and if, at the same time, the pupil be taught the graces of declamation, and the natural gestures of the orator, the benefit will be enhanced. It is well known that Cicero, in early life, was predisposed to consumption; and Cuvier attributed his exemption from pulmonary disease, to which he was expected to fall a sacrifice, to the increased strength which his lungs acquired in the discharge of his duties as public lecturer.

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Bathing, and "the art of swimming," should form a part of every boy's early education; to the child predisposed to consumption, the frequent ablution of the whole body is of the most essential service; it gives tone and vigour to the frame, frees the pores of the skin from those impurities which are constantly accumulating; and the muscular exertions, which swimming demands, is so universal, that not one part of the body is affected in a greater degree than another. A bath used early in the morning is most invigorating; it preserves the body during the day at an equal temperature, and enables us to bear with less risk of annoyance any sudden change in the climate. When a bath, or bathing, cannot be conveniently obtained, the body, particularly the chest, should be freely sponged with cold water, and afterwards moderate friction should be applied by means of a coarse towel. Those who have never enjoyed this luxury, and have now the courage to commence, will not willingly lay it aside. Sea bathing is a prophylactic of the greatest value; and whenever the position of the parents of a scrofulous child will permit, he should reside, during the summer months of his early life, on the coast, to obtain the constant advantage of this really necessary adjuvant to his health.

(*To be continued.*)

THE NERVOUS SYSTEM.

No. III.

(*Continued from page 66.*)

THE PHYSIOLOGY OF THE BRAIN.

THE brain is the ORGAN of the MIND. What is the mind?—"The mind," says Locke, in his imperishable "Essay on the Human Understanding," "the mind is like the eye, which, while it enables us to perceive all other objects, takes no notice of itself, and requires art and pains to set it at a distance, and make it the object of its own contemplation." Hence our finite knowledge of this the only imperishable part of our nature. Whatever be the nature or substance of the mind, the brain is the organ in which it holds its seat, and whence it maintains an intercourse with the surrounding world. The doctrine which did divide theologians, metaphysicians, and physiologists—namely, that of materialism, which declared the brain to be the mind,—is now, we hope, entirely exploded, or is only believed in by a few fanatics, or vain creatures who aspire to a "bad eminence." "Shall it be said that the mind of a man which has comprehended and investigated all the properties of matter, which has estimated their power, and set bounds to their effects, which can trace the course of the stars in the heavens, and calculate the all but limitless wandering of a comet through space—that this mind which elevates us from earth, and forms the link that binds us to ethereal beings,—is alone mortal; that it goes down 'to the vile dust from whence we spring;' that it perishes with the disorganisation of the brain, and that all our advances in science, our progression in knowlege, our extension of intellect, every effort of reason or education towards improvement and perfection, must at last terminate in annihilation? No; reason disproves, our best feeling revolt from, such a supposition."—(*Lord.*) That the mind is an intelligent principle, we know from nature; and that it is a principle endowed with immortality, and capable of existing after death in a state separate from the body, to which, however, it is hereafter to be reunited at a period when that which is now mortal shall have put on immortality, and death itself be swallowed up in victory,—we learn from the God of nature. With this knowlege we may well rest satisfied.

An inquiry into all the *attributes* of the mind would carry us too far away from our subject; we shall therefore confine our remarks to the *faculties* and *passions* of the mind.

The FACULTIES are the *internal* senses of perception, reason, judgment, imagination, and memory. External objects first impress or operate upon the outward senses, and these senses, by means hitherto unexplained, and perhaps altogether inexplicable, immediately impress or operate upon the mind, or excite in it perceptions or *ideas* of the presence and qualities of such objects. To these efforts Mr. Locke gave the name of *ideas of* SENSATION. The property of the mind, by which it examines, compares, combines, abstracts, reflects these ideas, is the divinest gift of an Infinite Creator to man. The faculties are to the mind what organs are to the body; and as in the body we find that the bodily health is dependant on the health of the internal organs (as the heart, lungs, stomach, &c.), and the regularity of their functions (circulation, respiration, and digestion); so in the mind we find the health or sanity of the intellect is dependent on the mind exerting its own faculties in a fitting and sober manner. We sometimes speak of the *will* being overpowered by the judgment, or the *judgment* being overpowered by the imagination, or the mind itself as being carried away headlong by the violence of its own passions. By this we mean an inordinate action in one, and an inefficient action in another of the faculties; the same as an inordinate action in the arteries, and an inefficient action in the veins of the body—the one producing disorder of the mind, the latter disorder in the corporeal health.

To preserve the health of the mind, we must properly exercise its faculties; for the mind, like the body, demands exercise. That the proudest faculties of our nature were intended for slothful inaction, that talents were given us to remain buried and unproductive, is repugnant alike to reason and to analogy. Man discovers a natural desire for knowledge; and the exertion necessary to its attainment, and the delight experienced in the gratification of this innate curiosity, diffuse a wholesome excitement throughout the whole system. Agreeable and well-regulated studies, or mental occupations, are as essential to the integrity and well-being of the mind as are judicious exercises to that of the body; and as the health of the body conduces to the health of the mind, so does a sound state of the mind communicate a salutary influence to the functions of the body. To regulate and to ensure the health of the mind and the body by such MORAL MEDICINE, should be the high aim of the physician; and the community should be taught that such regulation (which *prevents* disease, as well as cures it) is more rational than dependence on the vile drugs of the empiric, or the mixtures, pills, powders and draughts of the routine practitioner, who treats symptoms and forgets causes.

THE PASSIONS.—The body has its feelings, and the mind has its feelings also; and it is the *feelings* of the mind which we call PASSIONS. The feelings of the body are numerous and diversified, as those of simple ache or ease, hunger, thirst, heat, cold, and a multitude of others. Those of the mind are still more numerous and diversified, for they comprise the multifarious train of grief, joy, love, hatred, avarice, ambition, despair, conceit, and perhaps hundreds more; all of which, whether of body or mind, Locke has endeavoured to resolve into different modifications of pleasure or pain, according as they are productive of good or evil. The passions are by nature equally balanced; that is, one passion is antagonist to another: thus hope antagonises despair; joy antagonises grief; and as in the body we find it is by the action of one class of muscles which are the antagonists of another class, that a regularity of movement and action is preserved, so it is by the just balance of our passions that tranquillity of mind is insured; and as in the body the excess of action in one muscle would cause distortion and deformity, so, in the mind, the excitement of one passion beyond another induces inordinate and unnatural emotion, and that impairs

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the faculties and attributes of that mind which "elevates us from earth." The analogy between the mind and the body may be carried much further, especially in reference to the diseased or disordered action of both. The body may be enfeebled in all its powers—in only a few of them—or in only a single one; so also may the mind. "The powers of perception and imagination," observes M. Pinel, "are frequently disturbed without any excitement of the passions. The functions of the understanding, on the other hand, are often perfectly sound, while the man is driven by his passions to acts of turbulence and outrage." And these infirmities, whether of body or mind, may be constitutional and permanent, periodical or recurrent, or merely incidental and temporary. The body may be of a sanguineous temperament, of a phletoric temperament, of a nervous, or of an irritable temperament; and the mind, in like manner, may possess an overweening confidence and courage, or be dull and inactive, or goaded on by restlessness and eager desire; it may be quick in apprenension and taste, but weak in memory; strong in judgment, but slow in imagination; or, feeble in judgment, but rapid in imagination; its feelings or passions may be sluggish, or all alive; or some passion may be familiarly energetic, while the rest remain at the temperate point.

The natural relationship and constant interchange of influence subsisting between our mental and corporeal natures can hardly have escaped even the most careless observation. The functions of one being disturbed, more or less derangement will almost necessarily be reflected to those of the other. What frame is there so hardy as to escape the agitations and afflictions of the mind? And what mind is there so firm as to remain unharmed amid the infirmities and sufferings of the body? And yet how few form any adequate estimate of the sum of bodily ills which have their source in the mind. Those of the medical profession even, who concentrate their attention upon the physical, are too prone to neglect the *mental causes* of disease; and thus may patients be subjected to the most severe medicines of the pharmacopœia, when the true origin of the malady is some inward and rooted *sorrow*, which a "moral balm" only can heal.

Philosophers can in no way account for the connexion of the mind and the body, nor can they explain how the one acts and reacts on the other. It is one of those splendid mysteries which an allwise Power has placed beyond our finite comprehension. It is difficult to understand how an idea, a thought, or passing action of the mind—a thing that is purely metaphysical—that can be neither seen nor touched—that has neither form nor weight,—it is difficult, it is impossible, with our present perceptions, to comprehend how this action of the mind is exerted over the body. And oh, how wonderful it is, that this idea, this entity, can in a moment of time, lay prostrate the strength of the stoutest frame! Yet such is the fact, and in illustration of it I will suppose a case. A man in rude robust health receives tidings of the loss of his vessel at a place thousands of miles distant, by which his whole fortune is wrecked. Now mark, nothing touches him, nothing directly affects his body, but "the iron has entered his soul," and what are the effects?—his whole frame is agitated as by an electric shock; he trembles from head to foot; his countenance expresses the greatest anguish; the respiration is hurried; the heart palpitates with violence; the mouth becomes parched, and the body cold; a dizziness is felt in the head, which soon amounts to pain; this robs him of his rest, destroys his health, and thus disease is established.

If we are asked how these effects are produced; how it happens that this intelligence of the loss of fortune so immediately affects the balance of health; how so many organs of the body are affected and so many functions impaired in an instant, with out violence, without malaria, without any tangible or perceptible cause, we must admit our ignorance. One effect of mental emotion, with which we are all familiar, namely, blushing, appears to indicate the medium of this influence, and prompts us to assign to the nerves the property of conveying the effect of mental emotion to distant parts of the system; for instance, the mind is excited either by joy, shame, or surprise, and in an instant the whole face and neck becomes suffused with redness. We may suppose that the impression received by the brain is transmitted to the minute filaments of the nerves that accompany the capillary blood-vessels by which they are preternaturally excited, causing a determination of the red particles of the blood to the surface. That a certain class of nerves are obedient to the will has been long since demonstrated in the sympathy which exists between the movements of the extremities and the brain; and how beautiful is this sympathy, or unity of action and will, exemplified in playing the piano-forte, in which every motion of the finger is simultaneous with an impression on the brain.

Admitting the nerves to be medium of communication, what do they convey that is capable of momentarily producing all those wonderful changes in the system which are the effects of mental emotion? Were we to ask some physiologists they would boldly declare it was electricity—others that it was a magnetic power; but I believe we are at the limit of our knowledge, when we unsatisfactorily describe it to be a *peculiar* nervous influence.

The influence of the passions on the health in our next.

ON THE ADULTERATION AND IMPURITIES OF MILK.

Perhaps next to the abundant supply of pure air and water, the supply of pure milk is of most importance to a city population. Milk is the type of all human food; and from a very early period of his civilized history, man seems to have been aware of the importance to the health of children of a plentiful supply of this nutriment from the animal kingdom. To supply London alone with this article of food, 60,000 cows, yielding upwards of 100,000 gallons per day, are required. A fluid consumed in such prodigious quantity, and more especially by that portion of the population most liable to fall under the influence of the causes of disease, should be free from all suspicion of impurity. But what really is the case? Why, a large portion of the milk supplied to London is yielded by cows kept in the most unhealthy places possible, and under circumstances which render it an absurdity to suppose that they can afford this secretion in a condition fitted for human food. The cow-sheds of London are one of its most patent and disgusting nuisances; and we need not say how injurious to the health of the animal they must be. If the animal be diseased, must not its secretions also be vitiated? Mr. Rugg, a gentleman who has for some years been zealously engaged in detecting the "tricks of trade" carried on by milkmen, in a pamphlet which he has recently published, entitled *Observations on London Milk*, says—

"Cows, from not having that attention paid to the health of their skin, are frequently subject to diseases thereof, such as the mange, itch, &c. There is scarcely a cow-shed that one enters but that some of the beasts will be found afflicted with the mange. I entered one shed under the Adelphi Arches, where forty cows were kept, and every one of them had that disease; also another shed in the same locality, where the poor beasts never saw the light of heaven from year's end to year's end, the place being entirely lighted by gas, and the only ventilation that existed was by means of a small hole, not half a foot square, knocked out of

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the wall that forms part of the lane leading to the half-penny steam-boats."

Speaking of the food of London cows—the same authority writes,—

"The system of feeding as adopted in London, is another material source by which the cows are injured in their health, and their milk consequently rendered unwholesome. Even though their provender should be such as is most congenial to their nature, it is, from its not being kept in places sufficiently distinct from the sheds wherein they are confined, improper; as the breath from the cows and the pestiferous vapours, already noticed as being given off from their uncleanly sheds, is absorbed by their food, which in consequence becomes more or less fetid and putrid; therefore it should never be kept in the cow-houses or in lofts over the cows, unless indeed they are made sufficiently proof against any of these poisonous gases finding the way thereto, which cannot be, unless made perfectly air-tight; and in that case not without great expense would there be sufficient ventilation."

"The most grievous evil with respect to their food is the quantity of brewers' and distillers' grains and distillers' wash on which they are fed; indeed it is their staple food. Cow-keepers fancy that it produces quantity, but in this I think they are mistaken, and even though it should, it is at the expense of the health of the cow, and the quality of her milk—for it is of a very watery character, and of a most corrupt nature, as the blood from which it is secreted has been stimulated to an inflammatory and feverish condition. Mr. Harley states:—'Brewers' and distillers' grains and distillers' wash make the cattle grain-sick, as it is termed, and prove injurious to the stomach of the animal. It has been ascertained that if cows are fed upon grains, &c., their constitutions become quickly destroyed.' Again, it has long been known that at distilleries and breweries where cattle, &c., have been fed upon distillers' wash, grains, &c., that their livers are much enlarged and hardened, and from that organ not being able duly to perform its functions they are frequently subject to the 'yellows' or jaundice. And when a milch cow is afflicted the milk is lessened, and what is yielded is of a yellowish and stringy quality, their udders becoming hardened and suppurated; the milk is changed into a fluid resembling matter, and smells most offensively. This disease of their livers is analogous to those of the liver of our own species, who partake too freely of Sir John Barleycorn and the juniper-berry."

But the evil does not terminate here. The milk, bad as it is when produced in London, is subjected, alike with that which comes from the country, to various adulterations. Water is the most common of these. Would that it were the worst—although London water is bad enough; but we have in Mr. Rugg's excellent little book a list of abominations added to this pure food, whose names we would not mention but in the belief that the disgust which they must produce is a less evil than that of administering them to helpless infants and children who have not yet had their milk teeth. Here is the list of materials employed to form that unhuman milk of human unkindness, sold as London milk. Read, reader, and shudder! The brains of animals obtained from the foulest sources,—sugar-of-lead,—chalk,—starch,—treacle,—and annatto, are a few of the compounds which, when mixed with water, are used to make the scanty supply of genuine milk from the London cow go farther.

The existence of the brain of animals in adulterated milk, and particularly in cream, has been detected by the microscope; it is not a fancy, it is a fact, and Mr. Rugg in further corroboration of this unpleasant and disgusting topic," says,—

"I may mention that a slaughterman, when not so engaged is occasionally employed at the college; in answer to a question (the drift of which he knew not) put to him by Mr. Stone, the librarian, if the milkmen ever applied at the place where he slaughtered for brains, replied in the affirmative; and upon his inquiring what they did with them, his answer was, that he supposed they eat them for their supper. The next question was, What brains they generally had? Sometimes one, sometimes another, but Mr. —— (mentioning his name and who is a large cowkeeper) generally had bullock's. How many does he mostly have at a time? 'Six or seven.' 'Six or seven!' quoth I, who was present, together with two or three more, at this interlocutory conversation—'a pretty good supper considering that each brain will weigh very nearly two pounds; a dozen pounds weight for supper, for a man and his family, it is a pretty good dose!' Now to my mind it is perfectly clear, and I think it must be to that of every one who reads this little catechetical conversation, that these brains were used for the purpose of mixing with the milk or cream, and if for the latter the profit must be enormous, as the price given for each is 6d., and six brains mixed with a sufficient quantity of skim-milk, a little cream, and other ingredients, to bring it to the required colour and consistency, would make about 30 pints of double, or 40 pints of single cream, which sold at 2s. per pint for single, or 3s. for double, would realise a profit on the original outlay of 3s., of about £4, a pretty good per-centage for money invested; allowing that they do give us half cream and half this compound, the profit will remain still the same; certainly it is a great inducement for that roguery."

It is time something should be done to stop this fearful system. Every effort should be made to obtain a supply of pure milk from the country, without allowing it to go through the hands of fraudulent London dealers. Would not the laws which apply to selling bad meat or fish be equally applicable to adulterated milk?

Mr. Rugg deserves the thanks of the public for calling attention to this subject.

CARELESSNESS IN DISPENSING MEDICINES.—PRUSSIC ACID.

On Saturday last a medical gentleman prescribed a small dose of diluted prussic acid, to be administered to a patient under his care, and the servant of the family was sent to procure this, along with some other medicines, which she obtained at the shop of a druggist (or chemist, which is the genteel name) in a fashionable street of one of the suburbs. On the girl's return, the mistress of the family at once saw that she possessed one phial more than was expected, in the shape of a small blue bottle, with a crystal stopper, nearly filled with liquid. The lady having fortunately some knowledge of the medicine, had little difficulty in seeing that the druggist had not only sent, or allowed the girl to take, the diluted prescription, but his whole stock-bottle of prussic acid, containing as much "soon-spending gear" as would have forthwith dispatched the patient, and the whole family besides, had it been administered or accidentally taken. The girl, on being questioned, states, that the druggist, after pouring a few drops from the blue bottle, wrapped it in paper, and laid it down beside the other phials, and she accordingly brought it away, in the belief that it was included in the prescription. Here is a simple act of carelessness; but a sore calamity might have resulted from it notwithstanding; and it would be small consolation for a bereaved family to be told in the stereotyped phrase that no "blame is attached to" the druggist or driver, as the case may be. This case of course, is only worth publication, in so far, as it may recommend greater caution on the part of all dealing with such deadly drugs.—*Glasgow Examiner.*

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POISONING.

A return has been published relative to the number of poisoning cases tried in the United Kingdom from 1839 to 1849 inclusive. The number of persons tried for this crime during the above period at the Central Criminal Court has been 33, of whom 18 were men and 15 women; 16 were tried for murder, of whom five were convicted, and 17 for attempt, of whom 10 were convicted. In the Home circuit 8 women were tried for murder by poison, three for attempt to murder and two men as accessories before the fact. In the Midland circuit 11 women were tried for administering poison, of whom four were convicted. The number of men tried was six, all of whom were acquitted. In the Norfolk circuit 22 cases of poisoning were tried, in 12 of which the prisoners were female. The number of convictions were nine. In the Northern circuit the number of males tried for poisoning was 15, and of females five, the number of convictions being 14. In the Oxford circuit 17 cases of poisoning were tried, in nine of which the prisoners were women. The number of convictions was three. In the Western circuit, in 12 out of 22 cases of poisoning tried, the prisoners were women, and conviction took place in 10. In the county of Durham there have been no trials for poisoning. In the county palatine of Lancaster, out of eight cases, seven were of women, and conviction was obtained in five. In the North Wales and Chester circuit the number of persons tried for poisoning was 16, of whom 11 were women. The number of convictions was five. In the South Wales circuit five prisoners were tried for poisoning, two of whom women. Conviction was obtained in one case only, in which a man and woman were implicated.

In Scotland the total number of trials for poisoning, 1839 to 1849, was 15, in 10 of which the prisoners were women, and in 7 convictions were obtained: In Ireland 31 women and 25 men were tried for poisoning during the same period, and convictions were obtained in 14 cases. The largest number of cases occurred during the year 1849, the number of cases being 13 (7 men and 6 women,) the average of the other years being 4-3, in the proportion of 1-8 men to 2-5 women.

NOVEL MODE OF PARTURITION.—A CHILD VOMITED UP.

Apropos of displacements, I may mention a case related by the Spanish journals, which, if authentic, would be unique in the annals of medicine. A young married woman, Maria de la Cruz, labouring under yellow fever, was suddenly seized with violent vomiting, and with great difficulty threw up a fœtus four months old, which was speedily followed by its placenta. The woman died on the following day, and, on examining her body, a communication, four inches in diameter, was found between the uterus and the intestinal canal.—*Medical Times.*

PAIN.

THERE are varieties of pain, as well as varieties of hues of colour. Sometimes the pain is tensive; where the integuments are thick, and will not stretch, the parts then feel as though they were bursting. If it be caused by an abscess that is about to suppurate, then the pain is of a throbbing character. If it be caused by inflammation of the skin, the pain is a smarting, tingling, burning sensation. If caused by inflammation of a mucous membrane, then it is frequently a pricking, smarting, burning pain, as in inflammatory sore throat. If it proceed from inflammation of a serous or fibrous membrane, as the *pericardium* (the sac containing the heart), it is then a stabbing pain, similar to that of a knife being thrust into the part. We have also "dragging pains," tearing pains," "bearing-down pain," "dull and heavy pain," by which the patient describes his uneasy sensations, and which are all readily recognised and referred to their proper cause by the careful physician.

PHARMACOLOGY.

No. XXIII.

VEGETABLE TONICS.—(*continued from page* 70.)

Calumba—Calumbæ Radix—Coculus Palmatum—Calumba Root.—This valuable bitter tonic is a native of Africa; it is imported in thick sections of the root, of a dark olive color towards the circumference, the central part being yellowish. It is very valuable in bilious vomitings, and the sickness attendant on pregnancy and indigestion. The late Dr. Thompson writes, "in the mesenteric fever of infants, we have found the following powder aided by long-continued friction of the abdomen with soap liniment, of great efficacy. Take, powdered calumba root, six grains; powdered rhubarb root, three grains; sulphate of potash, ten grains. Mix, for a powder, one of which is to be taken twice or three times a day." The dose of calumba powder, for an adult, is from three to twenty grains, twice or thrice a day.

Infusum Calumbæ,—Infusion of Calumba,—is made by infusing five drachms of calumba root in a pint of boiling water for two hours. This is a light although not very agreeable tonic, which has the desirable property of being tonic without being stimulating: it will frequently arrest the vomiting in cholera when other remedies fail; in the hectic of consumption it is very valuable, as it arrests the acrimony of the gastric secretions and strengthens the digestion. The dose is about a wine-glassful three or four times a day.

Tincturæ Calumbæ,—Tincture of Calumba.—The medicinal properties are the same as the root and infusion. The dose is from half a drachm to four drachms.

Quassia,—Quassia,—the wood of the *Picrana excelsa*, a native of Jamaica. It is without smell—the taste is a very intense and durable bitter. It is sold in raspings of a whitish yellow color, but in this form is seldom employed medicinally.

Infusum Quassiæ,—Infusion of Quassia,—is made by macerating two scruples of quassia chips, or raspings, in a pint of boiling water for two hours. It is employed in intermittent fevers, and, united with some of the alkaline salts, in bilious fevers; in hysteria, combined with camphor and tincture of valerian; in gout, in conjunction with aromatics and ginger; and in indigestion, united with small doses of sulphate of zinc or the mineral acids. The dose is from one to two ounces. The following is an excellent tonic mixture in debility of the digestive organs:—Take infusion of calumba, five ounces and a half; compound tincture of cinnamon, four drachms; syrup of orange-peel, two drachms. Mix. Dose, two large spoonsful every four hours.

Anthemis,—*Anthemidis nobilis Flores*,—Chamomile Flowers.—This well-known tonic and stomachic scarcely requires description. The odour of the flowers is powerful, fragrant, and grateful: the taste is warm and bitter. The medicinal properties are tonic and stomachic; the warm infusion, (chamomile tea,) is emetic; applied externally, in the form of fomentation, it is emollient and soothing. Chamomiles are used in intermittent fevers, indigestion, hysteria, flatulent cholic, and gout: the warm infusion to promote the operation of emetics, and as a fomentation, to allay griping and to ripen abscesses.

Infusum Anthemidis,—Infusion of Chamomile Flowers.—Chamomile tea is made by infusing five drachms of the flowers in a pint of boiling water for ten minutes, and then stirring. The dose of the cold infusion, as a tonic, is a wine-glassful: of the warm, as an emetic, one, two, or three cupsful.

Oleum Anthemidis,—Oil of Chamomiles,—is obtained by distillation from the flowers, the odour of which it retains powerfully: the taste is bitter and pungent. When recent it is of a cerulean blue colour, but when old it is dark yellow. It is sometimes given in cholics, and in cramp of the stomach; also as an adjunct to purgative pills. The dose is from five to ten drops.

Lupulus, Humulus Lupulus,—Hops.—The catkin or strobile of the hop plant, dried. The odour is fragrant, the taste bitter and aromatic, depending on a peculiar principle named *lupuline*. It is slightly tonic, narcotic, anodyne, and diuretic, and is, or ought to be, the chief addition to malt liquors. Hops are used in gout and rheumatism, in the form of infusion, in the proportion of half an ounce of hops to a pint of boiling water. The powder of hops, formed into an ointment with lard, is said to ease the pain of open cancer. A pillow-case stuffed with hops is an old mode of procuring sleep in the watchfulness of delirious fever.

Extractum Lupuli, Extractum Humuli,—Extract of Hops,—retains the peculiar flavour of the hop, but is devoid of odour. It is employed in gout and in indigestion. The dose is from five grains to a scruple in the form of pills.

Tinctura Lupuli,—*Tinctura Humuli*,—Tincture of Hops,—is made by macerating six ounces of hops in two pints of proof spirit for fourteen days. It cannot be depended on as a narcotic, but it is a valuable and grateful tonic. The dose is from half a drachm to three drachms.

(*To be continued.*)

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HINTS FOR HEALTH.

THE EFFECT OF COOKING IN REFERENCE TO DIGESTION.

1. All organised animal and vegetable textures, require, as a rule, the aid of the cook to render them digestible, excepting the oyster, and some few fruits, as pears, apples, &c.

2. *Pickling*, salting and smoking render foods more indigestible, as sausages and cured meats, though bacon is frequently an exception.

3. *Boiling* dissolves the saccharine and mucilaginous substances of vegetable, and the nitrogenous matter of animal tissue, but some substances, as eggs, potatoes, &c., are rendered indigestible by over-boiling.

4. *Roasting*. For those subject to dyspepsia this mode of cooking is preferable to boiling, as it coagulates vegetable albumen, liquifies frothy particles, corrugates fibrine, and concentrates by the evaporation of the watery particles the nutritious properties of the muscular tissue, for the gelatine is not extracted as in boiling.

5. *Broiling* renders the food more savoury and nourishing, scorching the outside of the meat and thereby retaining the juice.

6. *Baking* produces nearly the same effect on food as roasting and boiling, but in consequence of the food being more impregnated with empyreumatic oil, it is less fitted for delicate stomachs.

7. *Frying* renders the food very indigestible.

TO REMOVE SCURF FROM THE HEAD.

Dandriff, or scurf, (*Pityriasis Capitis*,) is the separation of minute and delicate scales like bran from the scalp; when the complaint attacks infants, the scales or scurf are small, in elderly persons they are larger. If the scurf be allowed to collect, it will frequently cause sores and create a tedious and obstinate "bad head." Cleanliness, by frequently washing, is a principal remedy; the scalp should not be irritated by frequent combing, and the hair brush used should be a soft one. The head should be washed night and morning with a lotion made by boiling three poppy heads in a quart of water, and when cold, adding thereto a drachm and a half of borax. The bowels should be moderately moved by some gentle aperient.

MAGNESIA.

Magnesia is employed as an antacid, laxative, and a lithontriptic,—that is, a remedy which has the power of dissolving, or disintegrating certain urinary calculi—("stones in the bladder.") As an antacid prudently employed, it is useful; but if taken in doses at all considerable, or if persisted in, it is apt to derange the stomach, and cause foul tongue and teeth, and dangerous deposits in the urine. The purgative effects of the carbonate of magnesia depend on its meeting with acids, native or foreign, in the stomach, which displace the carbonic acid, forming neutral salts with the alkali.

LUCIFER MATCHES.

Workmen in lucifer-match manufactories have now a chance of escaping the baneful effects of the evolution of phosphorous acid, by placing saucers filled with oil of turpentine about their workrooms. As oil of turpentine is a solvent of phosphorus, it absorbs the vapours which do so much mischief. This precaution is taken at a large lucifer-match manufactory in the neighbourhood of the London Hospital, and the very best results have followed.

FOREIGN BODIES IN THE NOSTRILS.

It is recommended to close the nostril which is free, and then to blow forcibly into the patients' mouth. By this means, says Dr. Homans, the foreign body will often be discharged.

ADVERTISEMENTS.

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"DR. YEOMAN in his admirable little treatise on Consumption, has already very satisfactorily proved that in certain cases medical knowledge may be popularised with safety. This is an excellent sequel to the former work."—*Weekly Times, January* 19, 1849.

"These little manuals contain the best and most common-sense account of diseases of the Chest that has ever been published."—*The Sun, April 22nd*, 1849.

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TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

MONTHLY PART.—By an oversight, the Wrapper for the Monthly Part, delivered Sept. 1, is printed "No. 9, September," instead of No. 8, August. We beg our Monthly Subscribers will do us the favour to make the alteration on the cover with a pen.

THE DISEASES OF ERROR will be published, uniform with INDIGESTION, October 1. The preface will run thus: "It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of Jew 'consulting surgeons,' and other atrocious impostors, who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

DELTA (Sunderland).—"Singing at chapel" cannot be injurious. Watch the expectoration, if it changes in character write again. If, by sad mischance, it be tinged with blood, see the EDITOR'S CASE BOOK, in No. 27.

RICHARD BUTTERFIELD, (York).—The medicines which experience has proved, in dropsy of the abdomen, to be the most beneficial are calomel and squills; one grain of calomel, and three of squills, in a pill, should be taken every night, or every other night; and in the day time, take, a mixture composed of one drachm of the nitrous spirit of æther, fifteen drops of the tincture of fox-glove, and an ounce and a half of camphor mixture:—to be repeated every six or eight hours.

P. P. (Dorking).—Horsehair gloves may be obtained at all prices, from 2s. upwards. Lawrence's are the best.

RICHARD B——T (Tring).—You will find all the information in DISEASES OF ERROR, to be published October 1.

MARTIN GOODALL (Pickering).—We consider the impure water to be a great, if not *the* great cause, of your present indisposition.

JAMES ANDREWS (Southampton).—You had better apply to a veterinary surgeon, the peculiar disorders of *mares* are beyond our province as human "family physicians."

A POOR CARTER (Normanton).—Wear a laced stocking: and "garter" above the knee.

A VICTIM (Oxford Street).—If you part with your money for the *Rob* of *Boyveau*, you will be a *robbed boy* and a *calf* as well. We really thought that our English quacks were sufficient for the stomach of John Bull; and until you favoured us with the *brochure* of Dr. Giraudeau, we were ignorant that London was honoured with the patronage of this Parisian charlatan. The portrait of the "Doctor," that you have forwarded to us embellishes, we suppose, his "treatise." We think this bad judgment on the part of the learned author: for if it resembles him, he is a man of a remarkably ill-favoured presence. There is a face very like the portrait, in the "chamber of horrors," at Madame Tussaud's.

W. SEWARD (Kidderminster).—Your former letter *was* answered in the Journal, July 13, No. 28.

A NEEDLEWOMAN (Marylebone).—Take a wine-glassful of the compound decoction of aloes every morning: as soon as it produces a marked effect, gradually diminish the quantity.

A SUBSCRIBER (Great Yarmouth).—You can obtain the title-page, index, and cover for Vol. I. of Mr. Alexander, bookseller, in your town.

W. ATKINSON (Livery Street, Birmingham).—You will find all the information you ask for in No. 13, article "ANATOMY," and in No. 22, article "HEALTH—WHAT IS IT? HOW IT IS MAINTAINED?" These two papers contain a brief, correct, and, perfectly intelligible history of the anatomy and physiology of the human frame.

WALLACE (Glasgow).—Temperance, chastity, cleanliness. When you have resolution and determination to practise these virtues, you may write to us again. You have one good quality,—candour. You must undergo a long course of moral medicine.

ELIZABETH ANN GILLIOT (Swanwick).—You have described the case of your daughter with great ability. You have, however, omitted one or two important particulars. Our opinion may be summed up in one word, and that word is the one printed in *italics* in the seventh line of the second page in the Editor's work on Consumption, which you say you have. Let her take the sea-voyage by all means.

W. P. (Shoemaker).—Take, four grains of compound rhubarb pill, and three grains, of blue pill, twice a week for a fortnight. Also five drops of muriatic acid in a wine-glassful of water twice a day. Cleanse the mouth and teeth frequently.

JOHN CONSTANT—"A slight rupture, for twelve months, scarcely sufficient to wear a truss." We can't conceive such a case! "A slight rupture," if by that is meant only a small protrusion of gut, is the most dangerous form of rupture: it is such cases that become strangulated. Do not be contented with your present condition as regards the hernia, and do not change your social condition until you have some competent opinion on your "slight rupture;" the change which you contemplate would be hurtful to yourself, unjust to another.

R. DAYNES (Norwich).—We are obliged by your communication. Will you favour us with the name and address of the person who was so seriously injured by the disgusting Jew quack, who is allowed to disgrace the columns of your County Newspapers with his filthy advertisements?

JAMES RIDDLE (Staleybridge).—Take, bitartrate of potash, half a drachm; powdered squills, one grain; powdered ginger, four grains. Mix—for a powder, to be taken every eight hours. Avoid beer, and a too stimulating diet; a small quantity of *weak* gin and water may be taken occasionally. You ought to void at least two quarts of urine every twenty-four hours. You have described your case with great clearness.

ELSPETH (Lanark).—See "SCROFULA" in No. 4, page 31, and "SCROFULOUS AFFECTIONS in No. 11, page 86.

A. B. (Preston).—For an answer to your first question,—see answer to D. GILMOUR (Winchester). in this Number. *Tic douloureux* will be considered in the articles on NERVOUS DISEASES now publishing. To your second question—we cannot give a reply in the Journal.

H. COOK (Bristol).—Your very kind and attentive letter shall have our immediate attention. Accept our thanks.

A. Z. M. (Lambeth).—Any assistance we can render you shall be cheerfully afforded. You can send the fee when you are a bishop; until that time we shan't expect it. We will never withhold our humble services in really necessitous cases.

A LABOURER (Portsmouth Dock Yard).—Wear a truss. You cannot be safe without one.

FIDGETS.—'Tis nervousness, arising from irritability and debility. Moral medicine—soothing medicine—strengthening medicine.

JOSEPH P. H. (St. Albans).—An EXOSTOSIS is a tumour formed by an exuberant growth of bony matter on the surface of a bone.

HIRAH HORSMAN (Oldham).—The child is troubled with small thread worms.—See article INTESTINAL WORMS, in No. 14, page 108.

M. J. M. (Leadenhall Street).—The gentleman under whose care you now are is a most able physician; we were contemporaries at the same Hospital. We decline interfering in the treatment of your case, except in consultation with him.

R. B. (North Street, Brighton).—You may procure Nevill's Flour of Lentils at any respectable grocer's or druggist's in your town. By the way, we may mention a case of deception that recently came under our notice:—a patient called upon us and when we were giving him instructions as to diet, &c., he said, "Oh, I take Nevill's powder; I get it from their own shop in Sackville Street." We knew that the veritable Messrs. Nevill had not a shop in that locality, and expressed our surprise to our friend, when it turned out he had been led to suppose that the proprietors of a little "green book," were identical with the highly respectable firm of Nevill and Son—the latter are large seedsmen, the former are—the proprietors of a "green book."

A SHOPMAN, (Knightsbridge).—Take one of the following pills three times a day:—compound extract of colocynth, extract of hyosciamus, extract of taraxacum, of each half a drachm; sulphate of quina, a scruple; powdered gum myrrh, a scruple; oil of cloves, four drops. Mix, rub well together, and divide into thirty pills.

D. R. S. (Watling Street).—The eruption appears to be the result of a constitutional taint, acquired from the original disease. We must see you.

D. GILMOUR (Winchester).—An ointment composed as follows, has been employed in *tic douloureux* with immediate and some constant relief:—Take, extract of belladonna, lard, of each twelve parts; opium, two parts. Mix accurately. Let a piece the size of a hazel-nut be rubbed in over the seat of pain for five or six minutes, or until it is properly absorbed, three times a day.

ANTI-HUMBUG.—We have written to the physician in question, and hope in our next number to be enabled to give his authority to contradict the very injurious rumour that is now afloat concerning him and his family. The name is one that is associated with so much that is good, honourable, humane, and scientific, that the breath of slander should not dull its lustre. How thankful shall we be, if, in our next No., we shall be enabled to say, neither the physician nor his sons are associated with the quack with whom public rumour connects them.

A. C. (Holborn).—The extract of taraxacum, properly prepared, is quite equal to the fresh dandelion—if not superior.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

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THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

No. I.

The passions, when controlled and guided by reason, are the charm of life; they are the source of all that is great and good in man's nature; they are the grateful stimulants of the mind in the same degree that generous and nourishing food and drinks are stimulants to the body. Employed occasionally and in moderation, both are of service to us; and we are by nature endowed with the capacity for their enjoyment: but when used to excess, they disturb the healthy balance of the system; at first arousing it by excitement, afterwards depressing it by exhaustion, and ultimately weakening the faculties of the mind and the functions of the body.

In the diligent search for remote causes of disease, those existing in the mind are too frequently overlooked; yet how great is the amount of bodily infirmity that results from moral causes—how often does the frame waste and premature decay come on, under the corroding influence of some painful passion! It has been remarked that "a knowledge of the secret troubles of our patients would, in many instances, shed a new light on their treatment, or save them at any rate from becoming the subjects, if not the victims, of active medicinal agents."

The passions, in relation to their influence on the body, may be classed under three heads; namely, those which are exciting, those which are depressing, and those which are calming.

The Exciting Passions, although widely differing from each *other*, inasmuch as some are pleasurable, others painful, yet possess several results or symptoms common to all; the chief of which are increased temperature and acceleration of the heart's action.

ANGER

Ever makes a fearful inroad upon a well-ordered mind, and introduces confusion and derangement throughout the whole body. In an extreme paroxysm the countenance is a correct index of the universal disturbance; it is distorted and repulsive, and the eye sparkles with ferocity; the body is agitated, and the limbs tremble; the blood recedes from the surface leaving it cold and blanched, the breathing is short, hurried, and suffocating, and the chest feels tight, as though pressed upon, or bound by a cord, causing a sense of choking which, for a time arrests the power of speech; thus the expression "to be choked with anger," is not entirely figurative. This state is succeeded either by sighing, sobbing, fainting, and sometimes convulsions, or the active stage of the passion advances to *rage* or *fury*. If the latter occurs the action of the heart is roused, it beats rapidly and with violence, the blood is propelled to the head and to the surface, the face is flushed, the eyes are red and prominent, the skin is hot, and the individual "burns with rage"—his "blood boils." A person thus affected frequently acquires preternatural strength, his muscles become firm and rigid, his hands are clenched, and his teeth closed; he stamps, raves, and threatens, and the man, being for the moment deprived of his reason, will frequently perform outrageous acts, from which in his calmer moments he would revolt with horror.

All the vital organs suffer from the excitement of a violent paroxysm of anger; sometimes the effort is immediately fatal, the severity of the shock at once suppressing the heart's action; or, as occasionally has happened, causing an actual rupture of this organ, or some of its large blood-vessels. Apoplexy, hemorrhage, convulsions, and other serious consequences may also follow and terminate existence.

The emperor Nerva died of a violent excess of anger against a senator who had offended him. Valentinian, the first Roman emperor of that name, while reproaching with great passion the deputies from the Quadi, a people of Germany, burst a blood-vessel, and suddenly fell lifeless on the ground. "I have seen," says Tourtello, a French medical writer, "two women perish,—the one in convulsions, at the end of six hours, and the other suffocated in two days,—from giving themselves up to transports of fury." The celebrated John Hunter fell a sudden victim to a paroxysm of this passion. Mr. Hunter, as is familiar to medical readers, was a man of extraordinary genius, but the subject of violent anger, which, from the defect of early moral culture, he had not learned to control. Suffering during his latter years, under a complaint of the heart, his existence was in constant jeopardy from his ungovernable temper; and he had been heard to remark that "his life was in the hands of any rascal who chose to annoy and tease him." Engaged one day in an unpleasant altercation with his colleagues in the board-room of St. George's Hospital, he was, by one of them there, peremptorily contradicted; he immediately ceased speaking, hurried into an adjoining apartment, and instantly fell dead.

When the fit of anger is of long continuance, or of frequent recurrence, it may lay the foundation of some most serious and lasting afflictions; thus many cases of palsy or epilepsy, of convulsions and of madness, may be traced to violent anger or ungovernable temper. Dr. Good cites the case of Charles the Sixth of France, "who, being violently incensed against the Duke of Bretagne, and burning with a spirit of malice and revenge, could neither eat, drink, nor sleep, for many days together, and at length became furiously mad as he was riding on horseback, drawing his sword, and stricking promiscuously every one who approached him. The disease fixed upon his intellect and accompanied him to his death."

Anger exerts an immediate effect on the functions of digestion; it destroys the appetite, suppresses the secretion of saliva, rendering the mouth and throat dry, and the wish to swallow frequent, while the lips are almost glued together with a viscid frothy secretion; the liver is often unnaturally stimulated, and

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jaundice induced, or the flow of bile may be so augmented as to occasion a bilious vomiting or diarrhœa.

The influence of anger on the liver is so well known that in the language of most countries, "bilious," "choleric," and "irascible," are synonymous terms. Such are the immediate effects on the animal economy, of sudden and violent anger.

(To be continued)

CONSUMPTION OF THE LUNGS, OR DECLINE.

BY T. H. YEOMAN, M.D.

No. XI.

THE PREVENTION OF CONSUMPTION.

(Concluded from page 75.)

The period of life at which youth advances to adult age, termed puberty, extending in males from fifteen to eighteen, and the females, in our climate, from twelve, thirteen, or fourteen, to sixteen, is one of great importance to the future life of every individual; but important in an especial degree to such as may be predisposed to consumption. At this age, the development of the vital system is perfected, and the form increases in strength and symmetry. The boy throws off the puerile character, and starts at once a man; his countenance is illumined with intellect and decision; his voice assumes a rough and manly tone; his limbs are firm, his step erect and vigorous. In the female these characteristic changes are equally marked, and constitute the *first crisis* in woman's life; if possible, the body undergoes a greater change, and becomes more fully developed; the bust is enlarged; the neck elongated; the eye sparkles with vividness and expression indicative of soul and feeling; girlish playfulness is exchanged for bashfulness and retiring modesty, and in her deportment the girl gradually merges from a child and assumes a womanly character.

"By degrees
The human blossom blows; and every day,
Soft as it rolls along, shows some new charm;
The father's lustre, and the mother's bloom."—THOMSON.

It will be readily understood that every circumstance which interferes with this natural development, and, to a certain extent, perfection of the human frame, must involve the present and future health; and that everything that can deprive the body of strength proportionate to its increasing growth, must induce that debility which best fosters consumption. At this age the body should be nourished by wholesome diet, and the hitherto wavering mind tutored to constant and unyielding virtue.

The too early age at which children are confined to laborious or sedentary occupations has been, and is, a crying evil of our generation. Wherever there exists a probability of the tuberculous constitution, it cannot be other than condemning the youth to certain and not far distant disease, to immure him within a crowded, ill-ventilated manufactory, and thus deprive him of the only means by which threatened ill-health may be arrested —namely, exercise, not exhaustion or fatigue, in the open air. Young persons who are pressed into such service, and have learnt to become a part of its machinery almost before they have learnt their mother tongue, are wasted, emaciated beings; without the innate power to resist the most trivial disease, they cannot acquire the strength of a renewed constitution, so as to ward off, or "grow out," such a fearful disease as consumption.

The selection of a porper occupation for a delicate or scrofulous youth, and at the age at which he should commence the business of life, is an affair of no small importance. He should not be confined in crowded, heated, ill-ventilated factories; nor employed in any sedentary business, as that of a tailor, shoemaker, watchmaker, &c.; nor as a clerk at the desk, nor an engraver; he must not breathe an atmosphere loaded with irritating particles, as in weaving, milling, grinding, &c. When, as too frequently happens, the future "business" of youth is dictated by necessity, rather than selected by choice, he should be taught the value of such counteracting influences to an unhealthy occupation as are within his reach. Amongst these may be named regularity in diet, regularly in the hour of going to rest and in rising; personal cleanliness; bathing; the use of dumbbells; fencing, or single-stick; walking exercise daily; boating, or cricket, occasionally—it should be his aim to gain for himself a certain amount of endurance and resistance, by moral and physical training; to give tone and vigour to his organisation; and to earn for himself a new constitution; and, truly, if the same pains were taken to acquire this new constitution, as are frequently adopted to destroy a good one, the art of acquiring health would not be difficult or novel.

The girlhood of females demands all a mother's care and solicitude; it is now that the buds of inherent or acquired disease are matured or crushed, and the prospect of continued health and strength permanently influenced; it is now that the slightest deviation from accustomed or expected habits must be noticed with unremitting accuracy, and the indication thus afforded so acted upon, that we may gently assist Nature, rather than rashly or violently interfere with her beautiful operations.

I have, in practice, daily to combat the erroneous opinions of over-indulgent mothers, that a "delicate" girl is unable or unfit to walk, hop, or run, as her fancy may dictate; and that she must be restrained in her movements, fettered in stays, and confined in a chamber warmed to fever heat. If it is wished that a delicate girl should become a sickly woman, such would be the plan to follow; but, if we desire to banish this delicacy and susceptibility, and give health and energy to the growing frame, we must allow nature an opportunity of exerting her own powers; we must depend upon the influence of air, exercise, diet, and rest, with occasional tonics and cold bathing.

In the early life of females strict attention should be paid to the carriage, and the proper expansion of the chest; calisthenics is an useful auxiliary to health, insuring at the same time ease and grace of movement. In reference to this subject, the late Dr. Good says, "Surely it is not necessary, in order to acquire all the air and gracefulness of fashionable life, to banish from the hours of recreation the old rational amusements of battledore and shuttlecock, of tennis, trap-ball, or any other game that calls into action the bending as well as the extending muscles, gives firmness to every organ, and the glow of health to the entire surface." To evidence the benefit of air and exercise, we have only to contrast the damp hair, the pallid features and attenuated form of the young milliner, confined in a heated room for sixteen or eighteen hours, with the rosy tint and bloom of health in the more fortunate girl who is allowed to take her daily promenade.

Whilst guiding the physical education or "training" of a young person affected with a consumptive diathesis, we should not neglect the moral and intellectual culture. The passions now begin to exert a powerful influence on the health; it is now that the mind rushes into a new world, and is prone to receive lasting impressions either of good or evil; new thoughts, new feelings, engage the attention; and the ideas and habits now acquired, whether amiable or vicious, frequently become a part of our future existence. It is necessary that all gloomy and dispiriting ideas should be dispelled, and whatever tends to depress the mind or lower the animal spirits should be avoided with the greatest circumspection.

That painful and exhausting emotion, compounded of hope,

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love, and fear, which is distinguished by the term *longing*, frequently agitates the delicate at this age, and its effect on the health illustrates the striking and beautiful apoththegm of the wise man,—"Hope deferred maketh the heart sick." It is felt by children who are at a distance from home, and who are eager to return to the embrace of their parents; by foreigners, who have a strong and inextinguishable love for their country, and are anxious to return to the scenes and companions of former times; and by the youthful pair who have vowed an eternal attachment, but whose union is opposed by bars that are felt to be insurmountable. Whenever the health suffers from despondency occasioned by such separation, or by other depressing emotions, which may be classed as *heart-ache*, it should be the first care of those solicitous for the individual to lessen, and, if possible, remove the corroding care which oppresses the whole system.

The greatest discretion should be exerted in the selection of those who are to become the intimate companions of youth; there are so many circumstances dependent on this choice, that materially affect the future health and well-being of the rising man, which every parent will readily comprehend, that they require only to be attended to, in order that their importance may be acknowledged.

Intemperance, excesses of all kinds, precocity, and all things that tend to induce nervous irritability and muscular debility, readily become the parent of consumption; to those already predisposed to the disease, they frightfully hasten its development.

The climate most favourable to preventing or retarding the development of tuberculous consumption, is that which is of a mild, dry, and equable temperature; hence a change of abode has been recommended in all ages to those whose native soil is subject to considerable and sudden variations. Nice, Naples, Madeira, Malta, Sicily, and other islands in the Mediterranean, and Penzance, the south-western boundary of the Cornish coast, Devonshire, Hastings, and the Isle of Wight, in our country, afford this mildness and equability, and are chiefly resorted to by consumptive patients. The most equal of all temperatures is that of the sea, and many invalids who feel inconvenience from a residence on the sea-side, are almost instantly relieved by sailing a few miles distant from it. Sea-sickness, when not too violent, is of unquestionable service in many cases. The exercise of sailing affords motion without exertion, or, at least, with no more exertion than gives a pleasurable and tranquillising feeling to the system; it cheerfully engages the mind, retards the pulse, calms the irregularities of the heart, and produces sleep.

Sailing on the Tiber was a common prescription among the Roman physicians. Steaming on the Thames should be the daily *medicine* of such as are disposed to the disease, and cannot travel a greater distance.

To prevent the ravages of consumption in one already predisposed, especial attention must be paid to nourishment, air, and exercise, so that he may be placed in circumstances the most favourable to acquire robust health; by removing functional derangements as they occur; by maintaining a healthy condition of the digestive organs; and, above all, by obtaining prompt and efficient counsel on the advent of the slightest pulmonary disturbance, we may confidently hope so to invigorate the constitution, as to turn aside and overcome the liability to tuberculous disease.

Many new years you may see, but happy ones you cannot see without deserving them. These,—virtue, honour, knowledge, alone can merit, alone can produce.—*Lord Chesterfield.*

USE OF LEMON JUICE IN RHEUMATISM.

Dr. Rees directed attention, some time ago, to the beneficial effects of lemon-juice in acute rheumatism, and he has more recently put forth, in the form of a pamphlet, the details of eight cases of this disease, successfully submitted to the new treatment. He considers the lemon-juice superior to colchicum in its power of affording early relief to pain, subduing fever, and shortening the duration of the disease, and the cases recorded, so far as they go, undoubtedly warrant this statement. But, with a disease so capricious in its nature as acute rheumatism, a very extended experience is necessary to arrive at a correct estimate of the value of any new method of treatment. It so often happens that a number of severe cases, occurring consecutively, get well with unusual rapidity under all kinds of treatment, that we are led to attribute the recoveries to some accidental peculiarity in the nature of the disease itself, and not to the treatment employed.

The form of rheumatic disease in which the greatest benefit would appear to have been derived from the use of lemon-juice, is acute rheumatism, and that form of rheumatic affection involving the smaller as well as the larger joints in acute inflammation, known as rheumatic gout.

In cases of pure gout, in which the inflammation is high, it is said that great advantage has been obtained, while in subacute and more chronic forms of the disease, the same marked benefit has not been experienced. Nor is it found in acute rheumatism that benefit accrues from continuing the remedy when the inflammatory symptoms have been checked, and debility remains.

In doses of half an ounce to an ounce thrice daily, the lemon juice appears to exert a marked sedative effect on the circulation; in one case, the pulse, which was 120, and full, was after one day's treatment reduced to 75, and rendered at the same time smaller; in another case, the pulse, which was 110 when the lemon-juice was first given, was in two days reduced to 100, and in four days 74. If we can rely on results obtained in one experiment, this action is manifested also in the healthy body. A clinical clerk took one ounce of the juice three times a day for three days, and carefully noted his pulse, which was naturally full, and 75 in the minute. After five doses the pulse became much weaker and more compressible, and numbered 70 in the minute; conditions accompanied by a feeling of general depression. On the third day the pulse became as low as 66, and was very small and compressible. The urine was always acid, and also natural in quantity till the third day, when it increased somewhat; the specific gravity was then 1·017, and there was a deficiency of lithic acid.

In the cases of rheumatism related by Dr. Rees, the urine was never rendered alkaline by the use of the lemon-juice, and in one case, in which the urine was alkaline before treatment, it became acid after the juice had been employed. We think it premature to speculate on the *modus operandi* of the drug, until its utility shall have been confirmed by more extended experience, and before we are in possession of more accurate knowledge as to its physiological action, more especially in reference to its effects on the urine, and the quantity of solids contained in that secretion.

The institution of the Sabbath is designed for the physical as well as the religious well-being of mankind. That the periodical intermission of labour is necessary, both to man and the animals which he employs, has been abundantly proved.

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NEW MODE OF VENTILATING BY THE SYPHON.

Dr. CHOWNE has enrolled a patent for Improvements in Ventilating Rooms and Apartments, of the perfect efficacy of which, we believe, there cannot be a doubt, and on a principle at once most simple and unexpected. Without going into details at present, we may state that the improvements are based upon an action in the inverted syphon which had not previously attracted the notice of any experimenter—viz., that if fixed with legs of unequal length, the air rushes down into the shorter leg, and circulates up, and discharges itself from the longer leg. It is easy to see how readily this can be applied to any chamber, in order to purify its atmosphere. Let the orifice of the shorter leg be disposed where it can receive the current, and lead it into the chimney (in mines, into the shaft,) so as to convert that chimney or shaft into the longer leg, and you have at once the circulation complete. A similar air syphon can be employed in ships, and the lowest holds, where disease is generated in the close berths of the crowded seamen, be rendered as fresh as the upper decks. The curiosity of this discovery is, that air in a syphon reverses the action of the water, or other liquid, which enters and descends or moves down in the longer leg, and rises up in the shorter leg! This is now a demonstrable fact; but how is the principle to be accounted for? It puzzles our philosophy. That air in the bent tube is not to the surrounding atmosphere as water, or any heavier body, is evident; and it must be from this relation that the updraft in the longer leg is caused, and the constant circulation and withdrawal of polluted gases carried on. But be this as it may, one thing is certain—that a more useful and important discovery has never been made for the comfort and health of the civilized man. We see no end to its application. There is not a sanitary measure suggested to which it may not form a most beneficial adjunct. There is not a hovel, a cellar, a crypt, or a black close hole any where, that it may not cleanse and disinfect. We trust that no time will be lost in bringing it to the public test on a large scale, and we foresee no impediment to its being immediately and universally adopted for the public weal. We ought to remark that fires or heating apparatus are not at all necessary: and that, as the specification expresses it, "this action is not prevented by making the shorter leg hot while the longer leg remains cold, and no artificial heat is necessary to the longer leg of the air-syphon to cause this action to take place."

A NEEDLE FOUND IN THE HEART.

Dr. NEILL, while dissecting the body of a negro, who had suffered, though not urgently, sometime before death, from palpitation, slight dyspnœa, and severe cough, and who had never complained of having received any injury nor manifested any tendency to suicide, found a foreign body in the heart, which it was ascertained could not have fallen in during the dissection. It proved to be a broken worsted needle, two inches long, imbedded in the external wall of the left ventricle, with its point directed to the apex of the heart. It was much oxidized, and could not be moved from its situation until the cyst containing it was split up. The broken end was contained in one of the columnæ carneæ.

Cases are on record in which needles have penetrated into the heart from without. Dr. Leaming relates one of a seamstress, who thrust a needle through her chest by falling against a table, and who died, after suffering from pleurisy, pericarditis, and pneumonia for nine months. The body of the needle was found imbedded partly in the wall of the right ventricle, and partly in the septum, whilst the point projected a quarter of an inch into the left ventricle. Another is contained in the 'Archives Généralés,' 1842, in which a soldier ran two needles into his heart, and died in nineteen days. The needles had passed through the heart, and lodged in the lower part of the left lung, therein inducing an abscess. A third case is related by Dr. Graves, in which the needle, after having been run in for the purpose of suicide, was cut down upon and removed. The patient, however, died of pleurisy on the eighth day, and on opening the left ventricle where the needle had entered, a small membraneous sac, about the size of a pea, and containing pus, was found.—('New York Medical Examiner.')

THE

DRUNKARD'S TREE.

The
sin of
Drunkenness
Expels reason, drowns memory,
Distempers the body, defaces beauty,
Inflames the liver, weakens [the brain,
Turning men into walking hospitals; causes internal, external,
And incurable wounds; it is also a witch to the senses,
A devil to the soul, a thief the purse, the beggar's companion,
A wife's woe and children's sorrow,
Makes man become a beast and a
Self murderer, who drinks to others
Good health, and robs himself
Of his own! nor is this all—
it exposes to the
DIVINE

DISPLEASURE HERE!
AND HEREAFTER TO
ETERNAL DAMNATION!

Such are
Some of the
Evils springing from
THE ROOT OF DRUNKENNESS.

EVERY-DAY EXAGGERATIONS.

"I AM tired to death!" So you have said often, and are alive still, and in good health too. "I had not a wink of sleep all night!" And yet your bedfellow heard you snore several times. "I would not do it for the world!" And yet you have done many things equally bad. for a penny. "We were up to our knees in mud." You know very well the dirt was not over your shoes.

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COMPARATIVE DIGESTIBILITY OF FOOD.

For much that is known of the properties and mode of action of the gastric juice, we are indebted to Dr. Beaumont, a physician in the American army, who had under his care a young soldier who received a wound in the left side by the accidental discharge of a musket. Extensive sloughing of the injured parts ensued, and the life of the man was often in jeopardy, but he ultimately recovered, and at the distance of about a year from the date of the accident, the side had become sound, with the exception of a perforation into the stomach, which never closed, but left an aperture of two and one-half inches circumference; this enabled Dr. Beaumont to ascertain with much precision the action of the gastric juice, and the relative digestibility of different kinds of foods.

The following table shows the mean time each article of food requires to remain in the stomach until it is digested and converted into chyme:—

ARTICLES OF DIET.	PREPARATION.	MEAN TIME OF CHYMIFICATION. HOURS.	MIN.
Rice	boiled	1	0
Pigs' feet, soused	boiled	1	0
Tripe, soused	boiled	1	0
Eggs, whipped	raw	1	30
Trout, salmon, fresh	boiled	1	30
Trout, salmon, fresh	fried	1	30
Soup, barley	boiled	1	30
Apples, sweet, mellow	raw	1	30
Venison steak	broiled	1	35
Brains, animal	boiled	1	45
Sago	boiled	1	45
Tapioca	boiled	2	0
Barley	boiled	2	0
Milk	boiled	2	0
Liver, beef's, fresh	broiled	2	0
Eggs, fresh	raw	2	0
Cod fish, cured, dry	boiled	2	0
Apples, sour, mellow	raw	2	0
Cabbage, with vinegar	raw	2	0
Milk	raw	2	15
Eggs, fresh	roasted	2	15
Turkey, wild	roasted	2	18
Turkey, domestic	boiled	2	25
Gelatine	boiled	2	30
Turkey, domestic	roasted	2	30
Goose, wild	roasted	2	30
Pig, sucking	roasted	2	30
Lamb, fresh	broiled	2	30
Hash, meat and vegetables	warmed	2	30
Beans, pod	boiled	2	30
Cake, sponge	baked	2	30
Parsneps	boiled	2	30
Potatoes, Irish	roasted	2	30
Potatoes, Irish	baked	2	30
Cabbage, head	raw	2	30
Spinal marrow, animal	boiled	2	40
Chicken, full grown	fricasseed	2	45
Custard	baked	2	45
Beef, with salt only	boiled	2	45
Apples, sour, hard	raw	2	50
Oysters fresh	raw	2	55
Eggs, fresh	soft boiled	3	0
Bass, striped, fresh	broiled	3	0
Beef, fresh, lean, rare	roasted	3	0
Beef-steak	broiled	3	0
Pork, recently salted	raw	3	0
Pork, recently salted	stewed	3	0
Mutton, fresh	broiled	3	0
Mutton, fresh	boiled	3	0
Soup, bean	boiled	3	0
Chicken soup	boiled	3	0
Aponeurosis	boiled	3	0
Dumpling, apple	boiled	3	0
Cake, corn	baked	3	0
Oysters, fresh	roasted	3	15
Pork, recently salted	broiled	3	15
Pork-steak	broiled	3	15
Mutton, fresh	roasted	3	15
Bread, corn	baked	3	15
Carrot, orange	boiled	3	15
Sausage, fresh	broiled	3	20
Flounder, fresh	fried	3	30
Catfish, fresh	fried	3	30
Oysters, fresh	stewed	3	30
Beef, fresh, lean, dry	roasted	3	30
Beef, with mustard, &c.	boiled	3	30
Butter	melted	3	30
Cheese, old, strong	raw	3	30
Soup, mutton	boiled	3	30
Oyster soup	boiled	3	30
Bread, wheat, fresh	baked	3	30
Turnips, flat,	boiled	3	30
Potatoes, Irish	boiled	3	30
Eggs, fresh	hard boiled	3	30
Eggs, fresh	fried	3	30
Green corn and beans	boiled	3	45
Salmon, salted	boiled	4	0
Beef	fried	4	0
Veal, fresh	broiled	4	0
Fowls, domestic	boiled	4	0
Fowls, domestic	roasted	4	0
Ducks, domestic	roasted	4	0
Soup, beef, vegetable, and bread	boiled	4	0
Heart, animal	fried	4	0
Beef, old hard, salted	boiled	4	15
Pork, recently salted	fried	4	15
Soup, marrow-bones	boiled	4	15
Cartilage	boiled	4	15
Pork, recently salted	boiled	4	30
Veal fresh	fried	4	30
Ducks, wild	roasted	4	30
Suet, mutton	boiled	4	30
Cabbage	boiled	4	30
Pork, fat and lean	roasted	5	15
Tendon	boiled	5	30
Suet, beef, fresh	boiled	5	30

DEATH FROM QUACKERY.

On Saturday last an inquest wes held on view of the body of George Frogley, who was alleged to have died from the effects of a drug administered to him by an ignorant and unqualified quack. It appears Frogley had about ten weeks ago a severe attack of rheumatic gout, but from which he had almost recovered, when this bastard Esculapius made her appearance in the shape of an illiterate old woman, who pretended to possess a wonderful specific for his disease, which, of course, was wonderful good news for poor Rheuma, who immediately consented to swallow anything in the shape of physic she might deem proper to give him. He not only took the calamity-water, but in return gave his physician a fee of fifteen-pence. Mark the effect. The operation of this specific began on Sunday evening last, and terminated on Monday morning, as did also his existence. On Tuesday a post-mortem examination was made by Mr. Arthur and assistant, of High street, Shadwell, who found the kidneys, liver, and lungs of a deep violet colour. The contents of the stomach was subjected to chemical analysis by Dr. Letheby, professor of chemistry, who stated the principal foreign matter contained therein to be cochineal, which statement also agreed in some measure with that of the quack. A verdict of natural death was returned.

The correspondent who has furnished us with the report, remarks that this is apparently the first case of poisoning by cochineal on record. The *post hoc* is, however, not essentially the *propter hoc*, and no evidence is adduced to show that the cochineal in this instance was the cause of death, notwithstanding that the viscera were highly injected with that substance.—*Ed. Lancet.*

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USE OF THE LEECH AS A WEATHER-PROPHET.

[THE poet Cowper has mentioned the leech as a weather-prophet, asserting that "no change of the weather surprises him, and in point of the earliest and most accurate intelligence, he is worth all the barometers in the world." Mr. Attree has verified the truth of this statement, and gives the following observations which he has made upon the subject:]

1. If the weather proves serene and beautiful, the leech lies motionless at the bottom of the glass, rolled together in a spiral form.

2. If it rains either before or after noon, it is found crept up to the top of its lodging, and there remains until the weather is settled.

3. If we are to have wind, the poor prisoner gallops through its limpid habitation with amazing swiftness, and seldom rests till it begins to blow hard.

4 If a remarkable storm of thunder and rain is to succeed, for some days before it lodges almost continually without water, and discovers uncommon uneasiness in violent throes, and convulsive-like motions.

5. In the frost, as in clear summer weather, it lies constantly at the bottom; and in snow, as in rainy weather, it pitches its dwelling upon the mouth of the phial.

6. Perhaps it may not be amiss to state, lest any of the curious should try the experiment, that the leech was kept in a common two-ounce phial, about three-fourths filled with water, and covered with a bit of linen rag. In the summer the water is changed once a week, and in the winter once a fortnight. This is a weather-glass which may be purchased at a trifling expense.

TRICKS OF THE WASH-TUB.

A CORRESPONDENT of the *Times* writes as follows:—"The march of what may be designated as the 'rot wash' system of cleansing our under apparel and domestic requisites is becoming so apparent and formiable an evil, that I trust you will not think it beneath your province, as editor of a journal which, more than all others, finds its way into the families of the middle and higher classes, to give place to a caution against the modern most ignorant or wicked introduction into the wash-tubs of such destructive articles as American pearlash, chloride of lime, &c., of which I am assured by a chemist that large quantities are being sold for this purpose. I have recently found some of my own nearly new linen getting very tender; and I have it from the mouth of a very respectable hotel keeper of Cheltenham, that the hostess had recently found even the very bed linen (the house not long since newly furnished) as if it were rotten; and that, upon a thorough inquiry, it had been ascertained that the washerwoman had 'only been using a little of American pearl-ash, which was said to be a very capital thing' (query—for Manchester?). Now, there is a sure test to the eye of these mischievous malpractices, as I am informed by chemists, namely, the very best marking inks (as Ponting's and Bond's, for instance) are found to turn red. I would advise, therefore, that all mistresses of families and housekeepers should look well at the written marks on the linen, as tests, which, if fairly washed, should retain their blackness; and which, if they do not do, the sooner the washer is changed the better. This secret and unsuspected destruction of family linen must be almost ruinous to those whose means of livelihood are small."

PHARMACOLOGY.

No. XXIII.

VEGETABLE TONICS.—(*continued from page 78.*)

Canella,—Canella Albæ Cortex,—Canella Bark.—The inner bark of the laurel-bared canella, or wild cinnamon; a guttiferous plant, native of the West Indies. It is slightly stimulating and tonic; it is used as an aromatic addition to bitter tonics and cathartics; it is a constituent in the compound tincture of gentian of the Edinburgh pharmacopœia, and in the vinum aloes of the London pharmacopœia. The dose of the powdered bark is from ten grains to half a drachm.

Angelica,—Angelica Archangelica,—Garden Angelica.—A native of the Northern Alps; the leaves, root, and seeds have a warm aromatic bitter taste; the medical properties are tonic, carminative, and sudorific; it is used in indigestion, and as a preventive to nausea. It is seldom employed in this country, but has a great repute in France, where the fresh stalks are boiled in syrup, and form an agreeable sweetmeat.

Acorus,—Acorus Calamus,—Sweet Flag Root.—The taste is aromatic, warm, and bitter; the odour is strong, but rather fragrant. It is tonic, stomachic, and carminative. It is employed in dyspepsia, accompanied with loss of appetite and loathing of food—it is not, however, frequently prescribed. The dose of the powdered root is from a scruple to a drachm.

Contrayerva,—Dorstenia Contrajerva,—Contrajerva Root.—A native of South America. The taste is bitter, styptic, and sweetish; the odour is aromatic. Its action is tonic, stimulant, and sudorific. It is used in typhus, in nervous fever, the fever consequent on dentition in delicate infants, and in dysentery. The dose is from ten grains to half a drachm.

Artemesia,—Wormwood.—The leaves of wormwood are intensely bitter. "as bitter as wormwood." The odour is fragrant. It is tonic, stomachic, and antispasmodic. It is employed in dyspepsia, hysteria, and obstructed menstruation. The dose is a cupful of the infusion made with four drachms of the leaves infused for two hours in eight ounces of boiling water. *Moxa,* (a combustible body burnt upon a part affected with rheumatic pains and other bowel affections requiring counter-irritation,) is prepared by beating the tops of wormwood in a mortar until they become like tow.

Aurantium,—Cortex Aurantii,—The rind of the Seville Orange.—Orange peel is a grateful aromatic bitter which is very serviceable in some types of dyspepsia, especially that occurring in debilitated drunkards; the juice is gratefully acid and antiseptic, (a remedy that prevents putrefaction,) hence its employment in sea scurvy: the seeds are irritative, and are used to promote the discharge from issues. Orange peel enters into the composition of the following pharmaceutical preparations. *Confection of orange peel—syrup of orange peel—compound infusion of gentian—tincture of orange peel—compound tincture of bark—compound tincture of gentian,* and the *compound spirits of horseradish.* Orange flowers are used to make *orange flower water,* which is an agreeable and refreshing vehicle for many lotions, to allay the irritability of the skin.

Chiretta.—Chiretta is an intensely bitter substance, procured from the *Agathotes Chirayta,* a plant of the order Gentianaceæ, and closely allied to gentian. It is a very suitable tonic in cases of general debility resulting from impaired digestion, &c., and in consumption. The infusion is made by macerating four drachms of chiretta in a pint of boiling water, and then straining. The dose is from one to two ounces.

COLD,—Cold.—Applied frequently in the form of shock, is a powerful tonic; hence the efficacy of the shower bath and the cold *douche.* Cold, according to the degree and manner of its application, acts in different ways. Its general effects on the circulation depend upon its intensity. A moderate degree of cold applied to the general surface acts as a stimulant; but when the skin is hot and dry, it reduces the temperature, lowers the circulation, soothes the nervous system, and disposes to sleep. Applied to the head in the form of cold lotion or of ice, it is one of the most valuable remedies in inflammatory affections of the brain. Its application to other parts of the body is of the greatest service in local inflammation or hæmorrhage. Applied suddenly, it is an effective shock, and rouses both the mind and the body. Hence the efficacy of cold water dashed in the face in hysteria, when all that is necessary to remove a paroxysm, is strongly to excite the attention and an effort at self-control; hence, also, its use in fainting fits, and in interrupted respiration. In the disorder of the nervous system which follows severe inflammatory diseases of the brain, it forms a most effective stimulus, rousing the nervous system, and gradually restoring all the functions of the organ. In cases of violent nervous excitement, on the other hand, it acts as a powerful sedative, allaying the irritation of the nervous system, and reducing the frequency of the pulse, subduing the most violent pain, and infallibly securing sleep. Such are its virtues in the violent paroxysms of mania.

(*To be continued.*)

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HINTS FOR HEALTH.

TREATMENT OF DISEASE.

Preventing disease is denominated *prophylactic* treatment,—the best of all; that which attempts to cure is called *curative*, and if we cannot attempt to cure, we may do much to palliate. Thus, then medicine is prophylactic, curative, and palliative. We endeavour to cure disease, but we adopt palliatives during its progress; this is done to lessen any symptom, or particular symptoms, which we desire to get rid of, or to mitigate, lest they interfere with the curative process. For instance, we attempt to cure inflammation of the lungs by bleeding, but it is of the first importance the violent cough by some soothing anodyne.

ADHESIVE PLASTER.

An excellent adhesive plaster, unirritating to the skin, not acted on by water, or the discharges from the wound, and possessing all the good properties of collodion except its want of colour, with the additional advantage of being cheaper, is made of dissolving, with the aid of a moderate heat, gum lac in spirits of wine, in sufficient quantity to make it of the consistence of jelly. It can be kept in a wide-mouthed bottle, and spread with a spatula as required.

DIET.

One general rule applies to diet, as to the employment of every remedy of the more simple kind—namely, that where diet is equally efficacious with medicine, it should always have the preference. The duty of the physician is not to cure disease by physic, but to cure it by all the means which are within his reach, and the more simple the means, the stronger their claims upon his notice.

A HINT FOR NURSERY-MAIDS.

Few customs are so injurious to infants as constant confinement in the arms of a nursery-maid; it compresses the chest, cramps and distorts the limbs, and very often gives a twist to their body, if great care be not taken to carry them, alternately on either arm. In consequence of constant confinement, too, in the arms, the infant, either has too much or too little exercise, or is exercised at a time when it is indisposed to have it.

INFLUENCE OF THE MIND ON THE HEALTH.

Very few people have their lives cut short by an overwhelming sorrow, compared with the number who pine and waste away under a chronic grief. Diseases of all sorts, besides those which have their seat in the brain itself, are amongst the direct or the ultimate consequences of all the mental feelings which render their subjects *unhappy*. Impaired digestion, mal-assimilation of food, depravation of the blood, a debilitated heart, irritation or exhaustion of the great nervous centres, with all the maladies which follow in their train, often have no other primary cause. The physician learns to suspect some rooted sorrow or deep-written trouble, when illness does not yield kindly to medical treatment. If it were required to support this position, that a well-ordered mind, the government of the feelings, and all that fortifies the bosom against the foes of peace, do really contribute very directly to preserve the health, it would only be necessary to quote the book of Proverbs, "A sound heart is the life of the flesh: but envy the rottenness of the bones." "A merry heart doeth good like a medicine: but a broken spirit drieth the bones."—Prov. xiv. 30; xvii. 22. The spirit of these declarations is conformable to what we discover by observation, that, as a general rule, the virtuous sentiments are friendly to health, while those of the unbenevolent class, and those which weaken our moral power, are both of them unfavourable to bodily well-being.

ADVERTISEMENTS.

Dr. Yeoman's Medical Publications.

Will be published October 1, price 4d.; by post 6d., the

DISEASES OF ERROR. Their Causes, Symptoms, and Rational Treatment.

Second Edition, price 4d., by post 6d.

INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

The Causes, Symptoms, and Rational Treatment.

"An excellent little tract upon those disorders so incidental and so common to us that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st*, 1850.

Price 4d., by post, 6d.

HEADACHES. Their Varieties, Causes, Symptoms, and Rational Treatment.

"The author of the above little work has given the causes of headaches and their means of cure so plainly, that 'he who runs may read.' The advice offered can be easily followed, and the list of prescriptions in *English*—a most important innovation upon the old mysterious medical Latin—will be found useful. The style of writing is familiar, and the advice given in the most popular form; it justifies the title, 'People's Edition."—*Portsmouth Guardian.*

Price 2s., by post 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, & Rational Treatment; with the Means of Prevention.

"This little work, from the pen of a gentleman who has made pulmonary complaints his special study, and who has acquired a well-deserved celebrity by his mode of treating these terrible afflictions, will be found a valuable addition to the medical library. Written unostentatiously, and in a style which is earnest, though completely unaffected, it may be studied with advantage by the general as well as the professional reader."—*Weekly Dispatch, Nov.* 5, 1848

Price 2s., by post 2s. 6d.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

"These little manuals contain the best and most common-sense account of diseases of the Chest that has ever been published."—*The Sun, April 22nd*, 1849.

London; published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; EFFINGHAM WILSON, 11, Royal Exchange; and all Booksellers and Newsvenders. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

NEVILL'S PATENT FLOUR OF LENTILS,—Is the produce of the ARABIAN LENTIL, possessing natural restorative properties which will prevent the use of medicine for Indigestion, Constipation, and all other derangements of the Stomach, Intestines, Liver, &c. Recommended by medical men for persons advanced in age, Invalids, and delicate Children.

Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1 lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by NEVILL and Co., 16a, Chichester Place, Gray's Inn Road, London; sold at 78, Gracechurch Street.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, &c. Mrs. Smith attends on Ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 25, Harmer Street, Gravesend, every Friday

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE DISEASES OF ARTISANS.

We are preparing a series of articles, on the diseases incidental to, and caused by peculiar occupations and trades. THE DISEASES OF TAILORS, will be the first, and will appear in an early Number. The diseases of watch-makers, of engineers, of shoemakers, of seamstresses, &c., &c., will follow.

CONSUMPTION.—With this Number the series of papers on Consumption, commenced in No. 27, are completed. They are a revised reprint of the editor's work on that disease. At the time it was published, 1848, the author's practice and attention was devoted exclusively to Chest Diseases. A more general and extended experience since that period has not caused any alteration in his opinion of the impossibility of *curing* this fearful malady, but it has strengthened his opinion of the practicability of PREVENTING its onslaught, and of checking its progress, should it already have commenced. Some of our readers may feel surprise that not any mention is made of *Cod Liver Oil* as a remedy. The omission was designed. We are convinced of its inutility. It is a bladder that floats the swimmer in the shallows and bursts in deep water.

D. S. T. (Stockport).—Apply four leeches, and encourage the bleeding by a warm poultice; take a full purge—(See No. 27, page 5). When all the inflammation is subdued use a slightly stimulating embrocation—of course, give the limb all the rest possible.

JAMES SMITH (Edinburgh).—Such communications can only be answered privately. You will find a part of the information you seek for in THE DISEASES OF ERROR. A paper on "Irritable bladder" may appear in our Journal, but we cannot say when.

A. T. (Walcot Square).—We had rather not advise without seeing the case.

F. H. B. (Bethnal Green).—Your letter is deficient in many particulars: you do not even mention the age of your daughter. We suspect much of her indisposition is caused by worms. We cannot advise without seeing the patient.

VERITAS (Kennington).—Continue to use the cold water: always return the intestine with a cold towel, and after it is returned apply a sponge and cold water to the parts. Act moderately on the bowels by castor oil; an enema of cold water, with about ten grains of alum added to a pint, may be of service. A pad and bandage would materially assist the permanency of the cure. Mr. Smith, of High Holborn, can supply you with the latter.

MATHEW GREY (Sneaton).—We have no recollection of you, or your case. Communicate privately, and don't write so pedantically. You use too many "hard words," and quite puzzle us.

A SUFFERER.—Mr. Hooper, chemist, Pall Mall East, is the only person whom we know to have the real "Kousso" for the cure of tape-worm. The price is fearful—something like a guinea and a half for each dose. See answer to VERMES in No. 35.

JAMES BROWN (Ruislip).—Obtain some active employment; the *fatigue* of idleness is the cause of half your maladies.

> "By ceaseless action all that is exists;
> Constant rotation of the unwearied wheel
> That Nature rides upon, maintains her health,
> Her beauty, her fertility."—COWPER.

A TUTOR (Paddington).—Take three grains of iodide of potassium, made into a pill with two grains of extract of hyosciamus, twice a day. Take a pint of good beer daily; avoid fish, salted meats, and cooked vegetables. A warm bath at 96° twice a week will be proper. Call in Lloyd Square in a week's time.

DESPAIR (St. George's East)—Call: we will endeavour to teach you HOPE.

JOHN CONSTANT.—Your first letter certainly said you had a "trifling rupture;" your second says that the swelling is not occasioned by hernia, but by some other cause which has also induced a stricture. We do not tender advice in such cases publicly.

UN HOMME JEUNE ET TRISTE.—(If you write again, you must adopt a shorter title.) To both your questions, Yes.

E. L. (Dublin).—We never *hazard* an opinion, and never prescribe for or direct a patient in our columns unless the history of the case furnished to us is so clear and decided that a *doubt* as to the proper treatment cannot exist. Your letter leaves us in doubt.

X. Y. Z. (Leeds).—How frequently are we to say that we only answer *privately* communications on diseases similar to the one that now afflicts you. You cannot be a reader of our Journal, or you would have spared us the trouble of reading your long letter, and yourself the trouble of writing it. You may, if you like, send your address.

S. G. (Regent's Park).—Call in Lloyd Square.

LEPRA (Southampton).—Send your address.

THE HEALTH OF LONDON is now better than it usually is at this season of the year. At the present time there is no trace of Asiatic cholera in London. Scarlatina, which is so fatal to young persons, has been advancing slowly for the last thirty weeks: the disease has prevailed with severity in particular localities.

NOTICE TO ALL WHOM IT MAY CONCERN.—In future the Homœopathist Quacks are to be styled GLOBULISTS, not Homœopathists.

NANCY BELL (Whitby).—The letter, according to your request, has been forwarded to your private address.

JAMES JORDISON (Teignmouth).—The articles, "How to make Home Unhealthy," appeared originally in *The Examiner*; they are now published in a neat volume, by Chapman and Hall.

GEORGE L. COOPER (Woburn Place).—We have carefully read the correspondence published in *The Lancet*. Our opinion is that Mr. Highmore was treated with unwarrantable discourtesy. We hope the controversy between the two gentlemen will now end.

PHILLIS (Leicester).—If you value your life, forsake *Coffinism*; the creature who introduced the "system" should now be at some penal settlement expiating his offences.

THE CHOLERA.—"Our own Correspondent" of *The Times*, writing from Vienna, September 1st., says, "the cholera has raged so fearfully among the people employed in constructing the railroad across the Semmering Mountain, that government has ordered the works to be discontinued for a time. When employed in the incipient stages the *pulv. ipecacuan. comp.* (Dover's powder) has proved an excellent remedy."

SILVER GREY.—We think the sulphuret of potassium is to be obtained ready prepared at Morson's in Southampton Row, Russell Square. The process to make it, although simple to a chemist, would be difficult to you.

VESPER.—The most ancient record we can find of any quackery approaching to the modern one of mesmerism is in some papers relating to the reign of Edward VI., when one Crig was put in the pillory for pretending to cure disorders by "looking at" the patients. Let us have the pillory revived for the especial behoof of the mesmerist and clairvoyante rogues. In the reign of James I. the council dispatched a warrant to the magistrates of the city of London, to take up all reputed empirics and bring them before the censors of the College of Physicians, to examine how properly qualified they were to be trusted with the limbs or lives of his majesty's subjects. Let us revive this wholesome practice also.

ED. HILL (Leicester).—You will find an article on BATHS in No. 11. page 85—and one on BATHING in No. 16, page 124. The temperature of a vapour bath is from 100°. to 130°.

D. E. A. (Gosport).—Take calomel, one scruple; opium, four grains; confection of roses, sufficient to make a mass, which divide into twenty pills; one to be taken, night and morning. When you find a slightly metallic taste in the mouth, write again.

A GREAT SUFFERER (Leadenhall Street).—The situation and intensity of the pain induce us to believe you are suffering from more than ordinary spasm. We suspect the presence and the passage of gall stones. We must see you.

STUDENS.—Delirium tremens, or more properly *delirium cum tremore*, is the same dreadful affliction as the one vulgarly called "the Horrors" or "the Blue Devils." Debauchery is the cause of so much mental and bodily disease.

A WATCHMAKER (Northampton Square).—Boil half an ounce of mustard seeds in half a pint of milk, then strain. Take a small wine-glassful once or twice a day. Let the back and abdomen be gently, but assiduously rubbed, before going to bed. Take a moderate dose of the compound rhubarb pill if necessary. Continue your present diet, as you say it agrees with you.

CHARLES TURNER (Nottingham).—We should think you could have the bandage sent by post. Write to Mr. Smith, who will send you instructions how to take a correct measure.

D. E. A. F.—As the discharge is of the offensive character you describe, we should suspect some disease of the bones of the ear. We will not take upon ourselves the responsibility of advising without seeing you.

A LIVERPUDLIAN.—You can obtain all the back Nos. of the Journal of Mr. Shepherd, Caledonia Road, Liverpool.

A WORKING MAN (Old Kent Road).—Such communications as yours are only answered privately.

B. (Henrietta Street) writes with great candour. He says: "I wished to consult you. I passed your door many times, but did not like to knock or ring, as I did not see any surgery." We have not a pill or a draught in the house: if B. favours us with his confidence he will obtain our best consideration; our most careful instructions as to moral, medical, and dietetical management, and a prescription which he may get prepared where he likes.

G. J. T. (Wolverhampton).—Continue the medicine ordered on the 2d inst., for twenty-one or two days.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 38.—Vol. II.] SATURDAY, SEPTEMBER 21, 1850. [ONE PENNY.

A DISSECTION OF QUACKS.

ADDRESSED TO THE INEXPERIENCED.

There is no greater human contradiction afforded than that which may be observed in the management of our mortal frames. Ridiculous care and criminal neglect mark the extremes of our behaviour to ourselves. Up to a certain point many of us are completely reckless. Then we begin to value health, and the work of patching commences; and a habit, which is frequently the mere incarnation of hypochondriasis, leads us to feel our own pulses, look at our own tongues, play the part of Sancho Panza's medical attendants towards our own unruly appetitites, and, finally, call in the aid of Galen and Hippocrates, Bolus or Elixir, to regulate the daily clockwork of our life.

It is not until the constitution is impaired, if not utterly broken, that we begin to consider the value of health; and we are then in such haste and anxiety to take care of ourselves, that we frequently hurry on the grand climax of dissolution. We do not think of winding up the watch until it has been stopped, and then we must needs continually take it to pieces; playing the part of sick monkeys with our own works and machinery. This is all very melancholy; but it is a natural prodigality susceptible of no warning. Therefore we do not at present deal with this, although we may indulge in a few general remarks as to its existence.

In a civilized country health and money may be regarded as the two first blessings. There is no rate of exchange between them, and their value is very different; but the same prodigality and avarice is displayed in the profusion with which both are lavished by the young, and the trembling eagerness with which both are grasped at by the middle-aged and old.

A proper notion of the value of health and money is frequently acquired at too dear a rate. Experience merely assumes the features of regret; and instead of conveying the solemn warning of the tragic chorus, presents the appearance of a consumptive beggar seated on the door-step of the Temple of Life. Away, then, with Experience, when she comes upon the scene too late!

Thus it is next to vain to say to the young, "Respect your lives and fortunes." The same course will be run to the end of the chapter, and the burden of the moralist is vain. In the wisdom of Solomon and the book of Ecclesiasticus may be found all that can be said on this subject, even in the nineteenth century. But wisdom, science, and even warning, can be applied to particular cases at particular stages, and human agency be made remedial throughout all folly and error. You cannot wave the cholera away from the gates of the town; but you may protect and fence individuals to the extent which God's mercy permits, and recover many amongst those who are stricken.

In offering these few remarks upon a delicate subject, we assume the evil, and deal with it as it is found. Our object is to prevent some fatal consequences arising from the diabolical agency of man in increasing evil, and to warn our fellow-countrymen against the mercenary wretches who trade in disease and live by the scourges of humanity.

In the seventh chapter of Proverbs, where is found one of those stern lessons that the sacred book has conveyed to man for ever, in words of stereotyped gold, there is no mention made of quacks. The existence of such beings is not described. It is probable that persons of a similar description have lived in all times. Since fools were not uncommon in the days of Solomon, it is certain that there were imposters. But it is probable that the exact species to which we allude came into existence in England about that period when America was discovered by Columbus.

The mission of a medical man is about the most sacred upon earth. It is at once noble and learned, charitable and laborious. It wears a chaplet, twined by the fingers both of Danger and Mercy. It is a sublime calling when well exercised. There is no ministry more angelic than that of a good physician. But what terrible responsibilities does he not incur? What must a man of sensibility experience when his countenance is scanned by the anxious patient, or read by one still more anxious—a mother, a lover, or a child—if he doubt his own skill, or feel his own ignorance? What a melancholy task merely to interpret the judgment of the Deity, and to announce, not battle with, approaching death! This is the dark side of the picture; but, again, what joy when the patient recovers! What pleasure in being the courier of hope, the messenger of peace! How reflective must be the life of a physician! To pry into the secrets of birth and the grave; to witness all the foibles of humanity; to have the end always before one; to observe all the trials, the afflictions, the imperfections, and physical infirmities of our nature; to see behind the curtain, and peer beneath the mask; to have an everlasting skeleton present at the feast of life, even when not actually engaged in the dissecting-room or the hospital; to know that you are preceded in your professional visits by sickness, if not followed by death; to carry often the very scent of mortality in your garments; to walk in an atmosphere of fever, and to be aware that invisible infection is floating in filmy terrors around you; in fact, to see the seven ages of Shakspere continually illustrated by disease and rounded by mortality,—how philosophic and how earnest must the mind become, if it escape the morbid shadow of depression and melancholy! A physician, indeed, cannot escape being a reflective man. It is most probable that he will be a good one. Alas! all we can say is, that the bad qualities of a man are as much developed as the good, by an education which embraces such deep research, and such strange and useful detail and inquiry.

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It might be deemed otherwise; but man, who dares to trade in the medicine of the soul, cannot be supposed to afford true dealing in the medicine of the body. He often interprets religion as a mere parrot. His only reality is tithe; but his voice is the echo of an outer fable. His God has no existence save in the use he dares to make of him,—adding the insolence of a conventional hypocrisy to the blasphemies of a Proudhon. Nay, he is no atheist. He simply believes without thought. He has faith in words. He is a fierce and rancorous controversialist. He would burn you in the fires of Smithfield. For what?—It is his blind vocation. If religion be so used, can we wonder that there are men who make a job of disease—who farm your body without remorse—who look on a patient as a prey—who angle with a malady like a fisherman—who eat, and drink, and clothe themselves with that which eats into your vitals? They are so accustomed to it that it is to them no sin. It does not torture their conscience. Their nerves are hardened, and their conscience brutalised by a combination of science and avarice! You are their stuff, their property, their plant. They deal with your body like lawyers, and only vary from a Chancery suit to the petty details of the Palace Court. Yes, there are men in existence who are capable of deliberately treating you so that you may become a chronic patient; and others who endeavour to make you swallow all the medicine they can for a while, in order to run up a sufficiently long apothecary's bill.

Mankind is ever credulous. There is no monstrosity that will not attract either superstition or belief, although it is an educated age; and thus the dupe may be ashamed of the folly which he is still fascinated to pursue. A man advertises in bad grammar that he can perform miracles, and crowds flock to him for aid. The mountebank imposter of the fair is repeated in every shape and form. No matter how gross the bait, men do not possess even the instinct of fishes, and are still found to gape and swallow. Another proclaims that for a few postage stamps he will communicate the secret of an infallible love-potion, and the post-office is inundated with letters! We are told that some preposterous humbug is making £2000 a year by informing young ladies of their characters from the inspection of their hand-writing. He has cut-and-dried answers ready, to which his signature is duly affixed by a stamp, on the receipt of the specimen note and a certain sum of money. Of course the answers are all complimentary. But this is mere innocent quackery.

There is one far more dreadful to which these observations are intended to apply.

With regard to accredited and regular medical practitioners, there is great caution to be used in their selection. The first great principle to go upon is this,—Does it accord with a man's interest and respectability to cure you? But with regard to quacks, there is but one recommendation. Avoid them as you would fly from rattle-snakes. Like the latter, they carry with them their warning. The loud invitation of the one is the premonitory rattle of the other. The fearful ravages committed by these persons are equal to an unseen and continual pestilence. Let this be a rule to the afflicted—to go to the fountain-head for recovery. In all other transactions of life, a man seeks to lay out his money to the best advantage. The same individual, however, who is anxious to employ a good bootmaker, or to wear a fashionable hat, surrenders his health and constitution at discretion into the hands of cheap pretence, and dies, if necessary, at last to consummate the bargain. But the cheapness is *not* greater. You pay a sovereign for the best medical aid that London can afford. Half-a-crown suffices at the best druggist to make up your prescription. The quack—be it remembered that we address the class of individuals who are above the refuge of an hospital, but to whom a small sum of money is an object—does not let you escape from his hands without extorting the uttermost farthing; and his claims are frequently such, that you are not inclined, even when your eyes are opened, to contest the imposition. Some of these people demand a sum of five pounds down, and profess to cure you. They are then utterly indifferent to your fate. If you trouble them they send some ignorant beast to call upon you. You shut your door in disgust. This is the least dangerous class. Others give you credit, and destroy you by inches to make a bill. They often produce maladies by unnecessary operations, or poison the fountains of existence with horrible medicines. These are pictures of reality, which the curious observer may discover throughout all England. Are we, then, wrong in imploring the inexperienced to consider and pause before yielding themselves to the discretion of men like these? Our observations apply with equal force to many men in the profession. Base and ignorant minds are rendered still more callous by the practice of physic. Regard the vast body of London medical students. It is a title unhappily almost synonymous with profligacy. Flippancy and slang, beer-drinking and heartlessness, brutality and debauchery, are but the too frequent results of the license of the metropolis grafted upon that early initiation into the vice and filth of humanity which the hospitals and streets of London afford to the boyish student. The awful revelations of morbid anatomy, the dissecting-room and the operation-hall, supply obscene jests and indecent merriment. A shallow affectation of materialism chases the philosophy of God from the heart and from the lips. Such is the style of many of those men, who soon afterwards receive a diploma to visit our sick beds. To one Sir Benjamin Brodie there are a host of these. We speak, not from the imagination, but from what we have seen and heard ourselves. Conceive a man delivered into the tender mercies of beings so brought up—regarding you, on entering upon their professional career, as their fitting prey; their means to escape from starvation or emigration. Remember that their sympathies are blunted, and that they have to struggle against competition. Nay, were there no other motive to trifle with you, there might be the thirst of experiment, which divides the professional empire with beer in the shambles of the hospital. Before quitting this subject, we will observe that in our opinion the junction of apothecary and surgeon is one extremely prejudicial to the public. It leads to over-dosing and rascality by easy and natural steps. But as to the quack all language fails us when we would express either indignation or advice. When we hear of a young man hasting to one of these we shudder at his fate. Avoid such, all ye victims of indiscretion, ere repentance come too late; for you go there "as a bird hasteth to the snare and knoweth not that it is for his life." The house of such a one "is the way to hell, going down to the chambers of death!"—*The Mirror of the Times.*

"The poor," says Scripture, "shall never cease from the land." Inequality of conditions has ever been since human society was formed, and seems to be an essential condition of its existence. But though the division of mankind into classes is strongly marked, the ranks are not so separated as to prevent the interchange of sympathy: the poor are necessary to the rich, and the rich are necessary to the poor; labour is required to render capital productive; capital is wanting to maintain a steady demand for labour. Each class is, therefore, interested in the prosperity of the other; and experience has especially shown, that whatever tends to elevate the physical and moral condition of the poor, tends in a still greater degree to render the enjoyments of wealth more extensive and more secure.

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THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

By the Editor.

No. II.

THE EXCITING PASSIONS—ANGER (*continued*).

Long-continued, though not violent anger—chronic anger—which includes habitual irritability or fretfulness of temper—peevishness, and malevolence of disposition—exerts, sooner or later, a baneful influence on the health, The constant torture of mind induced by such unhappy feelings must always be attended with the most injurious consequences to the physical economy: the organs of digestion, particularly the stomach and the liver, suffer in an especial degree, for "a sour temper maketh a sour stomach." The man of irritable temper is invariably a dyspeptic, and bodily pain and discomfort are the sure penalties for his want of self-command. If he retains that appetite for food which is so essential to perfect digestion, and can supply the stomach with the necessary material for nourishing the body, it rarely happens that that organ possesses the required energy or tone to convert the food into nutritive matter. But it more frequently occurs that the appetite is impaired, and solid food loathed; the frame is therefore attenuated, if not emaciated. Shakspere, the philosopher and physiologist, as well as poet and dramatist, makes Cæsar trust with confidence in the rosy, expanded face, and rotund sides of Marc Antony, whilst he regards with suspicion the pale, contracted face, and meagre frame of Cassius:—

> "Would he were fatter.—But I fear him not;
> Yet if my name were liable to fear,
> I do not know the man I should avoid
> So soon as that spare Cassius."

The effect of anger and the turbulent passions on the liver is very decided; in some instances, its secretion, the bile, is partially or wholly obstructed in its passage to the first portion of the intestines, whence it regurgitates to the liver, and is taken up by the absorbent vessels, and carried into the mass of the circulating blood; so that, in fact as well as in poetry, we may

> "——— creep into the jaundice,
> By being peevish."

The surface of the body, especially the complexion of the face, readily assumes that dark and bilious hue which is so characteristic of an unamiable or choleric disposition; the common expression, "to turn black with anger," may therefore be attributed to correct observation. Persons predisposed to gout often suffer a paroxysm of this painful complaint after some passionate excitement; indeed the "ill-humour" which is the constant companion of gout is, in many instances, as frequently the cause as the effect of the attack. Rheumatism is described by some medical writers to be similarly influenced. Many purely nervous complaints may have their origin in anger and the angry feelings. Hysteria, nervous headache, tic-douloureux, and other nervous pains, are always aggravated, if not excited, by passion.

"Anger," says the sagacious Burton, "is a perturbation which carries the spirits outwards, preparing the body to melancholy, and madness itself. *Ira furor brevis est*"—anger is temporary madness. He adds, "in hot, choleric bodies, nothing so soon causeth madness as this passion of anger." A constant propensity to fits of rage sometimes constitutes the only evidence of insanity, the mind remaining in all other respects apparently rational. Several instances of this type of mania are recorded by Pinel and Pritchard.

If anger is capable of inducing disorder in a frame hitherto healthy, how much more injurious and dangerous are its effects when the system is already labouring under disease. It is well known that fractious and peevish patients recover less promptly, and are more liable to relapses, than those who are calm and placid during their illness; and equally familiar is it to the surgeon, that under a bad state of temper wounds heal less kindly; and, when recently healed, will occasionally break out again.

Considering, therefore, anger and irritability of temper in relation to our bodily welfare alone, how greatly should we conduce to our ease, comfort, and well-being, were we to correct and suppress all peevishness and turbulence of disposition. "Every human creature," says the Rev. Dr. Blair, "is sensible of the propensity to some infirmity of temper, which it should be his care to correct and subdue, particularly in the early period of life; else, when arrived at a state of maturity, he may relapse into those faults which were originally in his nature, and which will require to be diligently watched and kept under through the whole course of his life." Some persons are constitutionally irritable and passionate, and in such it is scarcely to be expected that the infirmity can be completely removed; it is difficult to reason men out of their physical predispositions, but it is not so difficult to convince them of the necessity of antagonising such as are faulty and hurtful. Were we to analyze anger, it might be resolved into a compound of folly and pride; therefore, if a man learn wisdom and practice humility, he will become less a victim to this otherwise unruly passion. It is most essential to the future health of children, that they be trained by early education to control their tempers; the child who has been too foolishly indulged, whose wilfulness, passion, or "temper," grows unchecked with his growth, will require emetics and purgatives far more frequently than he who has been more discreetly managed; his health will be less strong, and as he advances in years he will earn for himself an irritable constitution as well as an irritable disposition.

The subjection of our mental feelings to corporeal influences may be considered a humiliating doctrine; but it is, nevertheless, a sound one: if the stomach is capable of being disordered by passion, so in like manner is anger and irritability of temper excited by various morbid conditions of our bodily organs. In many derangements of the stomach, particularly chronic indigestion, the patient becomes exceedingly "waspish" and irritable; he "will snap at his wife, scold his children, and kick his dog," and vent his *spleen* upon every person and everything around him. Inflammation of the spleen will sometimes induce violent fits of passion; and an unhealthy state of the liver will often render the temper suspicious, peevish, or morose. Irritability of temper is seldom absent during an attack of cold or influenza, and a greater amount of fretfulness is generally the forerunner of a paroxysm of asthma.

Wine or ardent spirits, when taken in excess by certain individuals, very commonly produces fearful outbreaks of anger. It is said of Byron (if my memory be correct the remark is his own), that "wine made him savage instead of mirthful." The wretched state of temper in which most persons awake on the morning following a debauch, may be referred to the irritable and morbid condition to which the delicate lining of the stomach is reduced by the previous excitement.

The anger originating in some peculiarity of our physical organization, or disturbance in our functions, is never directed to its real cause; a man never flies into a rage at his stomach, or raves at his liver! it is towards persons and objects who have no concern in the production of his passion that his choler is turned; and thus he may suspect, abuse, and maltreat those who are nearest and dearest to him, for no other reason than that his dinner is undigested. It has been remarked that we are apt to dream of quarreling with our friends if we go to bed soon after eating a plentiful and indigestible supper.

(*To be continued.*)

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ON THE PRACTICE OF HOMŒOPATHY.

BY ROBERT DICK, M.D.

THE safety of Homœopathy lies in its mystery; otherwise it would be easy to demonstrate that its doctrine of *similia similia curant* is the most impudent mis-statement ever made. The homœopathist resembles a juggler, who (in his infinitesimal doses) always keeps out of sight, as it were, and then tells us that the fire, air, and water, which, in *our* hands, have their known ordinary effects, produce, in *his*, results quite different, because manipulated, in a certain way, into infinitesimal dilution! Were there the *ordinary* measure of magnitude for the homœopathic dose, we could soon bring the theory to a conclusive test. We would say to the practitioner of this school,—"If one globule from this bottle produces symptoms analogous to inflammation, then surely five, ten, or twenty, or 100 globules, will produce these symptoms in an aggravated degree. Give me, therefore, 100 globules, or, if they are *bonâ fide* infinitesimal, give me 1000, or 10,000; I am ready to stand the risk of the inflammation." This, I have been informed, was the proposal which the late Mr. Liston made. He offered to swallow at one dose the whole pocket dispensary of a homœopathist; but he was told, I believe, that the experiment, even if made, would not be conclusive, because, by medicines taken in large or allopathic doses, the peculiar homœopathic effects of small doses are not developed (an apparent very obvious truism); and secondly, because it is necessary that a person should be suffering from a disease similar to that which the medicine causes before the peculiar effects of that medicine can be illustrated. What a jumble this of inconsequence, contradiction, and assumption. By what means does the homœopathist obtain his knowledge of the effects of medicines but by experiments on persons in health; else how would he know that the effects of any particular substance are similar to disease, since the experiment, if made *during* disease, would leave it vague whether the morbid effects were due to the drug or the disease. Then, unless the modes of computation or measurement in regard to homœopathic medicines are opposed to all others, and are of a nature mysterious and miraculous, it follows that if one, two, or three globules of a given substance cause symptoms resembling inflammation, fifty or 100 globules of the same substance will excite these symptoms in a higher degree. Then give us that dose. The writer offers, either in health, or when he chances to suffer from sickness, or in any other circumstances, to take a thousand doses at once of any substance whatever of the ordinary infinitesimal dilutions. He stipulates only to have two allopathic practitioners to superintend the effect, in order that they may prove, as he doubts not they will easily do, that any phenomena (favourable or the reverse) which may follow, are explicable on grounds altogether distinct from the infinitesimal dose; unless, indeed, this is taken in so large a quantity as to act on ordinary allopathic principles; which, however, of medicines infinitesimally diluted, *many* thousand doses ought not to do. We repeat our offer. We invite homœopathists, by any infinitesimal use of their medicines that pleases them, to *get up* in us a pleurisy, pneumonia, peritonitis, or fever. For the interests of art and knowledge, and for the sake of testing the efficacy of infinitesimal doses, we are willing to incur the risk. But candour compels us, at the same time, to avow that we consider we make the offer with the most perfect safety!

Here, then, is a remarkable difference between the two systems. The allopathist at will, and irrespective of the volition of the patient, can, by his doses purge, or cause to vomit, or to perspire, or to void urine in large quantities—can, in short, act at his pleasure on important organs and functions—the bowels, stomach, skin, kidney, &c. We can stimulate by quinine, or depress by antimony. But the writer, and those who think with him, *absolutely defy homœopathists*, when using only *bonâ fide* infinitesimal doses, to produce the smallest effect on them either in health or disease. In other words, we assert that the action of infinitesimal doses *is purely imaginary*, and is all explicable on the ground of influencing the imagination of persons who are predisposed by faith in the system, and whose cases do not require more active treatment. Can we possibly offer a fairer issue than this?

Yet absurd as the infinitesimal doctrine is, to it (we verily believe) homœopathy chiefly owes what popularity it enjoys. Did this system not differ from the Hippocratic in the marvellous minuteness of its doses, but merely in the principle on which medicines are administered, it would probably never have obtained any or much attention; for the curiosity of the public, more especially the morbid curiosity of hypochondriac men and nervous women, would not have been stimulated. Whether the black draught he was about to swallow was to act on homœopathic or allopathic principles, a patient would not have cared one straw about; but when he is not only spared the black draught, but required merely to swallow a powder smaller than the smallest pinch of snuff, or to take a teaspoonful of limpid, tasteless, and colourless water,—when, moreover, he is told that in these he imbibes only a decillionth part of the active agent, his palate and his faculty of wonder are conjointly interested in the miraculous circumstance! I need not add what every man knows, that, besides men like Lords Essex and Robert Grosvenor, there are multitudes of women (more excusable, indeed) who prefer whatever taxes their faith, stimulates their imagination, excites, but never satifies their curiosity, and exceeds their comprehension, to aught their minds could fathom!

We ought not, however, to quit the subject of infinitesimal doses without urging a suggestion on all our allopathic brethren. It is known that two or three years ago one of the most notorious of the metropolitan homœopathic practitioners was detected in administering to a delicate female patient, as *infinitesimal medicine*, a dose of the chloride of mercury, such as few allopathists would in the same circumstances order. We apprehend that this mendacious method is far from rare. It were easy for an homœopathist to administer an allopathic dose of arsenic, corrosive sublimate, strychnine, aconitine, morphine, and other powerful medicines, as an infinitesimal one. And this, as we have just said, we doubt not is often done. We therefore recommend our brother practitioners to embrace any opportunities, consistent with gentlemanly dealing, of obtaining specimens of homœopathic medicines, from friends or patients who have been under that treatment, and to analyze the same. We suspect that some curious disclosures will be the result.

Our total scepticism, as to any effect whatever from infinitesimal doses, necessarily obliges us to the belief, that in *every* case in which any benefit *does* result from a medicine ostensibly infinitesimal, a deception is practised; the dose not being, in diminutiveness what it is professed to be. And hence will arise a difficulty to allopathists in practically confuting the system of their opponents, by pointing to its inefficiency; since the treatment of the latter will be, and we doubt not in many cases now is, allopathic under the colours of homœopathy!

We do not hesitate to avow, that we consider as the most noble as well as the most perfect and safe of all cures, to be that which is effected by natural means only, by an enlightened and masterly application of physiology; and we even think it might be, with less sophistry and paradox than is employed on many occasions, maintained, that the means just referred to are the only ones for which we have clear, express, direct, and indis-

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putable warrant. The line of argument, however, necessary to establish even the probability of this, would be much too transcendental for the pages of a practical medical journal. Besides, a contrary view might be also plausibly maintained, and on another tack of reasoning from the transcendental one just adverted to, the use of medicine might be shown to be the result of a sort of secondary instinct. These are grand and exciting inquiries, for the management of which the time we live in is not prepared. With all our vanity and imagined progress we are a gross age. The finest departments of knowledge and social humanity are neither understood nor regarded by us, or are named only to be derided and execrated. But returning from this digression, and leaving open the questions above referred to, we shall simply remark, that, whether rightly or not, the use of medicine is likely to be long a habit of the race. And of the two medical sects discoursed of in this paper, homœopathists and allopathists, we are well convinced that the latter will survive, will regain all the advantages it may lose, and will number the apparently most brilliant cures. The tables will be again turned.

In order to prove this, let us for a moment imagine that homœopathy, with its inert and slow treatment, was universally established, and that the very name and memory of allopathy had died out of the world. Let us next imagine, that amid this state of things an allopathist appeared, armed with opium, mercury, antimony, nitrate of potass, &c., and administering them in *allopathic* doses; giving this man, who had been for weeks sleepless, a night of profound repose, by a single pill (opium); sending, by the use of a single small powder (calomel), that other man, who had been all his life constipated, to his water-closet, in a state of unprecedented alvine urgency and excitement; by a powder, equally minute (tartrate of antimony), producing a vomitive cataract from the stomach of that child who had over-eaten itself with acerb plums, and ached in its small abdomen; causing a fourth person (a dysuric patient), by a powder not large (nitrate of potass), to charge his chamber utensil with a more brimming supply than the joyful man had ever impinged into it before! Why, the whole world would go mad about this allopathist! He would be called a miracle-worker. Man and woman would flock all wildly after him. The tail of his coat, if coats should then be worn, would be kissed by beseeching and by thankful lips. Homœopathy would be forgotten, or laughed at as the wretched dawdling of old women; and nothing would be talked or thought of but the apparition of this wonderful new medical demi-god!

SYPHILIS AS A CAUSE OF THE DEATH OF THE FŒTUS.

Syphilis often causes the death of the fœtus, and it is of importance to obtain a diagnostic sign by which it can be made out that syphilis has really destroyed the child, so that in doubtful cases the parents might be appropriately treated, and the next offspring saved. Such diagnostic signs as white and hard nuclei in the placenta (after-birth,) peritonitis, a peculiar alteration of the liver, have been mentioned, but they are common to other diseases. M. Paul Dubois has looked for more certain symptoms, and conceives that suppuration of the thymus gland may be reckoned among them, as he has found this pathological change in all children who have died of syphilis, and not in other fatal cases. The pus is mostly to be found in the secreting portion of the gland, and is yellow, opaque, and creamy; it should not be confounded with the normal secretion, which is white, opaline, transparent, and viscous. M. Dubois does not, however, put implicit confidence in these signs, and thinks that further investigations are necessary before the question is settled.

ON THE ADMINISTRATION OF PURGATIVES BY THE ENDERMIC METHOD.

[By this method, medicines act upon the system through the medium of the skin. And in order to produce this effect speedily, the skin must be deprived of its cuticle, which is accomplished by a blister.]

In many acute and chronic diseases, intense constipation exists; purgatives given are immediately rejected, and enemas cannot penetrate, whilst manual operations are useless when the fæces are contained in the colon. In these cases, Dr. Salgues proposes sprinkling different purgative powders on the skin, deprived of its epidermis by means of a blister, and quotes several cases in which evacuations were thus obtained. The conclusions to which he has been led by experience are: that in many cases the practitioner may have recourse to purgatives by the endermic method to overcome constipation, which may give rise to serious, if not fatal, accidents; that colocynth is more powerful, and ought to be preferred (dose from grains v. to grains x.); aloes is not so efficacious (dose from grains viij. to grains xv.); that when the purgative does not produce the evacuation of the retained fæces, it may cause irritation, or hæmorrhages of the stomach or intestines, and sometimes even an excitation of the whole system; that, as by this method only drastic purgatives can be employed, they are counter-indicated whenever any latent or ardent phlegmasia exists; that they must be discontinued when their application is not followed by evacuations; that when the purgative does not cause the symptom against which it is directed to yield, it acts as a perturbator, and if it has not an advantageous action on the primitive disease, it may produce serious accidents; consequently, the abdominal organs must be attentively examined ere it is prescribed.—*Revue Medicale de Dijon.*

HEALTH OF THE HIGH COURT OF PARLIAMENT.

There is not a reproach to the government and the legislature more scandalous than their neglect of the medical profession. Among the officers, whether of the lords or the commons, there is neither physician nor surgeon; a fact, which shows how little either of the houses of parliament care for the constitution. These remarks are suggested by a return lately published of the sittings of the house of commons during the last session. The number of days on which the house sat was 129 altogether, and in July amounted to as many as 23; the sittings, on the whole, occupying 1,104 hours, 14 minutes; and averaging 8 hours, 33 minutes, and 35 seconds a day: now, of course, all this sedentary occupation must be highly injurious. Of the time thus spent, no less than 108 hours and a quarter were after midnight; and the pernicious effect of keeping such late hours must be obvious. Sedentary habits, it is well known, are particularly productive of liver complaints and indigestion; and nothing is more likely than that such votes as the Sabbatarian resolution are come to under the influence of bile, and that bodily dyspepsia—which is known to affect the mind—is the cause of ill-digested measures.

The commons, at any rate, ought to have a medical officer to regulate the habits of the house; to feel its pulse previously to its entering on exciting questions, and to examine the tongues of honourable members, before they are allowed to speak. But it is not probable that any such wise appointment will be made. Even if parliament were aroused to anxiety about its health, it would never call in a regular practitioner, but would quack itself with patent pills, and other poisons of which it encourages the sale.—*Punch.*

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WOUND OF THE CHEST FROM A GUN-SHOT BALL, AFTERWARDS EVACUATED BY STOOL.

A CASE is reported by Dr. Coca, in the "Repertorio de la Societad de Emulation de Barcelona," of a lad, aged 16, who had received a shot from a height; the ball penetrated the chest. When brought to the hospital, he presented the following symtoms: on the lateral portion of the left side of the thorax, opposite the middle of the sixth rib, there was a wound, the extent and form of which indicated that it had been produced by a ball, as the patient himself declared. No wound of exit having been found, it was suspected that the ball remained in the wound, and on introducing the finger, Dr. Coca was convinced that it must have penetrated the thorax. The sixth rib was fractured above the middle. The edges of the wound were brought close together by means of adhesive plaster and a bandage, in order to prevent the entrance of air. Fever, bloody sputa, difficulty of respiration, and pain of chest followed. A bleeding to the extent of 15 ounces was prescribed, together with demulcents, absolute rest, silence, and absolute diet. Eight additional bleedings, to the extent of a pound each, were practised on the following days; but notwithstanding this energetic treatment, the respiration became more and more difficult, and the patient sank on the twelfth day. On the sixth he passed the ball by stool, without ever having exhibited the slightest symptom of irritation in any portion of the alimentary canal, nor any lesion of the diaphragm, or effusion into either the abdominal or thoracic cavity. On dissection the ball was traced from its entrance to its exit. The interior surface of the fractured rib presented a number of spiculæ, which must have constantly irritated the corresponing portion of lung. A fragment of the internal lamina, about the length of an inch, had penetrated the base of the lung. The whole of the left lung adhered to the costal pleura, and was infiltrated with pus; the right lung presented the same appearances, but in a less degree. The fragment of the rib was so deeply imbedded in the lung, that the slightest pressure caused it to project into the internal surface of the pericardium. There were adhesions between the diaphragm and stomach. The wound traversed the base of the lung from above downwards, and penetrated the stomach. The opening into the stomach was perfectly round, similar to that in the lung. The course of the wound explains the expulsion of the ball by stool.

A YOUNG American, who is travelling in Europe gravely announces, in a letter, that Professor Van Grusselbach, of Stockholm, has brought to a state of perfection the art of producing a torpor in the system by the application of cold, of degrees of intensity proceeding from less to greater, so as to cause the human body to become perfectly torpid, in which state it may remain for 160 or 1009 years, and then be awakened to a new existence. (Oh, Jonathan! Jonathan!)

WHAT IS MOST CONDUCIVE TO MAN'S HAPPINESS.

IT is said that the Persians, in their ancient constitutions, had public schools in which virtue was taught as a liberal art or science; and it is certainly of more consequence to man that he has learnt to govern his passions, in spite of all temptations to be just in his dealings, to be temperate in his pleasures, to support himself with fortitude under his misfortunes, to behave with prudence in all his affairs, and in every circumstance of his life, I say, it is of much more real advantage to him to be thus qualified, than to be a master of all the arts and sciences in the world beside.—*Franklin.*

PHARMACOLOGY.

No. XXIV.

EMETICS—(*continued from page* 86.)

EMETICS are those substances which, when taken into the stomach, excite vomiting, independent of the effects of mere quantity, or the disgust excited by a nauseous taste. Those in common use are ipecacuanha, tartar emetic, and zinc; mustard or common salt are often of use on an emergency when other emetics are not at hand. It is usual to promote the action of these substances by copious draughts of warm water, and by tickling the throat with a feather. Emetics are commonly prescribed merely with a view of emptying the stomach, as in poisoning; occasionally they are used for this purpose in the beginning of febrile affections; and they are administered frequently, and at short intervals, with the best effect in incipient cases of pulmonary consumption, and in bronchitis accompanied with profuse expectoration. The stomach becomes insensible to the effect of stimulants if they are often repeated; so that what was an emetic at first, may become really a promotive of digestion. What acted as a gentle stimulant when first administered, loses its effect entirely by repetition. Thus, a cigar, to a person unaccustomed to smoke, will cause vomiting; but, after many repetitions, it may become an effectual promoter of digestion. The same thing occurs in disease during the administration of tartar-emetic: the first few doses will often cause sickness; but ere long the stomach becomes accustomed to its use, and, if continued, it produces that amount of stimulation which is favourable to digestion.

Cephaælis Ipecacuanha,—Ipecacuanha.—For the DIAPHORETIC properties of ipecacuanha, see page 77, Vol. I. (No. 10). For the EXPECTORANT properties, see page 134, Vol. I. (No. 17). The emetic dose of powdered ipecacuanha is from a scruple to half a drachm, thus given:—Ipecacuanha powder, a scruple; peppermint-water, an ounce. Mix for a draught, to be followed by large and repeated draughts of warm water. The dose of ipecacuanha wine is from two to four drachms. The following draught is useful for unloading the stomach in ordinary cases:—Take ipecacuanha powder, a scruple; ipecacuanha wine, two drachms; distilled water, an ounce. Mix, for a draught to be taken in the evening, or early in the morning.

Antimonii Potassio-tartratis,—Tartar of Antimony.—Tartar-Emetic.—See page 84, Vol. I. (No. 11); and page 134, Vol. I. (No. 17). The emetic dose of tartar-emetic is from one grain to two. One grain of tartar-emetic and a scruple of ipecacuanha powder acts briskly. Eight grains of tartar-emetic, a drachm of syrup of mulberries, and four ounces of distilled water, makes a safe emetic mixture; the dose of which is two tea-spoonfuls taken every eight minutes until it excites vomiting.

Vinum Antimonii Potassio-tartratis,—Antimonial Wine,—is a popular remedy: the dose is from fifteen drops to half a drachm; or a tea-spoonful may be given every twenty minutes until vomiting is induced.

Zinci Sulphas,—Sulphate of Zinc.—See page 46, Vol. II. (No. 32). In cases of poisoning, particularly by the vegetable poisons—as opium, deadly nightshade, hemlock, &c., the emetic which operates most speedily should be administered, consequently sulphate of zinc is the best; and in cases of urgency, where this cannot be instantly procured, mustard should be substituted. The emetic dose of sulphate of zinc is about a scruple, or from that quantity to half a drachm. When poison has been admitted into the stomach, the following draught should be immediately administered:—Take sulphate of zinc, half a drachm; water, an ounce.

Cupri Sulphas,—Sulphate of Copper.—See page 62, Vol. I. (No 34). Sulphate of copper is a very energetic emetic. It may be thus administered in poisoning:—Take sulphate of copper, fifteen grains; dilute sulphuric acid, two drops; distilled water, an ounce. Mix.

A mustard emetic is made by mixing half an ounce of flour of mustard in a breakfast-cupful of tepid water; the half to be taken immediately, and the remainder, if it be necessary, in a quarter of an hour.

When the sensibility of the stomach is impaired, as in poisoning by opium, more stimulating emetics are required, and the combination of two or more emetic drugs will act more advantageously than a larger dose of one. The following is an emetic of this character:—Take carbonate of mustard and ipecacuanha powder, of each a scruple; antimonial wine, fifteen drops; tincture of capsicum, two drachms; peppermint water, two ounces. Mix for a draught.

Sometimes it is necessary to produce an emetic effect when the power of swallowing is lost; the following poultice may in such cases be applied to the region of the stomach, and removed *as soon as sickness takes place*:—Tobacco (common "shag" or "returns"), one ounce; warm water sufficient to make it of the consistence of a poultice.

(*To be continued*)

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HINTS FOR HEALTH.

CASTOR OIL FRICTIONS IN GOUT.

Mr. Pope reports the effect of this remedy on the authority of a friend, an officer resident in India. This gentleman says that it has been tried in the East with the greatest success, and that he himself had cured two or three cases of gout by it, after other remedies had failed. The mode of applying it is to rub in the oil at bed-time into the affected limbs, and then wrap them up in warm flannels. The remedy *is said* to act like a charm, seeming to exert a specific influence in curing the disease. We wish we could believe in the efficacy of this simple treatment. It is, however, so simple as to deserve a trial.

PATENT WATER DRESSING.

This appears to be very ingeniously prepared, and consists of lint-cloth, covered on one side by a thin coating resembling caoutchouc, or gutta-percha. We have not seen it used, but we are inclined to think that it will answer exceedingly well for its intended purpose. The inventor states that the Patent Water Dressing is "a material intended for the application of lotions, either simple or medicated, to ulcerated surfaces, and has been found to possess many advantages over the remedies commonly employed in these cases; among them are its retention of moisture and non-irritating action on the surrounding skin."

AGE FOR BODILY EXERTION.

The arms, clothing, and necessaries carried by an infantry soldier commonly amount to 60lbs. This weight on striplings of 18 years of age, is found to impair their general efficiency. Over-exertion produces disease, and the late war demonstrated that it requires a maturer growth to overcome the difficulties of a long march. In 1805, a French army at Boulogne, marched 400 leagues, to Moravia, before the battle of Austerlitz, in December. This it effected without leaving hardly any sick on the route. The men had served two years, and were all above 22 years old. Another army, during 1809, cantoned in Germany, marched to Vienna, a much shorter distance than that which the other army travelled; but, by the time they had arrived at their place of destination, all the hospitals on the road were filled with sick.—*Marshall, on "Enlisting."*

CAUSES OF FAILURE IN ADJUSTING THE ENDS OF A BROKEN BONE.

These, according to Mr. Stanley, are as follows: the displaced ends of the bone have become firmly impacted together; or the bone having been broken in two places, and the middle piece displaced, the extension of the limb has not any effect upon it; or a displaced tendon or muscle has got between the ends of the bone; or one end of the bone has been driven into, and become firmly impacted in the substance of an adjacent muscle; or the muscles on one side of the limb having been lacerated, their antagonists acting inordinately on the broken bone, displace it.

CROTON OIL IN DROPSY.

Dr. Fife has narrated, in the *Provincial Medical Journal*, several cases of ascites, originating from, or complicated with, organic lesions, in treating which he derived great benefit from the sustained exhibition of croton oil, which, he observes, possesses one very decided advantage over elaterium, that even when its extreme action is manifested, it is not followed by the depression inseparable from the effective action of the latter: but that where the greatest *vis inertiæ* has prevailed, accompanied by absolute incapacity for exertion, a sensible amelioration in these respects has followed its continued exhibition.

ADVERTISEMENTS.

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"Dr. Yeoman, in his admirable little treatise on Consumption, has already very satisfactorily proved that in certain cases medical knowledge may be popularised with safety. This is an excellent sequel to the former work."—*Weekly Times, January* 19, 1848.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, "*, to his house, No. 25, LLOYD-SQUARE, PENTONVILLE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The following subjects have already appeared in THE PEOPLE'S MEDICAL JOURNAL:—

Indigestion; its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7 inclusive.
Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.
The Diseases and Management of the Teeth; Nos. 5 to 9.
Rheumatism; Nos. 8 and 9.
Gout; Nos. 10, 11, 12, 13.
Headaches; Nos. 12, 13, and 14.
Intestinal Worms; Nos. 13 to 17.
Diseases of the Heart; Nos. 15 to 26.
Pleurisy; Nos. 17 and 18.
The Physiology of the Senses; Nos. 20 to 24.
Consumption of the Lungs, or Decline; Nos. 27 to 37.
Melancholy; Nos. 27 to 30.
The Prevention of Cholera; Nos. 19, 31, and 32.
The Physiology of the Nervous System; Nos. 33. 34, 35.
The Diseases of Women and Children; Nos. 3, 4, 5, 6, 16, 34.
Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4. 5, 24, 33.
The Influence of the Passions on the Health; No. 37, and in continuation.
Back Numbers of the Journal are always on Sale; should they be required of any local agent who may not have them in stock, he can readily procure them, through his London agent, from our Publisher.
The Index and title page of Vol. I. was published with No. 26.
Volume I. strongly and elegantly bound in cloth, is now on sale, price 4s.—also covers for binding, price 1s. 3d.

THE DISEASES OF ARTISANS.

We are preparing a series of articles, on the diseases incidental to, and caused by peculiar occupations and trades. THE DISEASES OF TAILORS, will be the first, and will appear in an early Number. The diseases of watch-makers, of engineers, of shoemakers, of seamstresses, &c., &c., will follow.

THE DISEASES OF ERROR will be published, uniform with INDIGESTION, October 1. The preface will run thus: "It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and fraud, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant charlatans."

THOMAS HARRIS.—Bransby Cooper's work on the ligaments is the best. We fear you cannot obtain it second-hand.

AMOS.—We beg to decline, with thanks, your polite offer.

WILLIAM SHORTER (Leamington).—Mr. Wise's spring is the best for you. Do not take the waters to excess.

JAMES PICKERNELL (Deptford).—Take four grains of calomel, six grains of the compound extract of colocynth, and two drops of the oil of cloves—Mix, and divide into three pills, for one dose; repeat every five nights. Early every morning take a wine glassful of the compound infusion of senna—at the end of a week gradually decrease the quantity. Exercise, temperance, a plain nutritive diet.

MIRANDA.—The Dr. Ramsbotham you allude to has been dead some years. His son, Dr. Francis Ramsbotham, resides in Broad Street Buildings. He does not profess to give advice "gratis."

OBITER DICTUM (*Obiter incidentia facile declinant*).—Many thanks for your letter, which shall have our best attention. We fear we cannot promise to give engravings—certainly not at our present price. If every subscriber will obtain another subscriber, that is, if our present circulation be doubled, we then may entertain the suggestion, as far as relates to wood cuts. If we do "illustrate," we shall employ artists of ability; in fact, the illustrations shall be worthy of the Journal.

A TRAVELLER.—A corn will produce all the symptoms you suffer from; we have seen many cases of inflamed, enlarged, and of course painful, glands in the groin, caused by the irritation of a tight boot on a tender corn. In like manner a whitlow will induce swelling and pain in the arm-pit. Wear a buckskin boot, and hobble away from if, you cannot run from, the advertising "corn doctors"—"chiropedists" and quack "corn solvents."

R. A.—The old tale, and the old answer—we do not profess to give public advice in such cases.

PORTFIRE (Woolwich).—Communicate privately.

Z. K. (Kingsland road).—As a sufferer for "21 years" you, perhaps, are used to, and heedless of, your many aches and pains; we, however, think them too serious, even from your own account, to jeopardise our reputation by advising you, guided only by the vague information contained in your note of the 9th instant.

A YOUNG PRACTITIONER.—Edit our Journal, write the original articles, collate the remainder, answer all our professional correspondence, bear the anxieties of our private practice, be teazed by our printer, be vexed by our "machiner,"—pay both their bills, and that for paper,—for one week only, for one short week; and then you will know how much easier it is to discover faults than amend them. "A Young Practitioner" should know that we do not write for the especial benefit of druggists' assistants,—at the same time we are delighted to have his corroboration of the fact that our work is extensively read by all branches of the profession. If "a young practitioner" will write an article on the subject on which he wishes to enlighten "assistants," we will endeavour to find room for it.

ALPHA (Belper).—Every answer that is inserted in our Journal, is inserted without other fee or reward than that of endeavouring to benefit the correspondent. Many letters that we receive contain questions which cannot be satisfactorily answered in the few lines we can devote to one correspondent. Many letters contain questions which can only be answered privately; and many letters contain applications which do not merit "gratuitous advice." See answers to ROBERT HAWSON in No. 7; and T. F. D. in No. 23.

H. Z. H. (Chester).—The effect of steam as applied by a vapour bath, on the human body, is first stimulating, then soothing, and finally relaxing. The continued breathing an atmosphere loaded with vapour, and it is to this we suppose your question to apply, has *not* "a tendency to strengthen the muscles," but "the contrary."

MARY GRAY (Stepney).—Take, compound rhubarb pill, compound galbanum pill, of each one scruple; blue pill, and extract of hyosciamus, of each, ten grains. Mix, and divide into 12 pills. Take one every night. Out of door exercise; plain, dry, nutritive diet; dash the body with cold water night and morning; and "keep up your spirits."

H. H. COKE.—The stomach is the mischief-maker. Read carefully the editor's small work ON INDIGESTION—especially from page 40 to the end,—then write again, and describe your case with greater minuteness.

GEORGE HUGHES (Derby).—We beg, respectfully, to decline your offer.

FRANCIS BELL.—Much may be said in favour of *the speculum*, more against it. The person you mention is perfectly incompetent to employ it with the smallest hope of benefit to you. He uses it as a matter of effect,—of affectation—of display, as some men use the stethoscope in examining a patient suffering from lung, or heart disease. Consult Dr. Locock or Dr. Ramsbotham, who are, without doubt, the best practical accoucheurs of the present generation. In reply to your last query, we do not,—and how much we rejoice in being able to say it!—we do not attend midwifery cases.

ADOLPHUS.—The creature about whom you inquire is a despicable quack. He is the man alluded to in the letter of A VICTIM, published in No. 2.

DAVID HOLMES (Chelsea).—Do not submit to "cauterization." See THE DISEASES OF ERROR, which will be published in a few days.

S. (Merthyr Tydfil).—The symptoms and treatment of *Jaundice* will be considered when we write on the *Diseases of the Liver*.

Y. W. Y.—See answer to H. Z. H. in this number.

CHESHIRE.—The eruption is dependent on constitutional causes, which must be first removed. Eating apples in excess will be injurious. You will find a remedy for hoarseness in the papers on Coughs, &c. in the first eleven Nos. of this Journal.

W. P. (Pimlico).—You are too importunate. We have already advised you in the Journal, by private letter, and personally, five or six times in as many months. Will you refer to ROBERT HAWSON, in No. 7?

K. R. H. (Bloomsbury).—Can only be answered privately.

T. B. (Wells).—Your letter is too imperfect in detail. You do not mention your age, occupation, previous health, or the known or supposed cause of your indisposition. You had better communicate privately.

DOMITIUS (Gainsbro').—You will require purgatives first, then alterative medicines. You may apply to the nails an ointment composed of one part of the ung. hyd. nitr. oxid. and one part lard. See chapter on the constitutional causes of local affections in the Editor's small work on Indigestion, page 43.

GEORGE (Sheffield).—Your scheme appears to us impracticable; the cream would be cheese before it reached London; and then you would have to seek for a connexion for its disposal. An advertisement in *The Times* might, however, further your views.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 39.—Vol. II.] SATURDAY, SEPTEMBER 28, 1850. [ONE PENNY.

DISEASES OF THE CHEST.

SECOND SERIES.

No. I.

(In continuation from page 84, Vol. I.—No. 11.*)*

By the Editor.

INFLAMMATION OF THE LUNGS.

This disease has also been called *Pneumonia*, *Peripneumonia*, *Peripneumonia Vera*, and *Pulmonitis*.

Peripneumonia, or inflammation of the *parenchyma*, or substance of the lungs, is a disease of very common occurrence; yet its morbid anatomy was not well understood until described by Laennec.

Peripneumonia and pneumonia are the names applied by Hippocrates, Aretæus, Celsus, and other ancient writers on medicine, to most of the acute diseases of the chest without pain; those connected with this symptom being termed pleurisies. Many succeeding authors have not admitted this distinction; and inflammation of the lungs has been as often described under the name of pleurisy as under that of pneumonia. The earliest cultivators of morbid anatomy, Valsava and Morgagani, were the first to prove the distinct existence of the two diseases; but they gave no means of distinguishing them before death. Hence Cullen, although he makes pleurisy a species of the genus pneumonia, expresses his belief that the term *pleurisy* might with propriety be applied to every case of the disease. It is only through the aid of the stethoscope that pneumonia and pleurisy have been recognised as distinct diseases; and it is therefore only in the writings of those who have employed auscultation as a method of diagnosis, that the truly distinctive characters of inflammation of the lungs can be found.

Our readers will bear in mind that we have already described inflammation of the bronchial tubes—*Bronchitis*—in Nos. 7, 8, 9, 10, 11, and of the investing membrane of the lung—*Pleuritis*—in Nos. 17, 18, 19; and that the symptoms we are now about to detail are characteristic of inflammation of the air cells and the cellular membranes around them, or, in other words, of the parenchyma, or substance of the lung.

Dr. Williams clearly describes the leading signs of inflammation of the lung in the following terms: he says, there is fever with more or less pain in some part of the chest; accelerated and sometimes oppressed breathing; cough, with viscid and rusty-coloured expectoration; and the physical signs he adds are, at first, the crepitant ronchus, afterwards bronchial respiration and bronchophany, with dulness of sound on percussion in some part of the thorax. We shall now proceed to consider these signs more closely.

Inflammation of the lungs, like other severe inflammations, is accompanied by fever, which often commences with a rigor, prior to any other symptom. Sometimes this shivering-fit does not occur until *after* the establishment of pain, difficulty of breathing, and other symptoms; and in some cases, especially where the pneumonia succeeds to a bronchitis, or when the first attack is felt in bed, it is not observed at all. Frequently a feeling of great depression and languor, with pains in the back and limbs, and a disordered state of the stomach and bowels, precede the attack; then a shivering fit comes on, followed by a violent reaction, with great heat of the skin; and during this hot stage the local symptoms of heat, pain and oppression in the chest, with more or less cough, are developed. The fever is generally very intense, and in plethoric individuals is accompanied by great flushing of the cheeks, injection of the conjunctivæ (or "white of the eye,") headache, and other signs of local determination of blood. This general fever may precede by a day or two the *local* symptoms, sometimes diminishing in intensity when they appear, and sometimes continuing and masking them.

Pain is a very uncertain symptom; sometimes it occurs, sometimes it does not; it may also vary greatly in degree, being sometimes very intense, and at others diffused and dull; when present, it is usually deep-seated, and of considerable extent, and is more frequently experienced in the anterior parts of the chest, below the mamma, or below the breastbone; or occasionally at the back below the scapulæ or bladebones. Andral says, that there is never any pain without an extension of the inflammation to the pleura: Laennec asserts, on the contrary, that there is frequently pain, and sometimes a point of sharp pain, when no pleurisy is present: our valued teacher, Dr. Thomas Davies, in his admirable lectures, says, "if the pain is only found in a fixed point, and if it be acute, it generally arises from pleuritic combination." And, as far as our own personal experience carries us, we adhere to the opinion that whenever the pain is acute and fixed, the pain is one of a peculiar character; it is not that sharp, cutting, darting pain of pleuritis, neither is it that sense of constriction and soreness which is felt in bronchitis, but is rather a dull, heavy, dragging, and, if we may so term it, an anxious pain.

Shortness of breathing, or dyspnœa, is commonly an early symptom, but variable according to the extent of lung involved in the inflammation; if the inflammation be slight, the number of respirations are but slightly increased; if it be very extensive, the frequency rapidly augments, so that in severe cases it occasionally exceeds sixty respirations in a minute; the number of respirations in the healthy adult being calculated at twenty. In young children, the number may amount to seventy in a minute, and then the danger of suffocation becomes imminent. In some examples, especially when the attack has been sudden, the dyspnœa is greater and more observable, causing the patient to assume one particular posture, on his side or on his back, with his shoulders elevated; and as every exertion sensibly increases

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his oppression, he avoids the least movement, or even the effort of speaking; this difficulty of breathing continues to increase as the disease advances.

Cough is often present, although occasionally it is so slight that the patient does not notice it; in the beginning, it is usually dry and without expectoration; after a time, it may become more distressing, and return at very short intervals, and prove most obstinate.

When expectoration takes place—for it is not of constant occurrence—it becomes so characteristic, that Laennec believed that from it alone the disease might be detected. The sputa, which he calls *glutinous* or *pneumonic*, when collected in a flat open vessel, as a plate, forms a mass so tenacious and viscous, that if the vessel be reversed when full, the expectorated fluid is separated, or is detached from it with diffiulty: it trembles something like jelly upon agitation. The colour of the expectoration varies—it may be red or rusty, sea-green, orange, saffron, yellow, or of a dull green; and these colours are often intermixed. It has something of the transparency of horn, or of white of egg coloured, and frequently contains bubbles of air of unequal size, and in large quantities. Sometimes it is streaked with blood.

In addition to these local symptoms and to the general fever, we also notice that the pulse is quick, in most instances sharp, and in many cases both hard and full. The urine is more highly coloured than in other symptomatic fevers—in some cases it is nearly red. There is more or less thirst; the tongue is coated with a white or brown fur; the appetite is lost; there is pain in the head and limbs, with great depression of mind and strength of body.

If relief is not afforded in time, and the inflammation proceeds with such violence as to endanger suffocation, the blood-vessels of the neck will become turgid and swelled; the face will alter to a purple colour; an effusion of blood will take place into the cellular substance of the lungs, so as to impede the circulation through that organ, and the patient will die exhausted or suffocated.

(To be continued.)

HOSPITALS FOR THE INTEMPERATE.

We should like to see this important subject taken up by judicious persons, and much of the fallacy, error, and prejudice in association with it dispelled. Alas! how many hundreds are annually sacrificed at the shrine of intemperance, whose lives might have been spared had efficient means been resorted to at any early period, before habit became fixed and confirmed. That there is a disease of the mind manifested solely in an uncontrollable desire for stimulating drinks, we have not a doubt; the more we see of the insane, the stronger is this conviction fastened on our minds. There is ordinary intoxication, and this may, to a certain extent, become a habit; but there is, apart from this, a form of insanity, exhibiting itself almost exclusively in a morbid yearning for intoxicating drinks. We have often seen cases of this kind, and as often have lamented our inability to grapple with them until the disease has extended into positive delirium, and it is only at this stop that the law allows us to interpose.—*Psychological Journal.*

The executors of the late Sir Robert Peel have, within the last few days, remitted fees to the various medical gentlemen who attended him and endeavoured to alleviate the effects of the fearful accident which was the means of terminating his life:—To Sir Benjamin Brodie, £250 guineas; to Mr. Shaw, 100 guineas; and to the other gentlemen proportionate sums.

THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

By the Editor.

No. III.

THE EXCITING PASSIONS (*continued*).

JOY.

Joy is the intensity of the pleasurable passions; the degree of gladness and delight which the word serves to denote being rather a consequence of the emotions, Love, Hope, and Friendship, than a distinct and specific passion.

The effect of joy on the animal economy is that of a dir stimulus of a very powerful kind, which acts not only or nerves but on every part of the body; the action of th is excited, it "leaps for joy," and the blood under its a influence is propelled more liberally to the surface, the "heart is light," and the minute blood-vessels of the more thoroughly injected; the countenance is flus panded," its expression is brightened, and the fac joy." The whole body participates in this ch its movements are quickened, the step is buoy a desire to run, to jump, to laugh, to dance, to every organ, every function, and every limb, appears to dened and invigorated by the happy moral condition.

When the joyous excitement is sudden and great, when the flow of joy is immoderate and violent, the consequence must be always prejudicial to health, in some instances the derangement is serious, and even fatal; the nervous system being unduly excited and the circulation unnaturally increased, there follows a corresponding degree of sensorial exhaustion, and the strength of the body is completely prostrated. Thus, as in intoxication from wine or spirits, the state of excitement is succeeded by depression, languor and lassitude. The very insignia of grief—sighing, sobbing, and panting, frequently follow extravagant joy; and sometimes the countenance will turn pale, and the limbs refuse to support the body.

Occasionally the exhaustion of the sensorial power, succeeding to the ecstasy of joy, is so sudden and complete, that the whole nervous system seems instantaneously to become discharged of its contents, like a Leyden phial loaded with electricity when touched with a brass rod, and death takes place at the moment.

There are instances on record in which culprits just at the point of execution have immediately expired on the announcement of a pardon. Valerius Maximus relates two anecdotes of matrons who, in like manner, died of joy on seeing their sons return safe from the battle between Hannibal and the Romans at the lake of Thrasis; the one died while embracing her son—the other had been misinformed, and was at that moment lamenting his death. Ancient history affords numerous examples of this sudden and fatal effect of joy; it is recorded of Chilo, a Spartan philosopher, one of the seven wise men of Greece, that on seeing his son obtain a victory at Olympia, he fell overjoyed into his arms and immediately expired. "Excessive and sudden joy," says Haller, "often kills, by increasing the motion of the blood, and exciting a true apoplexy." A case in illustration of this remark is detailed by the late Dr. Mason Good. A gentlemen who had consented to be nominated one of the executors in the will of an elderly person of considerable property with whom he was acquainted, received, a few years afterwards, and at a time when his own income was but limited, the unexpected news that the testator was dead, and had left him sole executor, together with the whole of his property, amounting to three thousand a year. He arrived in London in great agitation; and on entering

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his own door, dropped down in a fit of apoplexy, from which he never entirely recovered; for though he gained his mental, and most of his corporeal faculties, his mind was shaken and rendered timid, and a paralysis so weakened his right side, that he was incapable of walking farther than a few steps. Joy is also a frequent cause of fainting, hysterics, and convulsions, and Pichlin, Burton, and other collectors of medical curiosities, refer to numerous cases of mania, confirmed melancholy, and catalepsy, originating in this impassioned emotion. If the subject be of a delicate and sensitive constitution, and more especially if he labours under any complaint of the heart, or is tainted with any predisposition to mental disorder, the consequences of the shock to the nervous system by sudden and immoderate joy, will always be attended with the utmost hazard.

Could joy be employed as a medicine, administered with a due regard to time and measure—in drachm or minim doses—the materia medica would be forsaken; for, says the great Haller, "Love, hope, and joy, promote perspiration, quicken the pulse, promote circulation, increase the appetite, and faciliate the cure of disease." Where are we to look for the drug that can effect so much? The feeling of well-being which constantly attends good and pleasing intelligence has, at one time or another, been experienced by us all; when the health is perfect, moderate joy adds a zest to the enjoyment of that health; our functions perform their part in harmony, and we feel conscious of our strength, and of the integrity of the animal machine. In sickness what balm, what cordial, equals a gladdened and tranquil mind; how frequently do we see patients, in an extremity of danger, rally on the receipt of a letter from an absent relative; and how constantly is the action of remedies, hitherto inert, favourably assisted when the invalid is cheered by the companionship of some loved friend. When it is attempted to employ joyous emotion as a remedial agent, we should do so cautiously and gradually, and be as careful in imparting pleasing intelligence, or introducing a wished-for, though unexpected guest, as we should be in disclosing sorrow, or anything that could depress the patient. As I have already stated, rapid and extreme alterations of feeling, like all sudden extremes, are repugnant to the laws, and consequently dangerous to the well-being, of the animal economy. It has been well remarked, that to endeavour at once to eradicate deep grief by excessive joy, is as irrational as it would be to expect the restoration of a frozen limb from pouring upon it hot water.

Ecstasy may be considered to hold the same relation to joy, that rage or fury does to anger; for, during the paroxysm of rapture, or excessive elevation of the mind, the reason is for a time lost. Individuals are occasionally met with who appear to exist almost continually in an unnatural state of felicity; whose every thought and feeling seems imbued with an enthusiasm of delight, unsaddened even by reverse of fortune or disappointed hopes, and who cannot devote serious attention to any subject, however grave it may be in importance to themselves. Such cases are sometimes, but not always correctly, attributed to deficiency of intellect; when, in fact, they are the result of a peculiar temperament, characterised by high spirits and a sportive and boisterous imagination;—they commonly terminate in insanity or early death. An able physician, writing on this subject, says,—"These seemingly favoured beings, have generally come to an early grave; it appearing as though Nature had ordained that none of us should exceed a limited sum of enjoyment, and that in proportion, therefore, as she increases its intenseness, does she curtail its duration."

(*To be continued.*)

ON A JAPANESE REMEDY FOR STERILITY.

BY E. WILLIAMS, M.D.

After twenty years' absence from my native land, during which time I have resided in the various islands of the Pacific Ocean and the Eastern Archipelago, anxious for information bearing upon my profession, as I have always been, I could scarcely avoid picking up at various times many matters of practical importance, as well as some curious information of the mode of treating diseases, more particularly among the Japanese and Chinese.

Amongst the many botanical remedies that popular experience has made common in Japan and China is one that is believed to exert specific influence upon the uterus, more particularly in cases of sterility and checked menstruation; and from the numerous cases in which I have administered it with advantage, I am inclined to think it will become a valuable addition to our materia medica.

The tree from which the preparation is made that possesses the virtues ascribed to it is, no doubt, one of the order Ternstromaceæ of Jussieu, growing to the size of the English laurel, with leaves somewhat larger than the congou tea, and botanically it may be described as leaves lanceolate, alternate, serrated, downy on the under side, and emitting when bruised a strong odour resembling pulegium and sabina. Its properties are said to vary considerably with the age of the tree, likewise as to its being gathered at the full or wane of the moon, and as to the season of the year. It is perennial, and grows best in moist and sheltered places.

The mode of preparation is to take a quantity of the leaves, macerate them in as much rice-spirit (samshu) as will just moisten them for six hours; then express and give about a tea-spoonful every hour, and two or three doses will invariably bring on the menstrual secretion, which can be maintained by a dose or two daily for any length of time.

Females in the healthy state are expected to menstruate in their eighth year in Japan and China, and should they not do so they are ineligible for betrothal; therefore recourse is had to the *key tu sing* with certain results.

To ensure its success, according to popular belief, the leaves must be gathered by a virgin the while using certain cabalistic formulæ, at the full of the moon, and during the burning of a certain number of highly perfumed jop-sticks.

When required for the purpose of obviating sterility, the tree must be in its second year, and also gathered with certain prescribed formulæ at the wane of the moon, and equal parts of the root must be added to the preparation, which is made in the same manner as the preceding receipt.

That the root is aphrodisiac (a remedy for sterility and impotence) in its effects I have not the slightest doubt, as I have administered it to animals with obvious results, and without any ill effects even to mules and castrati.

THE APPETITE OF SPORTSMEN.

The author of the "Sportsman and his Dog" a most amusing little volume, that has made us deplore our compulsory city-life,—relates the following anecdote of the president of Avignon. This respectable magistrate said one day, "We have just been eating a superb turkey, it was excellent, stuffed with truffles to the neck, tender, delicate, and of high flavour; we left only the bones." "How many of you were there?" said I. "Two," he replied. "Two?" said I. "*Yes, the turkey and myself*"

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IMPORTANT TO THE PUBLIC, DRUGGISTS, AND MEDICAL MEN.

GRIFFITHS v. WALFORD.

A CASE of some importance to the medical profession and to the public, was tried a short time since before Mr. Bullock, in the Guildhall County Court. The plaintiff, a Mr. Griffiths, of Wolverhampton, brought an action for damages and compensation against Mr. Walford, of the firm of Lunn and Walford, 149, Aldersgate-street, alleging that, being taken ill while in London, he applied to Mr. Walford for a dose of Sir James Murray's fluid magnesia, which he was in the habit of taking to allay irritation in the stomach, and for a four-grain calomel pill. Mr. Walford administered to him a dose of Epsom salts, whereupon he expressed himself very angry on the subject, and refused to take any more medicine of Mr. Walford's making. In consequence of the dose of Epsom salts, to which medicine he had a great aversion, as tending to excite, not allay, irritation in the stomach, he was laid up for that night and the next day, and detained in London from his business at Wolverhampton. The plaintiff, who acted as his own counsel, said that he did not seek for damages, but to enforce, by the verdict of a jury, upon the attention of medical men and druggists, the principle, so important to the public, that if he or any one went into a druggist's shop, and called for some particular medicine, that druggist—or surgeon in attendance in his shop—should not be at liberty to substitute another, either because he had not got the medicine asked for, or did not choose to sell it: or desired to sell something else by which he made a larger profit; or had the presumption or the vanity to think he knew better than his customer what was good for him.

On the part of the defendant, it was argued by his counsel, Mr. Mellor, that the plaintiff had applied to Mr. Walford for advice, and that were it possible for him to obtain a verdict, no medical man, for the future, would be safe in prescribing for a patient. He called Mr. Lloyd, Surgeon, of Aldersgate-street, who spoke as to the efficacy of bicarbonate of magnesia, the mixture which, he understood, Mr. Walford had given to Mr. Griffiths, and explained that although sulphate of magnesia entered into its composition, its action was neutralised.

Mr. Walford, of 149, Aldersgate-street, stated that he was a partner in the firm of Lunn and Walford, Mr. Lunn not being his partner as a surgeon, but simply as a chemist and druggist. He is himself a surgeon; Mr. Lunn only makes the preparations. He recollected the plaintiff coming to his shop. He was out at the time, and just returning from visiting a patient, when he met Mr. Griffiths coming out of the shop. He re-entered with him. The apprentice said, that the gentleman wanted some advice. Mr. Griffiths complained of flatulency and heartburn, and said, the mutton and turnips disagreed with him. He had not been drinking anything. He looked at his tongue, and sent for the bottle containing a mixture of bicarbonate of magnesia. While pouring this out, Mr. Griffiths said he should like fluid magnesia. He replied he would give him something quite as good. Mr. Griffiths then swallowed the dose; but no sooner had he done so than he pulled a wry face and angrily exclaimed, 'You have given me Epsom salts, which is wrong.' He replied, 'I have given you something quite as good as what you asked for, and I will not be dictated to by my patients.' He made a rule of not telling his patients what he gave them; as otherwise, on other occasions, they might doctor themselves, and do mischief by an injudicious use of proper medicines on improper occasions. That was the common sense of the mystery of medicine. Mr. Griffiths was very angry, and in an excited manner, said, he did not care for him, to which he replied, that he did not care for Mr. Griffiths, and took his money and left him.

Cross-examined by Mr. Griffiths.—The mixture was not Epsom salts, but was composed of bicarbonate of potass and sulphate of magnesia; sulphate of magnesia was Epsom salts, but they became neutralised in that mixture, which then became bicarbonate of magnesia. He could not swear that Mr. Griffiths did not ask him for the fluid magnesia, but distinctly remembered his asking for a calomel pill; thought Mr. Griffiths asked his advice. He complained of headache, flatulency, and heartburn. He could not say whether they had Murray's fluid magnesia on the premises at the time. Epsom salts was not fluid magnesia. He could not remember the name of the patient from visiting whom he was just returning when he found Mr. Griffiths in the shop. Remembered Mr. Griffiths mentioned fluid magnesia, while he had the bottle of mixture in his hand and was pouring it out; will not swear that Mr. Griffiths did not ask for Murray's fluid magnesia. Mr. Griffiths said, 'You shall not make the pill for me; you have given me wrong.'

Alexander Jackson stated, that he was the apprentice to Messrs. Lunn and Walford; he remembered the plaintiff coming to the shop, and thinks he said he wanted some advice. He remembered the plaintiff saying after he had taken the dose, 'I wish you had given me what I asked for;' and also remembered that he said, 'I won't have the pill; you have not given me what I asked for.' He cannot swear that he remembered hearing plaintiff ask for Murray's fluid magnesia, but will not swear that he did not ask for it.

Mr. Lunn, of the firm of Lunn and Walford, said, that he was a chemist and druggist, and in partnership with Mr. Walford. They had Sir James Murray's fluid magnesia in stock on the first of April. They obtained it from Mr. Edwards, St Paul's Churchyard. He does not sell much of it, as he generally sells his own preparations, which pay him better.

Cross-examined by Mr. Griffiths.—Begged distinctly to state to the court that he did not profess a knowledge of anatomy, or the practice of physic; was not a surgeon, and did not wish to be examined as one. He was a chemist.—Mr. Griffiths: Very well, Mr. Lunn, we will examine *you* as a chemist then. [The discussion as to the elements of Epsom salts, and the true properties of sulphates, carbonates, and bicarbonates of magnesia, here became so animated and exciting between the various medical witnesses, and Mr. Lunn and Mr. Griffiths, both of them operative chemists, that the judge, the jury, the court, and even the cause itself, seemed to be forgotten, and we might have fancied ourselves present at a scientific *reunion*; when, on a sudden, a very *naïve* offer, made by Mr. Griffiths in the excitement of the discussion, that the jury should test the two by taking a dose of the Epsom salts and a dose of the fluid magnesia, convulsed the jury with horror, and the court with laughter. This trial by ordeal was, it is needless to say, declined with great energy by the gentleman of the jury, and the examination proceeded.] Mr. Griffiths: Mr. Lunn, as an operative chemist, do you know a bottle of Murray's fluid magnesia when you see it? Yes.—Do you keep it in your shop? I do.—Do you sell much of it? No.—How is this? I sell my own preparations, which pay me much better.—Now, sir, will you tell the jury whether Epsom salts are fluid magnesia? They are not.—Is Murray's fluid magnesia Epsom salts? Certainly not.—Do you make all your own preparations? No.—What do you make? Those preparations that pay me best.—That I was aware of, sir; but that is no answer to my question. Do you make the preparations of opium, morphine, and so on? No.—Extracts? No.—Plasters? No.—Paregoric and Syrup of rhubarb, I suppose you do make? Yes.—Pray, Mr. Lunn, are you a member of the Pharmaceutical Society? I am not.—Not a member of the

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Pharmaceutical Society: oh, indeed! I shall not examine you any further then.

Mr. Griffiths, in replying to the defence, said, that as to this question being so important for the future safety of medical men in prescribing, how much more important was it to their patients!

"What safety is there, to any of us," said he, "that a prescription, obtained at a great expense, and in the crisis, it may be, of some fatal disorder,—from some eminent physician, requiring the nicest discrimination and accuracy in its preparation—and there are medicines, gentlemen, as the records of coroners' inquests too fatally make known to us,—in which the turn of a scale, or the measuring of a half drop make the difference between health and death—what security have we, I ask you, if such as I now complain of be the practice of druggists? What security have we—the ignorant, confiding public—mystified by the Latin of the prescription, and bamboozled by the mysterious importance of the surgeon-druggist, that he will not make up this carefully-obtained prescription, on which the life of the bread-gainer of a large family may depend, totally different from the purpose and intention of the able physician who wrote it—and administer to us some drastic sulphate, or bitter nauseating salt like this, instead of a tastless, inodorous, and innocently refreshing medicine, like Murray's fluid magnesia, or any other proper ingredient, legibly written in our prescription?"

Mr. Griffiths then went on to say,—"That an attempt had been made by the druggist to get out of the difficulty by suggesting—they did not venture to swear it—that he had asked for advice. If he asked Mr. Walford for advice, why did he ask him for a calomel pill? When you ask a doctor's advice, do you tell him what to give you? If he had asked his advice, and stood there to take the medicine as recommended, how came he to be so angry about the Epsom salts? Could he have shown so much feeling, if he had taken them under Mr. Walford's advice? What right would he have had to say—'You are wrong!' Is that the speech of a patient to a doctor whose advice he is seeking? Is it not rather the reproach of a man, who has asked for the one thing, and finds himself aggrieved by the substitution of another? Away, then, at once, with this flimsy pretence of his having asked for advice. He was himself a chemist, and went into the shop of Messrs. Lunn and Walford to get the medicine—Murray's Fluid Magnesia—which he was in the habit of taking. Mr. Walford had chosen, from carelessness, or design, or from the habit, of always *giving* Mr. Lunn's own preparations (a very natural reason,) to administer him what he did not want. He did so on his own responsibility, and he must take the consequences. He (plaintiff) would repeat what he had before said, that he had no personal feeling in the matter, and no desire for vindictive damages. It was the principle in question for which he stood out,—that the druggist should sell to his customer the article for which the customer asked him, and not substitute, at his pleasure, another medicine, because more convenient or more profitable to himself. The public safety required that this rule should be rigidly enforced amongst medical men. 'There is no profession,' said Mr. Griffiths, in which we are called upon to place so much implicit faith and confidence as the medical. Why, almost more than one-half of the secret of success in medicine is the confidence—the reliance of the patient in the physician. And what defence have we—what safeguard? If one lawyer deceive us we can go to another; if one clergyman attempt to lead us from the right path, we have the Holy Book, where we may track his wanderings and map our own way back again to the right course; but the doctor! he first kills you, and *then* leaves you to your remedy. (Great laughter.) In your hands, gentlemen of the jury, I now leave this important question, trusting that you will bring your common sense to bear upon it, and return a verdict which will teach the medical profession not to tamper at their will with the health of those who place implicit reliance on their supposed good faith."

His Honour observed that there were several points in this remarkable and ably argued case which he must submit to the consideration of the jury. First, whether the plaintiff asked the defendant for advice. Secondly, whether he asked for Fluid Magnesia and received Epsom Salts. Thirdly, whether he received not Epsom salts, but something equivalent. Fourthly, whether this was done through gross ignorance or negligence on the part of the defendant—because, if not, the plaintiff would not be entitled to recover. Fifthly, whether he had waived the medicine he had called for by tacitly taking what was given him in place of it. These points, and the question of amount of damages, he must leave to their consideration.

The jury, after some discussion among themselves, retired to consider their verdict.

In the meantime, the Judge intimated his wish to taste some of Sir James Murray's Fluid Magnesia, which combined with the Acid Syrup, also of Sir James's preparation, appeared to make a cooling and refreshing effervescing beverage. Mr. Griffiths politely supplied His Honour with a glass of the mixture, which he pronounced, *ex cathedrâ*, to be 'delicious.' The opposing counsel and solicitor also requested a 'refresher,' and the whole Court, as far as the bottle would go, proceeded to try Murray's Fluid Magnesia; after which, they pronounced an unanimous verdict in its favour. At this moment the jury returned to their box, after an absence of half an hour, and returned a verdict for the plaintiff.

The trial lasted five hours, and excited an intense interest.

RADICAL CURE OF HYDROCELE BY NOVEL METHODS.

[Hydrocele is the term applied to a collection of water in the tunica vaginalis, involving also the surrounding cellular membrane, and producing swelling of the scrotum: it is sometimes mistaken for diseased testicle, or even for rupture.]

A PATIENT, Benjamin Green, aged 38, was admitted into Bartholomew's Hospital with hydrocele of the tunica vaginalis, and was operated on for the "radical cure" by Mr. Lloyd. He pointed out to the students that the tumour projected more than common at its upper part, was contracted at its middle, and larger below, exhibiting somewhat the hour-glass shape. He stated that he had seen many large hydroceles of a similar figure. That the fluid in the two portions communicated was evident to the touch. But as a twelvemonth before Mr. Lloyd had operated on the opposite side of this patient for strangulated inguinal hernia complicated with hydrocele, it was important to examine the present hydrocele with care. Mr. Stanley having examined the case, and concurred in the opinion that had been formed of the nature of the disease, Mr. Lloyd at once punctured the sac just below the contracted part and drew off about thirty ounces of greenish-yellow fluid. He then injected the sac with undiluted port wine, using a pint for the purpose. It was allowed to remain in the sac for about fourteen minutes, and occasioned very little pain. Whilst waiting for the abstraction of the wine, Mr. Lloyd made some remarks on some other modes of treating hydrocele.

He first adverted to the treatment by forcibly injecting the sac of the tunica vaginalis with air. He employed this plan some years ago in several cases among the out-patients of the hospital; at first he thought with success, but, with the exception of one case, the disease recurred in all; and what was the permanent result in that one, he had had no opportunity of ascertaining. He had also given acupuncturation a fair trial, but found it a

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very uncertain remedy. It is, however, oftener successful in children than in adults. But the plan of treatment most relied on by Mr. Lloyd is one which he has adopted almost exclusively at the hospital for several years. It consists of the introduction into the sac, after it has been emptied of its contents, through the canula, of a small portion of hydrarg. nitrico-oxydi, finely levigated. This plan has been employed in a large number of cases, and hitherto without a failure, as well as without any untoward consequence whatever. It excites the necessary degree of inflammation, with as great, if not greater certainty than the injection of wine, solutions of sulphate of zinc, iodine, &c. It is, moreover, a much more convenient mode of treatment, as well as saving much time. The mercury is introduced, the patient is left to himself, and the surgeon is at once at liberty.

Mr. Lloyd has likewise lately cured a case of hydrocele, in a hospital patient, by pressure—tightly strapping up the testicle directly after evacuating the fluid. The pressure was kept up for three days, by which time hernia humoralis was established; since which the patient has gone on precisely in the same course as in the case after vinous injection.

POISONING BY PRUSSIC ACID.

Mr. Godfrey has published, in the *Provincial Medical Journal*, a case of poisoning by prussic acid, which involves some points of interest, not from the symptoms presented, but from the time which must have elapsed, after the imbibition of the poison, before death occurred; and also on account of the various acts of volition performed by the suicide, after he had swallowed the acid. It appears that, on the morning when he committed suicide, one of his daughters accompanied him to his office, where they were seen standing together; he sent her away with a message, and, after taking off his great-coat, proceeded to a room up stairs. After a short interval, he was seen to walk rather quickly out of the house, in the direction of the druggist's shop. He must have swallowed the poison—about half an ounce of prussic acid—when up stairs, for the bottle was found in the fire-place the following morning, the stopper on the table. It is presumed that he took the acid before placing the bottle on the fire-place, as no glass or similar utensil was found in the room; he must then have gone to the head of the stairs, a distance of ten average paces, descended the stairs, seventeen in number, and proceeded to the druggist's shop, forty-five paces—realising a total of fifty-five paces and seventeen stairs. He entered the shop in his usual manner, which was slow and steady; the druggist (a personal friend) asked him how he did? He replied, in his usual tone of voice, "I want some more of that prussic acid." The druggist passed round the side and end of his counter to speak to him, and then perceived that he was in the act of placing his hands upon him, as if for support, his eyes being fixed upon him, with a stare. The druggist said to him, "You have been taking the prussic acid?" to which no answer was made. He was then placed in a chair, but fell to the ground, and died soon after Mr Godfrey's arrival.—Although the facts above detailed are highly interesting and important in a medico-legal point of view, inasmuch as the suicide might avail himself of this knowledge to conceal his act, or an ingenious counsel might take advantage of it to confuse the medical witness, and thus obtain the murderer's acquittal, yet it is somewhat imperfect in its details. A knowledge of the amount of anhydrous acid contained in the preparation taken by the suicide would add greatly to the value of the facts, as the character of the effect produced might then be more correctly estimated.

PHARMACOLOGY.

No. XXV.

Narcotics.(*continued from page* 94.)

Narcotics, Opiates, Anodynes, Sedatives, Hypnotics, Soporifics, and Paregorics, are terms which were indiscriminately applied to that class of medicines which diminish nervous excitement, allay pain, and procure sleep. We purpose to consider the drugs and their preparation possessing these properties under two heads: namely, *Narcotics*—medicines which induce sleep and stupor; and *Sedatives*—medicines which do not procure sleep, but allay irritability by depressing the vital powers without previous stimulation.

The principal narcotics are opium (morphia), henbane, and lactucarium. When employed to relieve pain, they are called *anodynes;* when used to soothe irritation, they are termed *paregorics;* when directed to diminish inordinate muscular contraction, or spasm, *antispasmodics;* and, lastly, they are called *hypnotics* when they are taken to procure sleep.

Opium.—Opium is the juice which exudes from incisions made into the half ripe capsule of the *Papaver somniferum*—the White Poppy. Gum opium is imported from Turkey and from the East Indies; that brought from India is darker in colour, and less bitter to the taste. In small doses opium acts as a stimulant; but in large doses it is narcotic, anodyne, and hypnotic, operating on the living solid through the medium of the nerves. It is a most invaluable drug, and may be employed in all painful affections, when the disposition to inflammation is not very considerable; it is prescribed in diarrhœa and dysentery; intermittent fevers; in typhus—in smaller doses as a cordial, in larger to allay irritation and to procure sleep; in cholera and pyrosis; in rheumatism when inflammatory fever is not present; in retrocedent gout, and in convulsive and spasmodic diseases — when combined with calomel, in inflammation after blood-letting; and in syphilis, as well as to arrest the progress of gangrene. It is employed in a watery solution, containing two grains in an ounce of water, as an injection in gonorrhœa and spasmodic stricture, and as an adjunct to glisters in diarrhœa; externally it is employed, by means of friction, and combined with oil, in tetanus and other violent spasms. The dose of gum opium to produce a stimulating effect is from a quarter of a grain to half a grain; to produce a narcotic effect, from one grain to two grains; which may be cautiously increased in some spasmodic affections. See article " on the Intemperate Use of Opium" in No. 2, page 10, Vol. I.

*** When opium has been taken as a poison, the stomach should first be evacuated by the stomach-pump, worked with infusion of yellow bark, or by emetics containing very little water; and after the whole of the opium has been evacuated, acid drinks should be freely exhibited; but these and all other fluids are hurtful, if vomiting has not been freely induced.—*Dr. A. T. Thomson.*

We now proceed to notice the preparations of opium :—

Confectio Opii,—Opium Confection.—Contains hard opium, long pepper, ginger root, carraway seeds, gum tragacanth, and syrup. Thirty-six grains of the confection contain one grain of opium. It is employed in atonic gout, in flatulent colic, and, conjoined with chalk mixture, in diarrhœa; the dose is from ten grains to half a drachm, given as a bolus, or in a mixture.

Extractum Opii Purificatum,—Purified Extract of Opium,—is prepared by macerating opium in water, and then straining, and afterwards evaporating the liquor. Although the cold infusion of opium possesses the peculiar smell of the drug, yet it is dissipated during evaporation, so that the extract is nearly inodorous. It is of a brown colour, and has a bitter taste. The form of extract is to be preferred to that of tincture, when it is intended to continue the operation of the medicine, and not to obtain its full effects at once; but in cases of accident, or in which the efforts of opium are to be called into immediate action, the tincture should be employed. Extract of opium is well fitted for children and persons of very irritable habits. The dose is from half a grain to three grains.

Tinctura Opii,—Tincture of Opium.—Laudanum is made by macerating three ounces of hard opium in two pints of proof spirits, for fourteen days, and then straining the liquor. As nineteen minims contain one grain of opium, the quantity prescribed must depend upon that of the opium which it is intended to give. Its dose is generally stated to be from ten drops to forty. It is given in preference to opium in substance, in cases of accident or of sudden and extreme pain; it is sometimes preferred to solid opium in chronic cases, on account of the facility with which the dose may be apportioned and varied according to circumstances. It is prescribed to allay pains, relax spasms, and procure sleep. In fever it should not be given until moisture appears on the skin. It is externally applied as an anodyne in lotions. In tetanus, and other violent spasmodic contractions of the muscles, the quantity of laudanum that can be borne by the constitution is almost incredible. The late Dr. Currie reports that he gave the immense quantity of five ounces and a half in twenty-six hours.

(*To be continued.*)

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HINTS FOR HEALTH.

VIOLET POWDER.

This preparation is universally applied for drying the skin after washing, especially at the joints, which, if left even damp, produces chaps and chafing, often followed, if neglected, by inflammation. Violct powder is best prepared by mixing three parts of the best wheat starch with one of finely ground orris root; the latter adds to the drying power of the starch, and imparts at the same time an agreeable odour like that of violet, hence the name of the mixture. It is also prepared by perfuming starch with essential oils, without the addition of orris root; but though the scent of the powder is stronger, and to some more tempting to use, it is far less beneficial in its application. The scent, acting as a stimulant to the skin, increases rather than abates any tendency to redness. Unperfumed powder is therefore the best to use, dusted over the part with a little brush made of swan's down, called a puff.

MEDICINAL VIRTUES OF PRUNES.

These contain much mucilaginous and saccharine matter, and their medical effects are, to abate heat and gently loosen the bowels. They are of considerable service in costiveness, accompanied with heat or irritation, which the more stimulating carthartics would tend to aggravate; when prunes are not of themselves sufficient, their action may be promoted by taking with them a little rhubarb or the like, to which may be added some carminative ingredient, to prevent their occasional flatulency. Prunes enter properly into the composition well known by the name of lenitive electuary; and when taken alone, in some constitutions, they gently act as an aperient.

TO STRENGTHEN AND CLEANSE THE HAIR.

Distilled rosemary water is one of the best hair washes that is made. Those who do not possess a still should make an infusion of rosemary precisely in the same way as tea is daily prepared, but of good strength. While in the pot add a teaspoonful of honey, or white sugar, and a piece of washing soda the size of a filbert to every pint prepared. If it is intended to keep the infusion, add also a wine glassful of rum, or pure spirit; indeed, a little spirit at all times is of service, assisting to stimulate the scalp—rum is considered the best. The wash should be applied with a piece of sponge or flannel. It gives a healthy appearance to the hair, and will be found of essential service when the hair is falling off. The principal ingredient in the celebrated Hungary water, which was sold at an immense price, is the essential oil of rosemary.

DAMP WALLS.

When damp walls proceed from diliquescence in the case of muriate of soda, in intimate combination with the sand used for the mortar, it is merely necessary to wash the wall with a strong solution of alum. This converts the deliquescent salt into an efflorescent one, and the cure is complete; or alum may be added to the plaster in the first instance.

TO MAKE COLLODION.

Dissolve gutta percha in chloroform till the liquid is about the consistence of honey. It must be kept in a well-closed bottle, and, when used, it has simply to be poured on the wound. The chloroform instantly evaporates, leaving the flexible covering over the part, which adheres strongly, rendering neither dressings nor bandages necessary. The wound should first be carefully cleansed.

ADVERTISEMENTS.

Dr. Yeoman's Medical Publications.

Will be published October 1, price 4d.; by post 6d., the

DISEASES OF ERROR. Their Causes, Symptoms, and Rational Treatment.

Second Edition, price 4d., by post 6d.

INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

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Price 4d., by post, 6d.

HEADACHES. Their Varieties, Causes, Symptoms, and Rational Treatment.

"The author of the above little work has given the causes of headaches and their means of cure so plainly, that 'he who runs may read.' The advice offered can be easily followed, and the list of prescriptions in *English*—a most important innovation upon the old mysterious medical Latin—will be found useful. The style of writing is familiar, and the advice given in the most popular form; it justifies the title, 'People's Edition."—*Portsmouth Guardian.*

Price 2s., by post 2s. 6d.

CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, & Rational Treatment; with the Means of Prevention.

"There is so much good sense, scientific knowledge, and useful information in this little volume, that we gladly assist in giving it publicity. Dr. Yeoman discountenances all empirical modes of treatment, at the same time that he suggests some safe and beneficial rules for the cure or amelioration of the disease. The remarks on the healthy discipline of home show that the author is a sound social philosopher as well as an experienced physician."—*The Britannia, November* 11, 1848.

Price 2s., by post 2s. 6d.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

"Dr. Yeoman, in his admirable little treatise on Consumption, has already very satisfactorily proved that in certain cases medical knowledge may be popularised with safety. This is an excellent sequel to the former work."—*Weekly Times, January* 19, 1848.

London: published by the Author, 25, Lloyd Square; and sold by George Vickers, Strand; Effingham Wilson, 11, Royal Exchange; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

NEVILL'S PATENT FLOUR OF LENTILS,—Is the produce of the Arabian Lentil, possessing natural restorative properties which will prevent the use of medicine for Indigestion, Constipation, and all other derangements of the Stomach, Intestines, Liver, &c. Recommended by medical men for persons advanced in age, Invalids, and delicate Children.

Sold by most respectable Shopkeepers in the Kingdom, in ½lb. and 1 lb. Packets, at 6d. and 1s. each; in Family Canisters of 6lbs. and 12lbs., 5s. 6d. and 10s. 6d. each. Manufactured by Nevill and Co., 16a, Chichester Place, Gray's Inn Road, London; sold at 78, Gracechurch Street.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, Back-boards, Dumb-bells, Wooden Legs, Crutches, Supports for Weakened Legs, and all Instruments and Apparatus for the Cure of Deformities.

Mrs. Smith attends on Ladies.

THE TEETH.—Mr. SMARTT, DENTIST and CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. Mr. Smartt attends at 25, Harmer Street, Gravesend, every Friday

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE DISEASES OF ARTISANS.

We are preparing a series of articles, on the diseases incidental to, and caused by peculiar occupations and trades. THE DISEASES OF TAILORS, will be the first, and will appear in an early Number. The diseases of watch-makers, of engineers, of shoemakers, of seamstresses, &c., &c., will follow.

CONSUMPTION.—The Editor's articles on Consumption commenced in No. 27, were finished in No. 37: thus the whole work, revised, may be had for tenpence! The *Church and State Gazette* says, "as a work devoted to the history and nature of consumption, this little volume is complete." The *Spectator* says, "the author's treatment is of the safe kind." *Blackwood's Lady's Magazine* says, "Dr. Yeoman has been highly successful in many cases of early consumption, and we prize his efforts."

A. PAYNE (Tabernacle Walk).—To notice your letter would incur the advertisement duty.

ADDERLY (Newcastle-on-Tyne).—We do not give advice in this column in such cases. How constantly are we to repeat this? See the DISEASES OF ERROR.

THOMAS PERCIVAL (Farndon).—All the Numbers of our Journal are in print and on sale. Let your bookseller at Chester request his agent to send direct to Mr. Vickers. We cannot undertake to supply copies. We leave the publishing department in the hands of our good friend Mr. Vickers.

TO ADVERTISERS.—We have received many letters asking the charge for advertisements in our Journal: We decline promiscuous advertisements, and only insert those in immediate connexion with "health and its preservation,"—our lowest charge is 6s. 6d. each insertion.

MARIA F—N (Salford).—The convulsions in all probability depend on "teething" or on "worms." The child is now old enough to be weaned; your ill health will render your breast anything but wholesome sustenance for her. You had better consult some respectable practitioner in your own town—Dr. Jepson for instance.

THE RECEIPT BOOK FOR THE MILLION.—We beg to recommend this carefully compiled volume to the attention of housekeepers and the heads of families. It contains a wonderful amount of information in a small compass, and has the great advantage of a copious and perfect index.

A BOOKBINDER.—Bathe the eyes with the following lotion: Take eight grains of sugar of lead, ten grains of sulphate of zinc, distilled water, a pint. A full purge will do you good.

HOMŒOPATHY.—Can any of our readers inform us whether a homœopathic physician will receive the 1-1005th part of 21s. for his fee,—if the 1-1005th of 21s. be nicely polished and wrapped up in tissue paper before being given?

HEALTH OF LONDON.—Last week there were seven fatal cases of small-pox, one of which occurred to a woman who had turned twenty-five years; of measles, there were fifteen; of scarlatina, thirty-eight; of hooping-cough, twenty; and of croup, seven; typhus numbers forty-seven persons as its victims, and exhibits a slight increase. Deaths from diarrhœa diminish; last week they numbered seventy-eight. There were only four deaths from cholera; two of them happened to young persons, two to men of somewhat advanced life.

RICHARD GARLICK (Halifax).—Yours appears to be a case of confirmed asthma. Take the following—mixture of the gum ammoniacum, four ounces; ipecacuanha wine, four drachms; compound tincture of camphor, half an ounce; syrup of the balsam of tolu, one ounce. Mix. Dose, a dessert spoonful when the cough or the paroxysm is violent.

WILLIAM PINDER (Pimlico).—We are glad to find that you received our answer, W. P., in the last number in the spirit it was intended.

A. B. LLOYD or FLOYD (Tunbridge Wells).—Read the Editor's small work on HEADACHE; write again, and go into detail, which then you will be better able to do.

R. THOMPSON.—Do you think you have described and named the case correctly? We fear not. Whatever the effects may be, you may depend there is some constitutional cause for them. "Boils" and "Nettle rash," may be the means which nature takes to relieve herself, or to hint to you that she requires relief. You have described what appears to us to be an important case, in fifty words! How can we "prescribe a remedy" for you, guided in our opinion only by this scanty description, with the probability of benefit to you or honour to ourselves?

A NURSE (Great Yarmouth).—Wear a "a nipple shield," and after the child has suckled apply the following powder to the breast by means of a powder "puff." Powdered gum arabic, four drachms; alum, five grains; muriate of morphia, one grain. Mix carefully.

W. X. F. (Windsor).—Yes.

JAMES REYNOLDS (Digbeth, Birmingham).—Take, every night one of the following powders; continue them so long as the evacuations are green, slimy, and offensive;—calomel, three grains; powdered jalap, ten grains; sugar, ten grains. Mix. Preserve, honey, treacle or roasted apple is a proper vehicle in which to take them. Calomel, or any of the preparations of mercury, should never be administered in a liquid.

FANNY (Coventry).—Any respectable grocer or chemist will procure for you that excellent household article, "Nevill's patent flour of lentils."

JANE HARLAND (Sunderland).—You are much too careless. Changing our garments from heavier to lighter, or the contrary, is just analogous to passing from a warm to a cold climate, and the contrary. If you will visit and expose yourself to draughts of cold air and damp "flags," you must pay the penalty. We dare not advise you until you promise to forego your present amusements.

M. J. A. (East Retford).—The symptoms are all referable to hysteria: the age, temperament, and general health of your daughter induce us to refer her symptoms to this, we hope, transitory cause, rather than to organic disease. When you visit London rely on our best consideration.

ALBERT (Berwick-on-Tweed).—See article on PATENT MEDICINES by Dr Conquest in No. 1. A box of quack pills that is sold for 1s. 1½d. pays to government the odd three half-pence.

R. D. (Aldgate).—Refer to the paper on "The Influence of Marriage on Longevity," published in No. 14.

A NEWS AGENT (Oldham).—You had better apply direct to our publisher. We thank you heartily for what you have done, and what you promise to do. One energetic man like yourself in each town would quadruple our present circulation in a few weeks.

MIRANDA, or SWINDA (who addressed her letter to our printer's, instead of to our own residence) is advised to wear one of Smith's improved chest-expanders."

BANQUO (Cheapside).—It cannot be an ordinary gum-boil, and as you are free from decayed teeth, we suspect a scrofulous tooth. We must see you.

HENRY DOUGLAS (Edinburgh).—The symptoms you mention are those which mark serious chest disease. You only mention the fact of the cough and the expectoration. You do not allude to past or present circumstances with that care which we require. Could you place any confidence in an opinion given, based only on the very imperfect description of your case that you have forwarded to us? We never direct a patient unless we are convinced that, if the history of the case be sent to us correctly, the treatment we propose is, to the best of our judgment, correct. We know, we anxiously feel, the great, the immense responsibility that has devolved upon us. We know that the health, the safety, of a thousand fellow-creatures depend upon the advice they have the confidence to seek at our hands. The task to us is an arduous one; we therefore beg our friends will bear in mind that we would rather read a long letter than be left in doubt as to the exact history of the case. While on this subject we beg to express our thanks to those medical men in the provinces who have detailed to us the cases of those patients who were wishful to have our opinion.

JONATHAN (Leicester).—Take half a drachm of the dried subcarbonate of soda, the same quantity of extract of camomile, and a scruple of powdered rhubarb; add a little syrup, so as to form a mass, and divide into eighteen pills. Take two daily.

EMMA D——N (Cheltenham.)—We have little faith in the operation for strabismus (squinting). We performed the operation in eighteen or twenty cases in the year 1841: and we are compelled to say the benefit was only temporary. Squinting sometimes arises from the unequal strength of the eyes, the weaker eye being turned away from the object, to avoid the fatigue of exertion. When the deformity has this origin, benefit may be derived by covering the strange eye, and thus compelling the weaker one to exertion.

A TAILOR.—We shall be much obliged by the information you promise us. Send us also the names and localities of any benefit societies in your trade, who allow a weekly sum in cases of sickness.

FIDELIS.—"Soujie" may be thus made: take, powdered pearl sago, fourteen ounces; West Indian arrow root, two ounces; rusk powder, one ounce, mix them well together. It makes an excellent pudding.

W. HOOPER (Salisbury).—Take a pill composed of two grains of the iodide of potassium, and four grains of the extract of gentian, twice a day. A nutritive, wholesome diet. Avoid taking cold.

D. P. (Leamington).—"Elixir of vitriol,"—the dilute sulphuric acid—is "good for" spitting of blood.

A PAINTER (St. Albans).—The treatment of *lead colic* consists in the use of calomel, opium, followed by castor oil; warm fomentations; glysters, containing laudanum and castor oil may be required; and if signs of inflammation show themselves, then those means which are adopted to remove inflammation in the bowels must be resorted to. We shall notice this disease minutely in THE DISEASES OF ARTISANS.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 40.—Vol. II.] SATURDAY, OCTOBER 5, 1850. [ONE PENNY

THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

By the Editor.

No. IV.

THE EXCITING PASSIONS (*continued*).

LOVE.

This passion is truly a divine one—"God is love" itself, the fountain of love, the disciple of love—"who so loved the world, that He gave His only begotten Son for it;"—and "by this love, we, his creatures, purchased Heaven."*

The Love proper to humanity, is the universal passion that "rules, the court, the camp, the grove;" without which life would be a thankless existence. Lucian justly says, there are two kinds of love—"one was born in the sea, which is as various and raging in young men's breasts as the sea itself, and causeth burning lust; the other is that golden chain which was let down from Heaven, and with a divine fury ravisheth our souls, made to the image of God, and stirs us up to comprehend the innate and incorruptible beauty to which we were once created." The former, or grosser passion, is as different from that of pure and genuine love as is light from darkness, and, although deadly in its effects, cannot here be further alluded to. Poetry being the natural ally of Love, I borrow from the one, a description of the noble and beautiful qualities of the other:—

"——— 'Tis nature's second sun,
Causing a spring of virtues where she shines.
And as without the Sun, the world's great eye,
All colours, beauties, both of art and nature,
Are given in vain to man; so without Love,
All beauties bred in women are in vain,
All virtues born in men lie buried;
For love *improves* them as the sun doth colours,
And as the Sun, reflecting his warm beams
Against the Earth, begets all fruit and flowers;
So love, fair shining in the inward man,
Brings forth in him the honourable fruits
Of valour, wit, virtue, and haughty thoughts,
Brave resolution, and divine discourse."

Love, than which, as our great Lyrist sings, "There's nothing half so sweet in life," when happily prosecuted, contributes greatly to human health; in fact, its existence appears to be essential to health, for without some object to look to, to desire for, as the one bright star of life, disease of mind, and then disease of body, would soon overtake us. Lord Bacon says, that there is in man's nature a secret inclination and motion towards love of others; and that "Nuptial love maketh mankind; friendly love perfecteth it; but wanton love corrupteth and debaseth it."

Even in solitude, or when far distant from those who sympathise with us, our very nature yearns for something to love; and we love the grass, the flowers, the waters, and the sky,—for man must love; and in the emotion of the air in the leaves there is found a secret correspondence in the heart. "A man," says Dr. Smith, "grows fond of a snuff-box, of a pen-knife, of a staff, which he has long made use of, and conceives something of a real love and affection for them. If he breaks, or loses them, he is vexed out of all proportion to the value of the damage." The love thus bestowed on an inanimate object, that cannot reciprocate the passion, that cannot be conscious of its existence, is not to be compared to the love which man bears to his kind, and especially to her who is fitted to be the solace, the friend, and the companion of man. How much greater must be the "vexation," the distress, that attends the loss of one loved and loving, and the despair of he who loves and is not loved!

Admitting prosperous and virtuous love to be one of the healthiest passions of the mind, let us see in what manner, in its excess, or in its disappointment, it affects the body. Like all emotions that are sudden in their action, this passion most disturbs the balance of health, when the mind and body are least prepared for its attack.

"Love's not a flower that grows on the dull earth,
Springs by the calendar; must wait for sun—
For rain—matures by parts—must take its time
To stem, to leaf, to bud, to blow. It owns
A richer soil, and boasts a quicker seed!
You look for it, and see it not; and, lo!
E'en while you look, the peerless flower is up,
Consummate in the birth."

The passion thus aroused produces an immediate excitement throughout the whole organisation; the heart propels the blood with force and rapidity; the breathing is quick and short; and, for the moment, all other thought and reason vanishes; the nights are passed without sleep, the appetite is lost, and the body is in a state of fever. The imagination soon becomes exalted, and the sensibility of the system so increased, that the reality of life is frequently transposed into a kind of visionary existence that may produce mental derangement—but rarely leads to direct insanity, so long as there is the remotest hope of the attainment of the object of the passion. But if hope be suddenly cut off by an inexorable rejection, the intervention of a more fortunate rival, the concealment of the object of adoration, or any other cause whatever, the mind is sometimes incapable of resisting the shock thus produced by the concurrent, yet opposite emotions of desire and despair; then it is that the "love-sick swain" becomes a "love-sick maniac," and hatred, jealousy, and revenge usurp the place of tender passion. To persons of strong passions and warm temperament, it is of momentous concern that their first attachment be a prosperous one; for, as Dr. Dick writes,

* Religious love will be considered, when we come to speak of the "Influence of Religion on the Health."

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it is this which principally determines whether their life is to be of smooth or rough tenour. Such is the convulsion occasioned by a disappointment of this nature in the susceptible season of youth, that the feelings of such men seldom subside again with the repose necessary to the performance of quiet domestic duty. Their souls, like waters acted on by substerranean fires, are liable, from time to time, to over-boil; a species of fever attaches to them through life, and existence passes in tumult. Had Miss Chaworth favoured and returned the affection of Byron, he would, in all probability, have been a worse poet, and a better man; as it was, he rose in open mutiny against society, and waged an implacable and indiscriminate war against country and common usage. Byron's Mary, with Petrarch's Laura, may therefore exclaim—

"I am she who occasioned you such a war."

— In woman, the desolation of the heart's best affections too frequently assumes that degree of settled sorrow, succeeded by despondency, that is speedily destructive of peace, health, and life; with her, the sorrow is sacred and secret; her history is—

"A blank, my lord; she never told her love,
But let concealment, like a worm i' the bud,
Feed on her damask cheek; she pined in thought;
And with a green and yellow melancholy,
She sat, like patience on a monument,
Smiling at grief."

Spenser, also, in his Faëry Queene, happily describes the effect of this "concealment:"—

"What equal torment to the griefe of mind,
And pyning anguish hid in gentle hart
That inly feeds itself with thoughts unkind,
And nourisheth her owne consuming smart?
What Medicine can any leach's art
Yield such a sore that doth her grievance hide,
And will to none her maladie impart?"

Sometimes the heart is completely overwhelmed, and all the powers instantly yield under the sudden impulse of extravagant grief; in other instances, in which disease may be latent in the constitution, as consumption or insanity, either is called into dangerous activity; or the heart and nervous system may be so greatly agitated as to produce permanent and painful disease.

(*To be continued.*)

LILLIPUTIAN SPECIMENS OF HUMANITY.

Two Indian dwarfs, a brother and sister, have been brought to New York from St. Salvador, said to belong to one of the tribes of Indians in Central America. They are a greater curiosity then has ever been exhibited in the line of dwarfs, not excepting Tom Thumb. The stature of the female is less than his, while the male is somewhat taller. Both are slender, with long limbs, and bodies well formed in all respects, with the exception of the head, which is extraordinarily flat, the forehead retreating a little above the superciliary ridge, and indicating almost the entire absence of the cerebrum, while the cerebellum is normal in size proportioned to the size of the head, which is small, and resembling that of certain species of the ape. The eyes are jet black, and intelligent; the hair, which is also black, is long, straight, and silken. The skin is swarthy, and they would appear to be a mixture of Indian and Spanish blood. The boy is said to be fifteen, and the girl thirteen, and both are playful and happy, unless when crossed in their will, then they cry like infants. No semblance of idiocy is present, as the conformation of the head might lead us to suppose, nor are either of them deaf; all their senses, indeed, seem to be perfect. The boy has given evidence of virility, while the girl is yet unconscious of sex, and her modest and innocent demeanour contrasts strongly with the rude manner of her brother. The father and mother are represented to have been of ordinary size.

DISEASES OF THE CHEST.

SECOND SERIES.

No. II.

By the Editor.

INFLAMMATION OF THE LUNGS.—(*Continued from page* 98).

In the last article we described the general symptoms of inflammation of the lung; we now proceed to detail the signs and symptoms of different stages of this disease.

It is to the researches of French pathologists, particularly Laennec and Andral, that we are indebted for the accurate information we now possess on the morbid anatomy of this disease. Laennec arranges the general effects of inflammation on the lungs into three stages or degrees, each of which is distinguished by marked characters—the first degree, or *engorgement;* the second degree, or *hepatization*—but here he is decidedly wrong in his phraseology, for the lung is not changed into liver; if it were, it would be hepatization; but if it only remain as solid as liver, something like liver, it is an improper word. By ossification we mean an absolute conversion into bone, and by hepatization we ought to mean a conversion into liver. Hepatization merely means that the lungs have become as solid as liver; Andral proposes another term, *solidification*, which is much more correct. The third degree is *purulent infiltration*. These are the common effects which inflammation in its general course produces in the lung. Abscess and gangrene are of uncommon occurrence, and to be viewed as exceptions rather than as regular events.

Dr. Elliotson, with great truth, observes, "The pathognomonic signs of the disease are acquired by the ear only." But before considering them it will be necessary to trace the appearances after death in that region, and the succession of the changes. This is an opposite course to what we usually adopt; generally we speak of *post mortem* appearances when the symptoms are done with, but here it is necessary to reverse the order, for the symptoms are in accordance with the unnatural changes.

In the first degree of inflammation,—the engorged, congested, or obstructed state,—the lung is externally of a dark or *livid* red colour, to which a slight whitish opacity of the pleura sometimes give a violet hue; it is heavier, its firmness is increased, and feels more substantial to the touch than a healthy lung; when pressed, it still crepitates, but yields in a less degree the crepitating sound and feel, and instead of generally collapsing under the pressure, and partially rising on its removal, it receives and retains the impression of each finger, giving the feeling of a liquid contained in cellular substance, as in a dropsical limb. When a section is made, its surface is of a bright red colour, and a large quantity of bloody and frothy serum flows from the incision. As the lung *crackles* after death, so does it contain air to the very last; and we hear, in these particular parts, during life, the murmur of respiration; and as air is admitted, we also here, on percussing the chest, the usual hollow sound. But we must bear in mind that the murmur of respiration, which we hear, is an abnormal murmur, and that it takes place with a *crepitous rattle*, or a crepitous respiration, giving the idea of numerous minute and almost dry bubbles, which may be heard more distinctly crackling the nearer the inflammatory spot seems to be the surface; "and," continues Dr. Elliotson, "those who have employed their ears frequently, can, from practice, tell the exact depth of the inflammation, from the loudness of the crackling. The nearer the disease is to the surface, the louder it is heard."

In the second stage—*hepatisation* or *solidification*—the lung no longer crepitates upon pressure, because no air is contained within it; it has now acquired the weight and firmness of liver.

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and hence the term hepatization. The colour of the external surface of the solidified lung is often less livid than in the state of engorgment; internally, it varies from a violet to a deep blood-red tint; these colours are often so intermingled and shaded, that the cut surface presents the mottled aspect of certain marbles or granites; and the similarity is rendered still greater by the inflamed lung being spotted irregularly by the black pulmonary matter, looking like small spots of mica, disseminated within it. The branches of the bronchi and blood-vessels are seen ramifying over the surface of the section, and the spaces between the air-cells become more distinct than in the natural state; the cut surface is whiter, and does not appear to participate in the inflammation.

There is no exudation from the section of a solidified lung; but a thick and red-coloured fluid, in which can be distinguished a matter still thicker, opaque, white, and puriform, may be scraped off by a knife. When a lung is hepatized, it appears, on a first view, to be increased in volume; but it really is not so; this appearance arises from the solid organ no longer containing any air; and consequently, not collapsing on the opening of the chest.

It sometimes happens, especially in children, that small patches of hepatization occur here and there in the lungs, confined to a lobule, the surrounding lobules being perfectly healthy, or only slightly infiltered. This state is termed by Dr. Davies, *lobular pneumonia*.

On striking that part of the chest where the lung has become solid, we cannot, of course, have a hollow sound; there is no air there as usual, nor room for it; but the lung is as a solid mass, and on percussing over it, we have the same dead sound as if we struck over the liver. On listening to the part by the stethoscope, we cannot hear the respiratory murmur, because the lung does not contain any air, and as there is no murmur, there is no respiration—we cannot hear the crepitous rattle. In consequence of the power of respiration being lost in the inflamed lung, the necessity for respiration increases in the other, so that in the latter the respiratory murmur becomes extremely loud, constituting the *puerile* respiration. This condition of the respiratory murmur in the healthy lung is always distinct in proportion to the extent and completeness of the hepatization.

In the third stage, or that of *purulent infiltration*, the pulmonary tissue still preserves the same firmness and granular structure as in the second stage, but it becomes of a pale or light straw-colour. At first, slight yellow spots of concrete pus are disseminated here and there, and render the shades upon the solidified surface still more varied, irregular, and mixed. These points enlarge and unite until the whole becomes of a straw-colour. A yellow, opaque, viscous, and puriform matter, of a faint smell, may be scraped off, and the substance of the lung now becomes more soft and humid, and may be easily penetrated by the fingers. The granular structure finally disappears entirely.

In old persons, the lungs have always a dark aspect; this arises from the quantity of black pulmonary matter contained within them; when, therefore, their organs are in a state of purulent infiltration in advanced life, this black colour, by mixing with the yellow, gives a grey tint, very different in aspect from the same condition of lungs in young persons. This has been called *gray hepatization*. In adolescence and infancy, this infiltrated concrete pus is of a fine whitish-yellow, and, as it softens, an unctuous matter may be scraped off, which has been mistaken for fat.

In this stage, just as in the second, there is no hollow sound on striking the chest, neither is there any respiratory murmur, but a loud mucous rattle closely resembling the sound occasioned by air passing through soap-suds. The mucous rattle is heard in the bronchiæ, either from some of the pus going into them, or a secretion from their own membranes.

(To be continued.)

LITHOTRITY IN A BOY, EIGHT YEARS OF AGE.*

(Under the care of Mr. Wormald, at Bartholomew's Hospital.)

[Lithotrity is the operation of crushing a stone in the bladder, so that its fragments may be passed with the urine, and thus prevent the necessity for the operation of Lithotomy, or "cutting for the stone."]

Hospital surgeons are very frequently called upon to free patients from the torture of stone in the bladder, and from their experience it would appear that such patients are generally, as regards age, at the top and bottom of the scale. Mr. Coulson has well remarked, in his work, "On the Diseases of the Bladder and Prostate Gland," "Calculus is more common in temperate than in warm or very cold climates, and is much more incident to early years than to any other period, and to old age more than to the prime of life. Hippocrates notices the fact, that infants at the breast are not exempt from the disease; and our old English author, Philip Barrough, in his 'Methode of Physick' observes, 'Stones in the bladder do ingender oftener in children than in other folke.'" . . . "Although the rich, the luxurious, and the indolent are at a certain age more prone to calculus than other classes, the poor and the destitute, in early years, enjoy no immunity from it; for the ill-fed and half-clothed children of the manufacturing and labouring population are frequently afflicted with stone."

Though the actual cause of this occurrence has not yet been satisfactorily made out, it would seem as if primary assimilation had much to do with the phenomena, since we see that those who live luxuriously, as well as the ill-fed, are equally obnoxious to calculus affections. The little boy whom Mr. Wormald had lately under his care belongs to a very humble class of society; he is thin and pale, only eight years of age, has been suffering from all the symptoms of stone for the last twelve months, and was admitted May 6, 1850. When at school his bladder used to be very irritable, and matters were made worse, as the schoolmaster suspected boyish tricks, refused to let the child leave the room as often as he requested, and frequently kept him in the whole morning. It is a pity that those who have the care of the young do not take the trouble of learning the leading morbid peculiarities of youth. It often happened that when the boy was at last released, he found it impossible to empty his bladder, and was generally relieved by the catheter. "At other times," as the poor little sufferer truly expressed it, "I tried to pass water every few minutes, and could only void a teaspoonful at a time." So irritated were the bladder and urethra, that a purulent discharge through the latter took place; the child was constantly pulling the prepuce, and his sufferings were very great. At last, complete retention came on, caused by a stone blocking up the urethra just at the peno-scrotal angle. The boy was then admitted under the care of Mr. Wormald, and the nature of the case being recognised, an incision was made into the urethra just where the calculus could be felt, and Mr. Wormald had no difficulty in removing it.

The fact of this stone (which was about the size of a damson stone, and principally composed of phosphate of lime) having found its way into the urethra, made Mr. Wormald suspect that calculi of the same nature were in all probability lying in the bladder. This induced him to sound that viscus, and having ascertained the presence of a stone, he resolved to have recourse to lithotrity in order to free his patient from this foreign body.

* We are indebted to *The Lancet* for the report of this interesting case.

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Crushing the calculus was preferred to the operation of lithotomy, principally as an aperture of a tolerable size already existed at a short distance from the bulbous portion of the urethra, and as it might thus be supposed that the fragments would find a more ready outlet when the stone had been crushed, and likewise No. 9 instrument could readily be passed.

Mr. Wormald broke the stone, which proved to be rather of a hard description. The little patient bore the operation extremely well, and he had very few of the unpleasant symptoms which sometimes follow lithotrity. The operation was repeated five times, four or five days intervening between each, and a great many fragments were passed through the perinæal wound. This opening, however, closed before the whole of the detritus had escaped, and Mr. Wormald found it necessary to incise the cicatrix in consequence of an accumulation of fragments. About two months after admission, the little patient had greatly improved; he experienced no pain in passing his urine; he did so but three or four times a day. Some of the fragments were being discharged without giving him any trouble, and he, indeed, was sometimes not aware of their passage. Sleep and appetite were in the meanwhile satisfactory.

Mr. Wormald took occasion to remark, after one of the operations, how cautious we should be in passing either the staff or the lithotrite into a child's bladder. The urethra in such patients, especially about the membranous portion of that canal, is extremely thin, and the slightest violence would rupture it. It is therefore very advisable that the index finger should be passed into the rectum, so that the force employed might accurately be calculated, and the instrument be gently guided into the bladder. The sensation conveyed to the finger placed in the rectum is just as if the instrument were hardly separated from the former, and Mr. Wormald stated that he had an opportunity of making an autopsy upon a child, whose urethra had been thus lacerated, and who had died from extravasation of urine.

About three months after admission, the aperture of the urethra in the perinæum, through which so many fragments had passed, closed up; and the bladder being carefully sounded a few days afterwards, that viscus was found perfectly free from any calculus concretions or fragments. Some of the latter were rather large, and principally composed of phosphates externally, and oxalate of lime internally. Though the whole of the detritus was unfortunately not saved, it may be conjectured that the original stone was rather of large size. The patient's health is gradually improving; his diet has all along been generous, though not too stimulating, and the medicines which were prescribed consisted principally of sedatives.

The favourable results obtained in this case are encouraging as regards lithotrity in children: for it is plain that the patient was not of robust health, that his bladder had been subjected to a great deal of irritation, and that he was not altogether a very favourable subject. The great advantage with young patients is the little difficulty offered by the prostate gland; which organ, with adults, may present great obstacles. Thus we find Mr. Coulson saying, in the book above mentioned, "The state of the prostate gland ought to be particularly examined when considering the propriety of performing lithotripsy." It would appear that the secret lies in choosing the patients who are fit for the operation of lithotrity; this being carefully done, we might perhaps arrive at more favourable statistics than the following, which are given by M. Velpeau, and quoted by Mr. Coulson:—"Out of 206 patients operated upon, 108 (a very little more than one in two) recover immediately; 80, or nearly one in two and a half, die; and 18 retain the stone, and will be lost; or, in other words, 108 cases cured, to 98 in which death is immediately induced, or may not be averted within a brief interval of time."

THE MEDICAL PROFESSION AND ITS POSITION IN SOCIETY.

[The following sensible and truthful letter appeared in a contemporary Journal last week.]

To the Editor.

Sir,—The long postponement of the honours to the superior medical war officers of the army and navy proved how little their past services were valued by the government!

We may think highly of ourselves, we members of the profession; but the state, as well as the world at large, assuredly does not hold us in the estimation we deserve.

The church and the law are infinitely more honoured and endowed. Why is this? Surely the ministers of health and longevity should take equal rank and consideration with those of property; and even those of religion are often superseded in the mind of the patient during the pains and paroxysms of disease and bodily suffering.

The fact is, that the desire of wealth, and the knots with which lawyers have taken care to entangle all mundane possessions, bring them and their deeds continually before us, and identify them with every security, purchase, lease, transfer, or disputed right. They acquire vast wealth, and push themselves bodily into parliament; while the very highest honours of the kingdom are open to them, beside a variety of commissionerships, magistracies, colonial and foreign legal appointments, &c.

The church also has its *bonnes bouches*—rich livings, prebendal stalls, deaneries, archdeaconries, and princely bishoprics! On the contrary, we poor fellows have in general nothing to look up to but hard and anxious labour among capricious and too frequently ungrateful people, who dole out the scanty remuneration with little thankfulness, even when we have saved the lives of themselves or their dearest relatives!

From the public purse we have no emoluments worth notice—certainly no sinecures; for the stipendium for parochial attendance is disgraceful equally to those who award and those who receive it; so, indeed, is that to the military and naval medical officers, even of the highest grade, and who have spent their best years in the service.

Another truth is, that every one in full health and vigour deems himself immortal:—

"He jests at scars who never felt a wound."

He thinks not of the grave, rarely of another world, and never of the physician; but once stricken down by sudden illness, he hails him with fear and trembling, and almost the worship of a god. When relieved, however, the doctor is only a ministering angel,—and I will not say what he is when the fees are to be paid; he attributes his recovery to God's mercy alone, or to some old woman's nostrum, or his own strength of constitution, and all gratitude is gone.

But there are other causes why we are not duly respected, arising from ourselves. We are not liberal one to another—envy, hatred, and odious medical jealousy, *sui generis*, and more bitter than bile or wormwood, sneering animadversions on a rival's practice or character, concealed nostrums, and downright quackery, all lessen our dignity and importance.

We should imitate the lawyers; *they* never quarrel in earnest; the squabble in court is only from the teeth outward; for the very same day they hob-nob at the dinner-table, and laugh at the folly of *their* patients. Neither do the clergy—except on rare occasions—differ publicly, nor criticise each other's opinions or sermons with severity; and they always preserve the bearing and use the language of gentlemen. I wish to my soul we did so; but alas! our professional publications teem with ill-natured and illiberal criticism and bickering, and too frequently the motive is not honourable or praiseworthy.

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Let us then eschew all personal disputes, strictly, at least, preserving always the character and courtesy of gentlemen. Let every man ride his own hobby, and practise according to his views and experience; if he is unsuccessful, he will soon dwindle into his pristine insignificance.

Homœopathy, hydropathy, and mesmerism will have their supporters; so will "brandy and salt" and cod-liver oil; but sooner or later sound rational practice, based on physiology, morbid anatomy, and chemistry, the result of science and experience from the times of Hippocrates and Galen, Boerhaave, Sydenham, Cullen, Bailey, and Gregory, must, notwithstanding this age of quackery and innovation, be the basis of medicine; and common sense must eventually prevail over impudent imposition and pretension.—I have the honour to be, &c. F.

THE EFFECTS OF CLIMATE ON HEALTH, IN REFERENCE TO EMIGRATION.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

Sir,—Any measure beneficial to the human family has the columns of your Journal open to observation, as well the ready advocacy of your pen;—thus assured, I am led to inquire how far Emigration to the British Colonies is of public service? which has the best standard of health, and which is the most suited to the English constitution?

The Canadas have their long winter, with the thermometer ranging from below zero up to 85 degrees Farenheit.

The Cape and Natal, their sirocco winds and blazing sun, alternating between 60 and 90 degrees, having a mean of 75°.

The Australias, ranging from 60 to 100 degrees, with a mean of 85°.

New Zealand, temperate, only ranging from 39 to 79 degrees, mean 59°.

It does not, you will say, require much penetration to determine out of these, which is the best adapted to European feelings, or to the prolongation of human life. Having disposed of this, it will be necessary to compare the expense attending the voyage and hazard of health during the passage.

To the Canadas, the lowest price is £5 to the nearest port, with a risque of of 8 per cent. and £8 more to get up the country.

To the Cape and Natal, £12, with a risque of about 3 per cent.

To Australia and New Zealand £15, and not 1 per cent!

As New Zealand is manifestly superior to the whole list, it may be further satisfactory to corroborate this fact by the evidence of settlers and medical reports, which universally admit—

First,—That many diseases incident to women and to children, especially the eruptive fevers, as small-pox, measles, scarlet fever, &c., are as yet unknown in New Zealand.

Second,—That dyspepsia and affections of the digestive organs, give way to the genial effects of the climate.

Third,—That asthma, bronchial affections, consumption and all the insiduous diseases of a pulmonary character, vanish with its even temperature, as by an enchanter's wand, changing the delicate convalescent into the robust and healthy creature.—There is no cold and melancholy atmosphere to weigh the spirits down here.

The average mortality in New Zealand during ten years, among Europeans has been 12, out of a population of 1000, or about 1 in 90. In England it is 938 out of a population of 1000, or 1 in 8!

It is natural to inquire, how shall we escape this fearful amount of suffering, disease, and death? Emigrate—but where are the means to come from? I will tell you in a few words: if it is worth regarding, personal sacrifices are necessary; make once the resolution and set about it in earnest. Be provident be temperate, and the work is half done. Let classes form themselves into saving clubs in their different localities—a fund will soon accumulate that will enable its members to pay the voyage—to purchase lands and parcel them out with considerable profit at an annual rent, redeemable in a given number of years, to leave as an inheritance to their families; by the agency of this fund, loans may be advanced, subject to repayment with interest, and thus also by its investments, provision may be made for old age to those who do not contemplate emigration.

To those either unwilling or unable to spare any thing—there are funds occasionally available in the hands of the Emigration Commissioners, at 4, Park Street, Westminster, for such purposes, under certain restrictions. W. H. B.

[We have much pleasure in inserting the above letter; it is written by a gentleman who has for many years devoted his energies to promote the successful emigration of the industrious classes.]

ON THE USE OF BELLADONNA IN HOOPING COUGH.

(By M. Debreyne.)

Belladonna has been eminently useful in the epidemics of hooping-cough, which M. Debreyne has observed; but the success attending its administration depends on the observance of the following rules: The dose of belladonna should be proportioned to the number of months representing the child's age; and the quantity to be taken in twelve days, (the ordinary duration of treatment) will be five centigrammes (¾ of an English grain) multiplied by the number of months. Thus, for an infant six months old, the dose will be thirty centigrammes (4½ grains) in twelve days; for one of two years and a half, the dose will be 1¼ gramme (23 grains) in the same period. For children above six years of age, the quantity of three grammes (46¼ grains) is not exceeded. The medicine is always given three times in the day. For instance, the prescription for a child three years old would be—powder of the root of belladonna, two grammes; to be divided equally into twelve powders, of which one is to be given daily, in three divided doses. If there be vomiting, it should be given immediately after a fit of vomiting and coughing. Recourse should not be had to this remedy, until the inflammatory element has been overcome by leeches, emetics, &c.; in other words, it is not to be employed before the tenth or fifteenth day, when the cough will have assumed its specific character.

ON THE TREATMENT OF DIARRHŒA BY OIL OF TURPENTINE.

(By Dr. J. J. Trayer, Queen's County, Ireland.)

Dr. Trayer speaks very highly of this medicine, which he used extensively in the diarrhœa which prevailed in his locality, at the time when cholera was so prevalent in other parts of the island. The disease was marked by very sudden invasion, after exposure to cold, or the ingestion of some noxious article of diet; the stools were fluid, often tinged with blood, very frequent and exhausting; there was very little abdominal pain, but distressing pain and sense of fatigue in the loins and lower extremities; and there was frequently vomiting. With respect to the treatment, Dr. Trayer says:—

The medicine which I use as a sheet anchor in these cases is the rectified spirits of turpentine, in small doses (from 5 to 20 minims,) repeated more or less frequently, and variously combined as the circumstances of the case demand; the most usual combination being the tincture of opium.

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In the case of average intensity, my mode of proceeding is this:—If my patient is still up, I order him at once to bed, and apply a light but large bran poultice, moistened with infusion of camomile, and occasionally sprinkled with laudanum, over the abdomen. This being covered with oiled silk, maintains its warmth and moisture for a long time. A large piece of patent epithem is an admirable substitute when it can be obtained. Warm jars placed to the feet, a liberal supply of bedclothes, and a warm, but not close, atmosphere in the bed-room, render great assistance.

As soon as it can be obtained (I generally carry it with me), a dose of spirit of turpentine, about fifteen drops is given, combined with laudanum; or if this be for any reason contra-indicated, an equivalent of some other sedative (hyoscyamus, e.g.;) or sometimes without any other medicament. This dose is felt almost immediately to check the disease; and here, if I were to describe my own feelings, the aptest expression I could use is, that a message seems, as by electric telegraph, to be conveyed on the moment to the whole canal, that the discharges are to cease. In place of the sickly nausea, of the coldness and sensation of incessant movements of the bowels, which tell you that your serum is oozing out, a feeling of warmth and cheerful tone at once pervades the system, and tells you that the disease is checked; in fact, this first, or a second dose, would generally complete the cure if the patient would remain in bed for a few hours, and for a day or two observe a strict dietary. If the process be not always so speedy, still, perseverance in the use of these measures has as yet succeeded in every case in which I have tried them, with one exception.

I should here mention what I have found the easiest way of taking the rather disagreeable medicine I propose.

Having prepared the tincture of hops with some French brandy, I put in a wine-glass about a drachm of this tincture. I drop in the spirit of turpentine, which floats on its surface. Then, just as the patient is going to drink it off, half an ounce of cold spring water being added, the turpentine is so engaged in the molecular movements that occur while the spirit and water are mixing, as to disappear. At this moment the draught is easily swallowed; and, if care be taken not to wet the lips, its flavour very soon passes off. After a few seconds the turpentine again floats, and, if left for some hours, the mixture becomes troubled and milky, and is not easily taken. Each dose should, then, be dropped out as it is required.

THE EXTORTIONS OF THE QUACKS.

(To the Editor of *The Lancet*.)

SIR,—You have lately made some remarks on the charges made by impudent quacks for advice given to the public. The following may be a useful bit of warning to my country brethren:

A gentleman of my acquaintance unfortunately has two sons deaf and dumb. He had heard of Mr. ——, who describes himself as an oculist and aurist, and who I believe also practises as a throat cutter. After asking his advice, Mr. —— remarked that, though uncertain, he thought he could cure them. The gentleman asked his charge, offering £100 for a cure. The operator asked £500 each, when the gentleman said he would think about it. "What am I indebted to you for your advice?" "*Fifty pounds!*" Indeed, that is great deal; I thought five would suffice." "Fifty pounds is my charge"—which I am sorry to say the gentleman paid.—Your obedient servant, W.

*** The writer of this note is a gentlemen of great respectability, and whose high character is a sufficient voucher for the accuracy of the extraordinary statement which his communication contains.—ED. LANCET.

PHARMACOLOGY.

No. XXVI.

NARCOTICS—(*continued from page* 102.)

Vinum Opii,—Wine of Opium.—This preparation is prescribed in such cases as the tincture of opium is required; but as it occasions less disturbance of the brain and nervous system, it is better suited for very young persons, invalids of a nervous habit, and in cases in which the head is much affected. It is made by macerating two ounces and a half of the extract of opium, with the same quantity of cinnamon and cloves, in two pints of sherry. The dose is from ten drops to a drachm.

Tinctura Camphoræ Composita,—Compound Tincture of Camphor, Paregoric.—This well-known remedy for coughs and colds is thus prepared:—Take camphor, two scruples and a half; hard opium, powdered, and of benzoic acid, of each seventy-two grains; oil of aniseed, a fluid drachm; proof spirit, two pints. Macerate for fourteen days and strain. The dose is from one drachm to three drachms; a fluid ounce contains nearly two grains of opium.

Pilulæ Saponis Compositæ,—Compound Pills of Soap.—This is an excellent form for administering opium, especially to elderly or irritable persons. It is prepared by assiduously beating together half an ounce of hard opium and two ounces of Castile soap until the mass is thoroughly incorporated. The dose is from three grains to ten. Five grains of the soap pill contain one grain of opium.

Pilulæ Styracis Compositæ,—Compound Pill of Storax.—This pill is balsamic, and slightly expectorant; it is a valuable remedy in some chronic affections of the lungs, inasmuch as the expectorant properties of the storax counteract the "clogging" frequently induced by opiates in chest affections. The dose is from three grains to ten. Five grains contain one grain of opium.

Pilulæ Ipecacuanhæ Compositæ,—Compound Pills of Ipecacuanha.—This is an excellent preparation; it is most valuable in chronic coughs and asthmas in elderly persons: it is both sudorific and narcotic. It is prepared as the compound ipecacuanha powder, ten grains of which contain one grain of opium (Dover's powder), fresh dried squill, ammoniacum, and mucilage. The dose is five grains three times a day, or ten grains at bed-time.

Pulvis Cretæ Compositus cum Opio,—Compound Powder of Chalk with Opium.—This powder is both astringent and anodyne; it is prescribed with great benefit in diarrhœa and dysentery. The dose is from five grains to half a drachm. Forty grains contain one grain of opium.

Pulvis Ipecacuanhæ Compositus,—Compound Powder of Ipecacuanha (Dover's powder).—See pages 77, 134, Vol. I. (Nos. 10 and 17). This powder contains ipecacuanha, hard opium, and sulphate of potash; the sulphate of potash being added merely to divide the more active ingredients. The dose is from five grains to twenty. Ten grains contain one grain of opium.

Pulvis Kino Compositus,—Compound Powder of Kino.—Like the compound chalk powder this preparation is both anodyne and astringent, and is used in similar cases of bowel complaints. The dose is from five grains to twenty. Twenty grains contain one grain of opium.

Trochisci Opii,—Opium Lozenges.—A form for preparing these lozenges is given in the Edinburgh Pharmacopœia (we believe the quack nostrum, impudently styled Locock's Wafers, to be made in a similar manner):—Take opium, two drachms; tincture of tolu, four drachms; simple syrup, eight ounces; extract of liquorice, powdered gum, and warm water, of each five ounces. First rub the opium with the tincture; then add, by degrees, the syrup and liquorice; afterwards mix in the powdered gum arabic; lastly, dry them into a mass, and divide into lozenges, each weighing ten grains. One allowed to dissolve in the mouth now and then may allay the irritation of the throat producing cough in protracted catarrhs. Six lozenges contain one grain of opium.

Linimentum Opii,—Liniment of Opium,—is prepared by adding two ounces of laudanum to six ounces of soap liniment. It is a useful sedative liniment to allay pains, and to procure sleep, when opium cannot be taken into the stomach.

Emplastrum Opii,—Plaster of Opium.—This plaster, which contains the resin of spruce fir, lead-plaster, and opium, is both stimulant and anodyne; it is rarely employed. The late Dr. A. T. Thomson says:—"Although it is undoubtedly certain that opium, in that state of minute division in which it exists in the tincture, produces its specific effects on the system in a small degree when externally applied; yet we doubt whether the effects of this plaster will sanction the adoption of it by the London College."

Enema Opii,—Enema of Opium,—Opium Glyster,—is thus directed to be made:—Take decoction of starch, four ounces; tincture of opium, thirty minims. Mix. It is used in irritable bladder, diseases of the prostate gland, in dysentery, and in strangury induced by blisters. The bulk of the fluid is small, for the obvious purpose of causing it to be retained for some time, so that it may act as an anodyne to the irritable bowels.

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HINTS FOR HEALTH.

TO PROTECT CHILDREN FROM BURNING.

Add one ounce of alum to the last water used to rinse children's dresses, and they will be rendered uninflammable, or so slightly combustible that they would take fire very slowly, if at all, and would not flame. This a simple precaution, which may be adopted in families of children. Bed curtains, and linen in general, may also be treated in the same way.

TO AVOID DANGER FROM WET CLOTHES.

Keep if possible in motion, and take care not to go near a fire or into any very warm place, so as to occasion sudden heat, till some time after you have been able to procure dry clothes.

TO FUMIGATE A ROOM.

Make a strong brine of saltpetre and water, in which cascarilla bark has been previously infused. Dip pieces of thick brown paper into it, and dry them before the fire; keep them for use. When wanted, tear a strip, set it on fire, and carry it about the house on a shovel or plate; it should smoke, but not blaze.

COD LIVER OIL.

Cod-liver oil is neither more nor less than cod oil clarified; and consequently two-thirds of its medicinal qualities are abstracted thereby. Cod oil can be purchased pure at any wholesale oil warehouse, at about one-thirtieth part of the price charged for the so-called cod-liver oil.

TO DETECT ARSENIC.

A solution of blue vitriol dropped into any liquid in which arsenic has been put will turn it green.

GROCERS' "ITCH."

This is a disagreeable disease attending grocers, who have much to do in handling sugar. The hands first become chapped, pustules appear upon them, and if they continue to handle sugar, a settled callous ulceration follows. We recommend the use of gloves made of parchment to prevent the disease, as well as to assist in curing it. Those affected with it should every night keep their hands in warm water for half an hour, then touch the parts with diluted citron ointment, and put on a pair of soft leather gloves, in which they should sleep. In the morning the proper gloves above alluded to should be put on, and the hands by no means allowed to come in contact with the sugar until the disease is quite removed.

THE EFFECT OF TOWN LIFE ON THE HEALTH.

The impurities in the air of large towns, existing both within and without the dwellings of their inhabitants, tend to modify the state of health of those who are reputed healthy, and to render them liable to a class of diseases distinguished from those of rural districts by an absence of power or tone, no less than by the different and even opposite treatment which they require. Thus a disease, which in the country will bear and require blood-letting, will, in large towns, scarcely admit of any amount of depletion, and may even demand an opposite mode of treatment. This depressing and debilitating effect of the atmosphere of large towns, displayed in the pallid aspect of those who are esteemed healthy, and in the want of power accompanying the diseases to which they are subject, is a fact of great practical importance, and one which ought always to be borne in mind at the bed-side.

ADVERTISEMENTS.

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"Dr. Yeoman's large practical experience renders him eminently capable of conducting a journal of this nature. We most heartily recommend this work, as its price places it within the reach of all, while the matter of which it is constituted, touching on organic and other diseases incidental to humanity, is of the most invaluable kind."—*Weekly Dispatch, June* 23, 1850.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE DISEASES OF ARTISANS.

We are preparing a series of articles, on the diseases incidental to, and caused by peculiar occupations and trades. THE DISEASES OF TAILORS, will be the first, and will appear in an early Number. The diseases of watch-makers, of engineers, of shoemakers, of seamstresses, &c., &c., will follow.

S. N. P. (Leicester).—If you will tell us the *cause* of the "blotches," we will tell you a remedy. In all probability they arise from a disordered stomach, and an impure, or too gross, state of the whole system. Perhaps there may be some specific cause for their appearance which you must first remove, and then counteract its constitutional effects. Your second question puzzles us. We cannot suggest a remedy for "the hair growing low on the forehead;" that it should do so in some persons is as natural as a snub nose or red hair. We can alter neither. We should not attempt to do so—'tis nature; whatever is natural is, and ought to be esteemed, beautiful. *Sorte tua contentus abi*—Go your way contented with your lot.

W. R. (Clapham).—Call in Lloyd Square. Your anxiety need not be of long duration if you will strictly follow the instructions moral, medical, and dietetical which we shall give you.

T. J. HORBURY (Wakefield).—For a lotion for WEAK EYES, see No. 3, page 23, Vol. I.

A MECHANIC (Northampton Street, Islington).—See the Editor's small work on INDIGESTION.

JOHN SMITH (Weymouth).—We cannot make you an exception to our general rule.

J. J. TOWNEND (Margate).—You will find the "Physiology of the Brain and the Nervous System" continued in Nos. 33, 35, and 36. "The Influence of the Passions on the Health" in No. 37 and in subsequent Numbers; "The Physiology of the Senses" in Nos. 20, 21, 22, 23, and 24,—are all to be considered as articles under the title of THE NERVOUS SYSTEM.

H. (London).—See answer to JOHN SMITH (Weymouth) in this Number.

ONE WHO HAS NOT FAITH IN HER PRESENT MEDICAL ATTENDANT.—Were you that delightful creature, "a Constant Reader," you would know in how much we object to such signatures, and in how much we object to interfere with the treatment of patients whilst under the care of other practitioners. The only advice we can give you in this column is, *wean the child*.

ZETA writes,—"Will you inform me, and others also, which you consider to be the best medical dictionary for popular use, and adapted to the use of heads of families, and those who wish to minister (as far as a private person can safely go) to the relief of the ordinary maladies of their poorer neighbours?" We know one work that will, when completed, fulfil all the requirements asked for by ZETA; it is called THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN.

A TRADESMAN (Walworth).—You live too well, and eat too much. It was Sir Astley Cooper who said, with great truth,—we may dig our graves with our teeth.

R. D. (Dover Street).—Kousso is sold in bottles, each of which contains one dose.

A CITIZEN.—Nothing is so conducive to health as walking out into well-cultivated fields and gardens early in the morning. It is at this time that vegetables throw off a quantity of oxygen, or vital air, which is highly invigorating to the constitution. It is to the abundant inspiration of this gas that must be referred that ruddy appearance, and improved health which we generally witness in artisans after a short residence in the country.

R. W.—You are much too sensitive. Call. We fear we cannot insert your communication in the Journal: many readers might suppose we had dictated it, if we did not write it. We wish not to be accused of egotism.

CHARLES JENKINS.—The treatment of your case depends more on moral management than upon the bad habit of "taking physic." Take exercise daily, eat brown bread, take a basin of gruel prepared with Nevill's Flour of Lentils, and solicit nature at regular periods. See the chapter on CONSTIPATION in Dr. Yeoman's small work on "Indigestion."

D. HUGHES (Windsor).—The hour you mention will be very inconvenient, but we will not disappoint you, if you write a day previous to your visit.

A TRUSS MAKER (Finsbury).—Omentum is *not* "fat," although it is frequently loaded with fat. The omentum is a fold or reflexion of the peridtoneum, a serous membrane: it is popularly known by the name of "caul" and covers the intestines as an apron, dipping down between their convolutions. A butcher will show you what it is—or you may observe it covering a well-dressed lamb. The delicate filmy tissue is the omentum, the fat is merely a deposit on it. You should know what omentum is, if you are, as you say you are, a truss maker, and a truss adapter, and a truss inventor.

JOHN PADDOCK (Limehouse).—Take, the sulphuret of potash and white soap, of each two drachms; spirits of wine, one ounce. Mix for a lotion; to be applied to the parts affected night and morning. Take a warm bath at 96° twice a week, and a saline purge occasionally.

THOMAS JACKSON (Birkenhead).—Curries are wholesome; in many cases of slow digestion they afford a grateful and healthy stimulus to the stomach. For directions to prepare curry powder, see page 151, Vol. 1, (No. 19.)

WILLIAM T——T (Belper).—A minim is the sixteenth part of a fluid drachm: it definitely and correctly denotes that quantity which was vaguely termed a "drop."

A WHARFINGER (Rotheritbe).—We are obliged to receive patients on Sunday morning. You may call.

D. R. S. (Uxbridge).—If you will send your address, we will forward to you the introduction you require. Tuesdays are the days on which "in-patients" are received. Probably there may be more urgent cases than yours, so that you must not be too confident of being admitted.

CHARLES HALL (Scarborough).—Take, iodide of mercury, three grains; serpentary root, in powder, one drachm; syrup of orange peel, sufficient to form a mass, which divide into twenty-four pills, of which take one three times a day.

MERCUTIO (Fenchurch Street).—We will insert a short article on CRAMP in our next number.

F. HOOPER (Maddox Street).—Read Dr. Little's excellent work on Deformities, Club Foot, &c.

Z. (Paternoster Row).—Prepare five ounces of strong coffee, by percolation, from half an ounce of recently ground coffee, add to it twenty-four grains of sulphate of quinine, and half an ounce of sugar. Take a table-spoonful twice a day. Coffee conceals the bitterness of quinine admirably.

W. PETERS (York).—Diminish the quantity of your food, but take care that it is more nourishing in quality. Do not eat cold meats, nor meats prepared a second time, hashes, stews, &c.

ABEL HARRIS (Exeter).—See the articles on INFLUENZA, in Nos. 5, 6, and 7, or obtain the Editor's work on COUGHS, COLDS, ASTHMA, &c.

D. R. (Portman Market).—We do not wish to have any controversy on Teetotalism. We only maintain our own opinion, the result of our own experience. We again repeat—a pint, aye, a pint and a half, of good beer, taken in the sixteen or eighteen hours of his labour, will benefit a labouring man; and we heartily wish every labouring man had it to drink.

A BRASS TURNER.—All in good time; the diseases peculiar to your occupation, will be noticed with those which afflict artisans who have to inhale deleterious particles—as knife-grinders, glass-grinders, jet turners, lapidaries, &c.

A MOTHER.—Remove the "bones" from the corset, and let the girl's dress be properly loose. You had better submit her to the examination of any physician in whom you have confidence.

GEORGE W. (Strand).—You have not described the case with sufficient exactness; and as you reside within hail of us, we must see you before giving an opinion.

L. LEE (Nottingham).—Change of air will do the child more good than drugs. We have frequently known children, who "hooped" incessantly in their accustomed abodes, become entirely free from cough merely by changing the residence to the distance of a mile or two. Give her the following mixture:—Take antimonial wine, two drachms; syrup of squills, three drachms; tincture of valerian, two drachms; water, to make up three ounces. Mix. Dose, a tea-spoonful occasionally.

PARR'S GHOST.—We believe the proprietors of the *Illustrated News* can tell you who are the proprietors of the quack nostrum that has griped you so severely.

HEALTH OF LONDON.—In the week ending Saturday, the 21st September, the deaths registered in the London districts were 858; a result which, comparatively, must be considered as a favourable indication of the state of the public health.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 41.—Vol. II.] SATURDAY, OCTOBER 12, 1850. [ONE PENNY

ON THE DISEASES OF WOMEN AND CHILDREN.

By the Editor.

No. V.

(*Continued from page* 58.)

DYSMENORRHŒA.—DIFFICULT OR PAINFUL MENSTRUATION.

Dysmenorrhœa is one of the most painful and distressing maladies to which woman is subjected; the woman thus afflicted is deprived of that encouraging balm—hope; for she knows that her misery must return periodically, and that the frequency of its return embitters her life, and forbids all hope of becoming a mother. The disease, moreover, is peculiarly obstinate, and, in some instances, defies the best exertions of medical science, and yields to time alone, and the natural cessation of the discharge.

The patient who labours under dysmenorrhœa may not in other respects perform the function irregularly. The flow need not exceed nor fall short of the standard quantity; its physical appearances need not in any way undergo change. The essence of the disorder is an extraordinary degree of pain attending the monthly secretion. At this period the patient suffers the direst torture. Her back aches as though it would break, and the loins, inner side of the thighs, and lower part of the abdomen are affected with intense pain; and this pain does not of necessity subside immediately with the cessation of the secretion, but not unfrequently torments the patient for days, or even weeks afterwards. Sometimes it becomes permanent, embittering the whole existence of its victim. When it assumes this form, the permanent pain usually localises itself more exactly, and particularly affects the uterus. Hence, this condition, to which the attention of the profession was first directed by Dr. Gooch, has been named "irritable uterus." It is thus described by this author: "A patient who is suffering from the irritable uterus, complains of pain in the lowest part of the abdomen, along the brim of the pelvis, and also often in the loins. The pain is worse when she is up and taking exercise, and less when she is at rest in the horizontal position, although never quite absent. Hence she soon learns to relieve herself by lying on the sofa, and at length spends nearly her whole time there. Notwithstanding this precaution, there is always a considerable degree of uneasiness, and this frequently increases to severe pain. These paroxysms generally come on either a few days before menstruation, or (as is the case in many instances,) a few days afterwards. If the paroxysm is properly treated, its subsides in a few days to the ordinary and even moderate uneasiness. The general health is not of necessity much affected. To embody these symptoms in one view, let the reader fancy to himself a young or middle-aged woman, somewhat reduced in flesh and health, almost living on her sofa for months, or even years, from a constant pain in the uterus, which renders her unable to sit up and take exercise; the uterus, on examination, is found unchanged in structure, but exquisitely tender; even in the recumbent posture always in pain, but subject to great aggravation more or less frequently." A patient of Dr. Gooch thus described an attack of what she called her spasms. "In the lowest part of the abdomen, or a little lower even than that, internally, she felt first a sense of heat, to this was speedily added a sense of throbbing, then a sense of distension, as if there were a tumour within, which gradually expanded till it felt ready to burst, then began the spasms; these she described as shootings or electric shocks, darting from the tumour up into the abdomen; they recurred every five or ten minutes, making her start with such violence as to shake the bed. I have been in the adjoining room when she has been in this state, and have perceived the shock. Between the spasms she felt what she called a convulsive pain." This patient was a young lady, 25 years of age, chlorotic, nervous, and hysterical, who had long been subject to dysmenorrhœa. Naturally delicate, her proneness to disease had been increased by much mental distress and anxiety. At the time when her spasms afflicted her she was reduced to a mere skeleton. Her appetite was capricious; her stomach constantly rejected a portion of the food taken at every meal. She suffered also from profuse leucorrhœa. Ultimately, however, the patient regained a tolerable amount of health and strength.

In addition to the symptoms already named and described so accurately in the case of Dr. Gooch's patient, we can only add, that the disorder is invariably attended with tenderness of the whole abdomen, which is materially increased by pressure; that pains, not unlike those of colic, are constantly flying about the abdomen, as well as the lower part of the body; and that the feeling of "bearing down" and tenesmus (straining or irritation at the fundament) is sometimes unbearable. In many instances the character of the secretion is scarcely changed; in others, it is scanty in quality, and is sometimes accompanied by a tenacious secretion which resembles films of membrane; in other cases the secretion passes away in clots. Difficulty and pain in passing the water is a constant attendant on the complaint, and occasionally the bowels are relaxed to such a degree as greatly to diminish the remaining strength of the patient. These symptoms increase in severity until the appearance of the accustomed secretion, when they happily subside suddenly, or gradually pass off. The nervous system is generally more or less affected, and hysteria in a variety of forms is often present.

The causes of this affection are many and various; a plethoric state of the system occurring in females of a nervous temperament, must always be considered as a predisposing cause. Amongst the exciting causes may be named,—sudden and violent mental emotions; increased determination of blood to the

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uterus; exposure to cold; local injury from a fall or blow,—all causes which tend to diminish the discharge; irritation from neighbouring parts, especially that arising from constipation, is a very frequent exciter of the complaint; spinal disease, &c. The late Dr. Gooch, in describing this disorder, says, "In one patient it came on after an enormous walk during the menstrual period; in another, it was occasioned by the patient going out shooting with her husband not many days after an abortion; in a third, it came on after standing for several hours many successive nights at concerts and parties; in a fourth, it originated in a journey in a rough carriage over the paved roads of France; in a fifth, it was attributed either to cold, or an astringent lotion, by which a profuse lochia was suddenly stopped, followed by intense pains in the uterus; in a sixth, it occurred soon after matrimony. Although, however, the disease followed, and was apparently excited by these several causes, yet the patients had previously manifested signs of predisposition to it; they were all sensitive in mind and body; many of them had been previously subject to the ordinary form of painful menstruation."

In the TREATMENT of this complaint we must endeavour,—first, to relieve the urgent and painful symptoms during the menstrual period, and secondly, to prevent their return by medicines administered in the interval.

When the patient is of full habit of body the application of a few leeches, or cupping glasses, to the loins may be necessary, but the abstraction of blood should always be directed with great caution; the warm hip-bath is one of the best means of procuring some alleviation of the pain, and the use of this immediately before retiring to rest, conjointly with eight or ten grains of Dover's powder and five of camphor, will in many cases enable the patient to pass a comfortable night. During the intensity of the pain the lower part of the body should be fomented with flannels saturated with boiling water, or the lower body may be buried in a bran poultice; small doses of laudanum and tartarised antimony—in the proportion of eight or ten drops of the former, and fifteen drops of antimonial wine—should be taken every five or six hours, and the bowels shall be gently moved by castor oil or some cooling laxative. The diet should be plain, and devoid of all that can stimulate; rest in the recumbent position should be obtained, and the patient, if married, should occupy a separate chamber; in fact, every thing that has a tendency to produce local excitement must be systematically abstained from.

The second indication is fulfilled by a careful attention to the stomach aud bowels; by giving strength and activity to the general circulation; and by removing every cause that can act injuriously to the general health or local organs. The preparations of iron have obtained a well merited fame, from their power of influencing uterine disorders; but in painful menstruation they should be prescribed with much caution, inasmuch as their indiscriminate use might over-stimulate the uterus and aggravate the complaint. Dr. Locock, a great authority on all uterine affections, says, he prefers the wine of iron to other preparations of this drug, and prescribes it in doses of from half a drachm to a drachm conjoined with the same quantity of the compound spirits of sulphuric æther; the compound iron, or Griffith's mixture, (see page 54, vol. ii. No. 33,) and the compound iron pill, (see idem.) are equally proper. One excellent form is the following—compound soap pill, a scruple; sulphate of iron, twelve grains; compound extract of colocynth, a scruple. Mix, and divide into twelve pills, one of which is to be taken twice or three times a day. There can be no question but that the preferable way of administering iron is, by drinking of the natural chalybeate springs, the more so as with this there is usually conjoined the advantages of travelling, change of air, and a new stimulus given to both the mind and the body by novelty of scene, novelty of company, amusing and animating conversation, and exercise of various kinds.

In those cases in which iron disagrees with the stomach or proves too exciting, zinc may be tried in one-grain doses, combined with extract of hyosciamus, (see page 46, vol. ii. No. 32.) With the exception of senega (see page 76, vol. i., No. 10,) which has been strongly recommended by Dr. Chapman of Philadelphia, vegetable tonics promise little benefit.

During the intervals of the periodic discharge, the use of cold and slightly anodyne injections may in some cases assist to restore the organs to a healthy state, and a cold shower-bath, or local douche, may be conducive to the general vigour and health of the frame.

When painful menstruation is, as is sometimes the case, complicated with rheumatism, guaiacum and colchicum have in many instances cured both disorders.

To recapitulate,—the general health must be improved; the bowels gently acted upon so as to avoid and remove any local irritation; the patient must avoid all violent exertions; the mind must be kept as tranquil and composed as possible; and and at about the anticipated period, warm baths, warm fomentations, and the use of remedies that relax or diminish spasm should be persisted in. And by way of necessary caution, now-a-days, the use of that abominable instrument, the speculum, should not be permitted.

(*To be continued.*)

DISEASES OF THE CHEST.

SECOND SERIES.

No. III.

BY THE EDITOR.

COMPLICATIONS OF INFLAMMATION OF THE LUNGS.

(*Continued from page* 107).

ABSCESS of the lung, independent of, or unconnected with, tubercle, and gangrene, or mortification of the lung, are of rare occurrence. When, however, these diseases are observed, they are either in companionship with inflammation of the lungs, or follow as an immediate result.

Laennec states, that among several hundred dissections of peripneumonic subjects, he did not meet with a collection of pus in an inflamed lung more than five or six times, and in three instances they were not of large extent, nor numerous in the same lung. Broussais declares that he never saw ulceration *in the* lungs, without tubercles, more than once, and then the *inflammation* resulted from a musket-ball, which was tantamount to a tubercle. The reason assigned by Laennec for the rarity of abscess in the lungs is, that the disease is cured by art, or destroys life before it proceeds to the length of destroying the pulmonary tissue;—that death takes place before the disease advances so far as for matter to be formed in the lung in an abscess.

Gangrene of the lungs is an exceedingly rare disease, as the severest inflammation of the lungs seldom induces mortification. When the disease exists it may be readily detected by the fœtor of the breath, and the expectorated matters; the sputa are at first white and opaque, but they soon change, and become sanious, purulent, brown, and greenish, and they are from the first nearly as fetid as when the fœtor becomes gangrenous. The general signs of gangrene vary; for they may be of exactly opposed characters; thus, when the disease attacks the young and the plethoric, it may be accompanied by all the symptoms of inflammatory fever;

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if the weak or aged, it is commonly combined with a debilitated condition of the system, indicated by extreme prostration of strength and great anxiety. M. Chomel describes a gangrenous condition of the lung, which is seen in the bodies of those who have died, after some days' illness, in consequence of being exposed to effluvia of cess-pools or sewers. The lung is found almost black, or greenish, full of a sanious, greenish, and extremely fetid liquid, softened in many places, and in some falling into deliquescence. Chomel thinks this change of structure marks the passage of the first stage of inflammation into gangrene. The same pathologist supposes the possibility of a whole lung being destroyed by gangrene, in the case of its being compressed and rendered impermeable to air by an extensive pleuritic effusion; and he quotes a case, which he conceives to be of this kind, from the *Opuscula Pathologica*, of Haller, in which the left lung had entirely disappeared, and the pleural sac was filled with a quantity of fetid albuminous liquid, in which the large vessels and bronchi terminated as if they had been cut off.

Inflammation of the lungs is frequently combined with pleurisy, with spitting of blood, and with water on the chest. Pneumonia and catarrh are not unfrequently associated together, and this combination often prevails in influenza. Tubercular disease is occasionally accompanied by inflammation of the lungs; indeed, consumptive patients seldom escape, at some time or other, an attack of inflammation. There are few fevers in which pneumonia may not occur during their course — as in measles, small-pox, scarlatina, particularly towards the disappearance of the eruption. It exists often in the course of confluent small-pox, or erysipelatous fevers; it is also a constant attendant on typhoid fevers. It is apt to attack patients after severe injuries and surgical operations.

THE CAUSES OF INFLAMMATION OF THE LUNGS.

The causes of inflammation of the lung may be considered as individual and external.

The disease is always more intense in young persons of sanguine temperaments, of vigorous and plethoric habits; yet it occurs much more commonly in old people, in whom, according to Laennec, it runs sooner into the suppurative stage. Pneumonia very frequently attacks infants; it is then usually in the lobular form, and the disease is generally fatal to them in the stage of engorgement. The previous occurrence of the disease seems more than any other circumstance to predispose to pneumonia. Rush describes the case of a German, living in Philadelphia, who had the disease twenty-eight times. Andral gives a case in which it recurred the sixteenth time within eleven years. Dezoteux treated seven times a pneumonia in a subject who had suffered from it fifteen times; and Chomel alludes to its recurrence the tenth time in the same individual. Perhaps the only other circumstance that can be fairly viewed as a predisposing cause, is the presence of turbercles in the lungs.

The external causes approximate closely to those which will excite other inflammations. The influence of cold, in producing inflammation of the lungs, is sufficiently apparent in the much greater prevalence of the disease in cold seasons and cold climates. Of ninety-seven cases, recorded by Louis, in Chomel's wards at La Charite, during five years, eighty-one occurred between February and August, and only sixteen in the remaining five months of these years. Of the cases described by Andral, the number occurring in March and April amounted to a third of the whole; the fewest took place in May, October, and November; and the remaining months had an equal share. Of two hundred and forty-three cases which were treated at the Edinburgh New Town Dispensary, during three years ending September 1, 1824, sixty-seven occurred from the 1st September to the 1st of December; one hundred and four from 1st of December to 1st of March; ninety-four from 1st of March to 1st of June; and sixty-eight from 1st of June to 1st of September.

Persons of sedentary habits are not more prone to this disease than others who are more actively engaged. Masons, porters, out-door labourers, and carpenters, present the greatest number of examples, which is plainly to be ascribed to their being more exposed to the exciting causes. The same circumstance is, as M. Chomel observes, the reason why men suffer more frequently than women. Excessive exertion of the lungs by violent exercises, or by the voice, the inhalation of irritating vapours and suffocating gases, wounds of the lungs and blows on the chest, the bite of a rattlesnake, and the action of some other poisons, as fungi, may be named as exciting causes of pneumonia.

Pinel and Bricheteau consider the most frequent cause of inflammation of the lungs to be the sudden exposure of the heated body to cold after violent exertion, especially of the voice. Laennec remarks on this point that long-continued cold, or cold applied when the body is only moderately heated and covered with perspiration, is much more powerful as a cause of pneumonia than when cold succeeds to an excessive heat, and is not long continued. The Russian who rolls himself in the snow after coming out of a hot bath, or the baker who goes from his heated oven, almost naked, into an atmosphere of a temperature below the freezing point, is not liable to attacks of the disease; while the porters, whose occupation leads them to stand for a length of time at the corners of the streets, are afflicted by it.

The cause of a great number of cases is unknown, or very obscure, and epidemic or endemic influences frequently give rise to the disease.

[We shall detail the treatment of inflammation of the lungs in our next.]

PERIOSTITIS OF THE UPPER JAW IN CONNEXION WITH THE HABIT OF BITING COIN.

(Under the care of Mr. Stanley, in St. Bartholomew's Hospital)

[Periostitis is inflammation of the periosteum, or the membrane that immediately covers the bones.]

It is interesting to observe what serious mischief can be set up in scrofulous constitutions by slight exciting causes, and this circumstance is particularly remarkable as regards affections of bone. Intense inflammation of the periosteum is easily produced, especially in young strumous subjects, by injuries which in others would have passed unnoticed, and the severe inflammation of the investment of the bone is not unfrequently followed by either death of the osseous structure, or by that unhealthy ulceration which has been denominated caries.* These facts are well known, but the exciting causes vary *ad infinitum*. We have lately become acquainted with one of the latter in a patient of Mr. Stanley, of so unusual a nature that we are induced to offer our readers an outline of the case.

The patient is a lad of fifteen, very short of his age, of fair complexion, slight muscular development, and bearing the marks of small-pox, who was admitted into Darker ward, under the care of Mr. Stanley, March 7, 1850. The boy's teeth are extremely irregular; the first bicuspid is on both sides exactly behind the canine, and the rest form a waving instead of a continuous line. On admission it was evident that severe inflammation had attacked the patient's mouth, and the whole row of teeth on the right side were so loosened that any of them could have easily been ex-

* Necrosis of the upper or lower jaw, in most cases, but not invariably, is the effect of some local cause acting on the adjacent soft parts, and thence on the periosteum and bone. (Mr. Stanley on the Diseases of Bone, p. 72).

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tracted by the slightest effort of the finger and thumb. The tongue was thickly coated with a yellowish white and moist fur, and the soft parts composing the right cheek considerably inflamed, as well as the mucous membrane covering the hard palate. The gums were tumefied, tender, of a vivid red, and largely partook of the severe inflammation pervading the whole of the upper part of the mouth on the right side, but the mischief stopped abruptly at the mesian line. The face was swollen and flushed, the symptomatic fever of a violent description, and the pain in the affected side of the mouth extremely acute. The boy earnestly requested that the teeth might be extracted, though it seemed rather a pity to do so, since they were quite free from caries. At first sight the case might have been taken for one of erysipelas, but on close examination the interior of the mouth was found to be the seat of the disease, the exciting cause of which gives great interest to the case.

It appears that the patient gains his living by selling vegetables in the streets, and he had carried on this occupation in perfect health until five days before admission, when he began to give each silver coin he received a hearty bite on the right side of the mouth, to ascertain its genuineness—a caution which he had adopted as he had been imposed upon with a counterfeit shilling. He had sold on that day more than a pound's-worth of vegetables, and soon afterwards noticed a certain amount of pain in the upper jaw: during the two subsequent days the pain went on increasing; but he still followed his avocation, and used his teeth as heretofore, until two days before admission, when the part became so painful that he was obliged to desist.

Mr. Stanley proceeded to extract two of the teeth; their fangs were found covered with an exceedingly vascular soft periosteum, and a probe being passed into the sockets from which the teeth had been drawn, and also between the remaining teeth and gums, struck against denuded bone. Mr. Stanley fixed upon the opinion that the whole train of phenomena had their origin in acute inflammation of the periosteum, which might be followed by necrosis of the jaw.

The boy was ordered fomentations, purgatives, and put upon low diet. He had subsequently saline draughts and soothing applications, by which means the inflammation was soon subdued. He went on improving for several weeks; his teeth became a little firmer, but the two empty alveoli did not assume a healthy granulating appearance; they looked as if ulceration and purulent secretion were kept up in them by the structure beneath being in a state of disease.

Nothing of a very remarkable nature took place until the 29th of April, about seven weeks after admission, when, on carefully examining the mouth, Mr. Stanley found that the anterior part of both sides of the upper jaw was in a state of caries and probably likewise of necrosis. Fistulous openings were discovered above both canine teeth; these were discharging a thin purulent fluid, and a probe introduced into them came in contact with rough bone.

Mr. Stanley gave a very unfavourable prognosis of the case; he conceived that certain portions of the jaw had, in all probability, lost their vitality, and that more or less of them would come away after a little time. It was, in the meanwhile, plain that no therapeutical assistance could be rendered, and that nothing could be done but patiently to await the time when portions of bone would be sufficiently loose to allow of removal. There was evidence, however, that the changes of the osseous structure were proceeding with activity, as the secretion of pus was at times so abundant that the purulent matter was discharged by the nose, *vid* the posterior nares.

After the patient had been about three months in hospital, the fistulous apertures on either side of the canine teeth became smaller, but they remained quite pervious, and secreted thin pus. The alveoli whence the teeth had been originally extracted were at the same time covered with a grey film, and showed no disposition to granulate. The patient's general health, however, did not suffer, and Mr. Stanley judged that it would be of great benefit to the boy to leave the hospital, and to shew himself now and then as an out-patient. He has been seen several times up to the present date, and it is extremely likely that the process of extrusion and reparation will stretch over a considerable space of time.—*The Lancet.*

CRAMP.

The parts chiefly attacked with cramp are the calves of the legs, the neck, and the stomach. The common causes are sudden exposure to cold, drinking cold liquids during great heat and perspiration, eating cold fruits when the stomach is infirm and incapable of digesting them, the excitement of transferred gout and overstretching the muscles of the limbs, in which last case it is an excess of re-action produced by the stimulus of too great an extension. Hence many persons are subject to it, and especially those of irritable habits, during the warmth and relaxation of a bed, and particularly towards the morning, when the relaxation is greatest, the accumulation of muscular or irritable power most considerable, and the extensor muscles of the legs are strained to their utmost length, to balance the action which the flexor muscles have gained over them during sleep. Cold night-air is also a common cause of cramp, and it is a still more frequent attendant upon swimming, in which we have the two causes united of cold and great muscular extension. An uneasy position of the muscles is also in many cases a sufficient cause of irritation; and hence we often meet with very painful cases of cramp in pregnant women down the legs, or about the sides, or the region of the stomach.

When the hollow or membranous muscles are affected, they feel as though they were puckered and drawn to a point; the pain is agonising, and generally produces a violent perspiration; and if the stomach be the affected organ, the diaphragm associates in the constriction, and the breathing is short and distressing. If the cramp be seated in the more fleshy muscles, they seem to be writhed and twisted into a hard knot; and a knotty induration is perceivable to the touch, accompanied with great soreness, which continues for a long time, after the balance of power has been restored.

In common cases where the calves of the legs are affected, an excitement of the distressed muscles into their usual train of exertion is found sufficient; and hence most people cure themselves by suddenly rising into an erect position. The same effect is produced by forcibly stretching out the affected leg by means of other muscles, whose united power overmatches that of the muscle that is contracted. Warm friction with the naked hand, or with camphorated oil or alcohol, will also generally be found to succeed. A forcible exertion of some remote muscles, which thus collects and concentrates the irritable power in another quarter, will also frequently effect a cure; and it is to this principle alone we are to refer the benefit which is said to arise from squeezing strenuously a roll of brimstone, which suddenly snaps beneath the hold. The brimstone snaps from the warmth of the hand applied to it; but its only remedial power consists in affording a something for the hand to grasp vehemently, and thus excite a sudden change of action.

Where the stomach is affected, brandy, whisky, ether, or laudanum, afford the speediest means of cure; and it is often necessary to

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combine the laudanum with one or other of the preceding stimulants. Here also the external application of warmth, and diffusable irritants, as hot flannels moistened with the compound camphor liniment, are found in most cases peculiarly beneficial. Exciting a transfer of action to the extremities, as by bathing the feet in hot water, or applying mustard sinapisms to them, is frequently of great advantage; as is the use of hot, emollient, and anodyne injections, whose palliative power reaches the seat of spasm by sympathetic diffusion, and often affords considerable quiet. Here, also, the patient should be particularly attentive to his diet and regimen, confining himself to such viands as are most easy of digestion, and least disposed to rouse the stomach to a return of these morbid and anomalous actions; for a habit of recurrence is soon established, which it is difficult to break off.

In pregnancy, where the crampy spasms are often migratory and fugitive, the position should frequently be changed, so as to remove the stimulus of uneasiness by throwing the pressure upon some other set of muscles: and if the stomach be affected with gout, opium, rhubarb, chalk, or aromatics should be taken on going to rest.

The best preventives, when the cause is constitutional, are warm tonics, and habituating the affected muscles to as much exercise as their strength will bear; and hence the same forcible extension used in swimming, which produces cramp the first or second time of trial, will rarely do so afterwards.

Cramp is also found, as a symptom, and as one of the severest symptoms of the disease, in various species of colic and cholera; in which cases, it must be treated according to the methods already pointed out under those respective heads.

ABERNETHYANA.

THERE is much to be learned from the following authentic colloquy between the great Abernethy and a patient:—

Having entered the room, the patient opened the proceedings. "I wish you to ascertain what is the matter with my eye, sir. It is very painful, and I am afraid there is some great mischief going on." "Which? I can't see," said Abernethy, placing the patient before the window, and looking closely at the eye. "But," interfered the patient—"Which? I can't see," again said Abernethy. "Perhaps not, sir, but—." "Now, don't bother!" ejaculated the other; "but sit down, and I'll tell you all about it." The patient took a seat, and the surgeon, standing with his back against the table, thus began:—"I take it for granted that, in consulting me, you wish to know what I should do for myself, were I in a predicament similar to yours. Now, I have no reason to suppose that you are in any particular predicament; and the terrible mischief which you apprehend, depends, I take it, altogether upon the stomach. Mind—at present, I have no reason to believe that there is anything else the matter with you." The patient, at this period, was about to disclose sundry dreadful maladies with which he believed himself afflicted; but he was interrupted with, "Diddle-de-dum, diddle-de-dum, diddle-dum-dee!" uttered in the same smooth tone as the previous part of the address, and he was silent.

"Now," continued Abernethy, "your stomach being out of order, it is my duty to explain to you how to put it to rights again; and in my whimsical way, I shall give you an illustration of my position, for I like to tell people something that they will remember. The kitchen, that is, your stomach, being out of order, the garret (pointing to the head) cannot be right, and, egad! every room in the house becomes affected. Repair the injury in the kitchen—remedy the evil there, and all will be right. This you must do by diet. If you put improper food into your stomach, by gad, you play the very devil with it, and with the whole machine besides. Vegetable matter ferments and becomes gaseous, while animal substances are changed into' an abominable and acid stimulus. You are going to ask, 'What has all this to do with your eye?' I will tell you.

"Anatomy teaches us, that the skin is a continuation of the membrane which lines the stomach; and your own observations will inform you, that the delicate linings of the mouth, throat, nose, and eyes, are nothing more; for some people acquire preposterous noses, others blotches on the face and different parts of the body, others inflammation of the eye—all arising from irritation of the stomach. People laugh at me for talking so much about the stomach. I sometimes tell this story to forty different people in the morning, and some won't listen to me; so we quarrel, and I get abused. I can't help it; they come to me for my advice, and I give it them, if they will take it; I can't do any more. Well, sir, as to the question of diet, I must refer you to my book. There are only about a dozen pages in which you will find (beginning at page 73) all that is necessary for you to know. I am christened 'Doctor My-book,' and satirised under that name all over England; but who would sit and listen to a long lecture of twelve pages, or remember one half of it when it is done? So I have reduced my directions into writing, and there they are for anybody to follow, if they please.

"Having settled the question of diet, we now come to medicine. It is, or ought to be, the province of a medical man to soothe or assist nature, not to force her. Now the only medicine I should advise you to take, is a dose of a slight aperient every morning the first thing. I won't stipulate for the dose, as that must be regulated by circumstances, but you must take some; for without it, by gad! your stomach will never be right.

"People go to Harrowgate, and Brighton, and Bath, and the devil knows where, to drink the waters, and they return full of admiration at their surpassing efficacy. Now these waters contain next to nothing of purgative medicine; but they are to be taken regularly, readily, and in such quantities as to produce the desired effect. You must persevere in this plan, sir, until you experience relief, which you certainly will do. I am often asked—'Well, but Mr. Abernethy, why don't you practice what you preach?' I answer, by reminding the inquirer of the parson and the sign-post; both point the way, but neither follow its course." And thus ended a colloquy, wherein is mingled much good sense, useful advice, and whimsicality.

MEDICAL DUELLING.

WE learn that two medical men in Virginia have been silly enough to fight a duel with pistols, and unskilful enough to fail in this fraternal attempt to kill one another. We marvel that doctors should ever fight with any other weapons than pills. It has been suggested that in future, when members of our profession wish to show their chivalry, and give proof of their courage by duelling, that they should each make a pill containing five grains of morphine; or, if they both wish to die in a hurry, let each pill contain ten drops of genuine prussic acid, and then let each doctor swallow the pill prepared by his antagonist. But they need no instructions how to kill each other, though they ought to know that they can shoot each other with pills much more readily than with balls; besides, the latter belong to the veterinary art, and the use of the former is more befitting their profession.—*New York Medical Gazette.*

Do nothing by halves: if it be right, do it boldly; if it be wrong, leave it undone.

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ADVANTAGES OF EARLY TRAINING.

The following dialogue is reported to have taken place, at the Queen's County assizes between a medical witness and a barrister:—Mr. Hayes (barrister:) If a person, lying on wet straw, were deprived of all the comforts or necessaries of life, would it not hasten death?—Dr. Edge: That would greatly depend upon whether he had been accustomed to them. Mr. Hayes: Do you mean to tell us that if a person lived in a horsepond, it would not be injurious to him?—Dr. Edge: I think not, if he had lived sixty or seventy years in it.—*Hull Advertiser.*

THE SALTS OF MORPHIA.

M. MIALHE, of Paris, is of opinion that opium, either in the shape of extract or tincture, ought to be entirely discarded from practice, as the proportion of active principles in this drug is extremely uncertain, both from natural causes, and through adulterations. He has found that in the various kinds of opium of commerce, morphia varies from seven grains and a half to eight scruples per three ounces and a half; or, in other words, from one-half to ten per cent. In adulterated specimens—namely, in a substance which merely imitated opium—he has found only six parts of morphia in 5000. M. Mialhe infers that morphia alone should be used in medicine, and that this principle should drive away opium, as quinine has replaced bark.

DR. GORLIER mentions, in *L'Union Médicale*, the case of a young man, who exhibited all the symptoms of strangulated inguinal hernia. The taxis, (the operation of reducing a rupture by the hand,) was used ineffectually; and before having recourse to an operation, Dr. Gorlier made his patient raise his trunk by pillows, and flex the thighs; on the tumour he applied a cold poultice, upon which were poured two table-spoonsful of the following mixture:—sweet almond oil, three parts; chloroform, two parts; laudanum of Sydenham, one part. The medical attendant left for about two hours; on his return the patient greeted him by these words—"I am cured." A burning heat had been felt over the tumour for ten or fifteen minutes after its application; this soon went off; flatus was then heard to enter the abdomen, and perfect ease ensued. The reduction was complete.

MINUTENESS OF MATTER.

AIR can be rarified so far, that the contents of a cubic foot shall not weigh the tenth-part of a grain; if a quantity that would fill a space of the hundredth part of an inch in diameter be separated from the rest, the air can still be found there; and we may reasonable conceive that there are several particles present, though the weight is less than the seventeenth-hundredth-millionth of a grain!

MODERN EDUCATION.

A VERY quick and clever child made an observation to her governess, before me the other day, which had a good deal of truth in it. "How is it, my dear," inquired the lady, "that you do not understand this simple thing?" "I do not know, indeed," she answered, with perplexed look, "but I sometimes think I have so many things to learn, *that I have not time understand.*"—*Mrs. S. C. Hall.*

"CABBAGE," says the *Edinburgh Review*, "contains more muscle-sustaining nutriment than any other vegetable whatever. Boiled cabbage and corn beef make fifty-two as good dinners in twelve months as a man can eat."

PHARMACOLOGY.

No. XXVII.

NARCOTICS—(*continued from page* 110.)

Morphia.—Morphia is a vegeto-alkali existing in opium, in combination with a peculiar acid called *meconic acid.* Morphia was the first discovered of the vegetable alkalis.

Morphiæ Hydrochloras,—Hydrochlorate of Morphia,—Muriate of Morphia.—Muriate of morphia is prepared from opium acted upon by chloride of lead, muriatic acid, charcoal, &c. The process is most intricate and delicate. It is a colourless, inodorous, and bitter salt; it is soluble in sixteen to twenty times its weight in water. It acts as a powerful narcotic. The dose is from the sixth part to the half of a grain.

Solutio Muriatis Morphiæ,—Solution of the Muriate of Morphia.—This is the best and the readiest mode of administering morphia. The Edinburgh Pharmacœpia directs it to be prepared as follows:—Take muriate of morphia, one drachm; rectified spirits of wine, five ounces; distilled water, fifteen ounces. Dissolve by aid of a gentle heat. The dose is from ten minims to half a drachm. An effective and proper form for a smaller quantity is the following:—Take muriate of morphia, one grain; distilled water, one ounce. Dissolve. Dose, a small tea-spoonful at bed-time, or when pain is urgent.

Morphiæ Acetas,—Acetate of Morphia,—is prepared by treating morphia with acetic acid; it is not so good a preparation as the muriate. The dose is from the sixth part to half a grain; the latter quantity must be prescribed with great caution.

*** Morphia in poisonous doses causes nearly the same symptoms as opium; the muriate and the acetate, in doses of three to six grains, cause headache, vertigo, dimness of sight, contraction of the pupils, vomiting, colic; diarrhœa, preceded by obstinate costiveness; retention of urine; great itching of the skin, sometimes accompanied with a papular eruption and profuse sweats; convulsions, sometimes of a tetanic, sometimes of an epileptic character. The acetate, in particular, causes tetanic twitchings, resembling electric shocks. This is not a fatal symptom; but, in the large doses we have named, the symptoms of this poison terminate in death. The treatment of poisoning by morphia is the same as that required for poisoning by opium, which we may as well here describe more minutely than we did when writing on opium:—The stomach-pump should be instantly used; or an emetic, consisting of half a drachm of the sulphate of zinc, or from five to ten grains of sulphate of copper, dissolved in an ounce of water, should be exhibited as soon as possible, and the vomiting kept up by irritating the back part of the throat with a feather or small camel's hair-brush. In the absence of medicinal emetics, domestic mustard is a ready and proper substitute. It is advisable to use an astringent infusion instead of water with the stomach-pump. After the stomach is emptied, if the whole of the narcotic be removed, give large draughts of vinegar and water, and other acidulous fluids, with coffee, brandy, and cordials, keeping awake and constantly rousing the attention of the sufferer, until the efforts of the poison subside. Immersion in the tepid bath is a useful means of subduing the drowsiness; dashing cold water on the head and chest is also useful in rousing the sensibility.

Syrupus Papaveris,—Syrup of Poppies.—This well-known domestic remedy is very seldom procured genuine; "low-priced" druggists too frequently make it by adding tincture of opium to a syrup made of treacle and water, or simple syrup. See article on OPIUM in No. 2. It is thus directed to be made by the College:—Take three pounds of poppy-heads, five pounds of white sugar, five gallons of boiling water; boil the poppies in the water to two gallons, and express the liquor strongly; then boil the liquor to four pints, and strain whilst hot. Set it by for twelve hours, so that any impurities may deposit; boil the clear liquor to two pints, adding the sugar so as to form a syrup. The degree of strength of this preparation is very uncertain: one fluid ounce should contain about one grain of opium; as it readily ferments, it should always be kept in a cool place. It is used in catarrh, to abate the coughing; and, in the diseases of children, to allay pain and procure sleep. The dose is from one drachm to one ounce, according to the age of the patient. The following makes a useful and agreeable cough mixture for children suffering from cough or hooping-cough:—Take olive oil, oxymel of squills, and syrup of white poppies, of each one ounce. Mix. Dose, a tea-spoonful occasionally.

Syrupus Rhœados,—Syrup of Red Poppies,—possesses scarcely any narcotic properties; it is chiefly used as an agreeable syrup, and, on account of its fine red hue, as a colouring matter.

(*To be continued.*)

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HINTS FOR HEALTH.

DIET.

Speaking generally, a full, nutritious, and generous diet is only needed, and can only be safely employed, by persons whose habits of active exertion, and, consequently of expenditure, both demand such an amount of aliment, and also produce the conditions under which it will be duly disposed of. The pale, flabby and languid, who exhibit in their persons, or may know that they inherit, a tendency to scrofulous complaints, should also be supplied with food in the form best fitted for immediate incorporation with their bodily structures, for they have not the same powers of assimilation that are possessed by more robust constitutions; therefore, meat and bread, to which should be added a due allowance of sound malt liquor, will be the sustenance most suited to them. On the other hand, the florid, the choleric, those who readily get stout, or are subject to headaches, and prone to sleepiness, and not disposed either to mental or muscular exertion, while their appetite remains in full vigour, had better satisfy it, at least to a great degree, on vegetable food, and the less nutritious of the farinaceous articles of diet, of which rice is the most familiar example. Fish substituted for flesh meat twice in the week, total abstinence from stimulating drinks, and an occasional fast, as absolute as may be consistent with the preservation of the temper, will give them elasticity of mind and body, and ward off many evils to which they are exposed, better than any direct recourse to medicine.

OFFENSIVE BREATH

To palliate, and frequently to prevent, this serious inconvenience, washing the mouth every morning with some antiseptic powder, as charcoal; or tincture, as that of myrrh, or of Peruvian bark, previously washing the mouth out with water, and retaining the taste of the powder until it gradually dissipates of itself; or rubbing the teeth with a dry cloth and bark in very fine powder, will tend considerably to improve the breath. Taking occasionally a table-spoonful of the following:—Camphor mixture seven ounces, tincture of myrrh one ounce, tincture of bark half an ounce, aromatic spirit of vinegar one drachm, will be of benefit. With this also the teeth may be washed.

CHAPPED HANDS.

Glycerine, a cheap and by no means disagreeable substance, formed by soap-makers in the process of preparing oils and tallow, is an excellent remedy for chaps and roughness of the skin. The hands should be smeared with it every night. "Camphor cake is another useful remedy; it should be applied to the hands each time that they are washed; it is thus prepared:—Lard two ounces, spermacetti two ounces, white wax one ounce, camphor half an ounce. Melt the whole together with as little heat as possible. Stir the ingredients well that they may unite. When nearly cold, it may be cast into a paper mould; pour the mixture gently in. When cold it is fit for use.

THE ABUSE OF TOBACCO.

The more common evils of excess in the use of tobacco seem to be impaired digestion and general debility, from the waste of a vital fluid, the saliva; but this is only an occasional annoyance. When, however, the system is kept under its influence, by the practice of inordinate smoking, or chewing, it seems to be a depressant in every sense of the word; weakening the energies of the brain, the circulation, the muscular system, and every organic function, without exception. Its votary is pallid and spiritless, and carries the tokens of a bad habit of body; so that Sir James Clark justly charges the misuse of tobacco with being one of the most efficacious modes of inducing consumptive disease.

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE DISEASES OF ARTISANS will be commenced in our next number.

J. R. (Edinburgh).—We think the idea a good one—cork is an admirable non-conductor of heat; any cork-cutter will shave you a piece; it should not be thicker than a half-crown piece—cover it with silk, and wear it as a "chest protector." Now, in giving this direction, we must not be considered as advocating the use of "chest protectors," "bosom friends," "hair skins," and other unnecessary coverings. Our theory is that the body should be trained to that degree of strength that will give it the power of resisting cold and noxious influences, and not to depend on flannels and chest protectors for freedom from cold. If a man of five-and-twenty wears a hair skin, a flannel vest, a shirt, a double-breasted waistcoat, a body-coat, and a great-coat,—what will he wear at sixty-five?

A. B. (Brentford).—See answer to HENRY DOUGLAS, (Edinburgh,) in No. 39.

J. DAWSON (Netherton).—First,—we cannot advise any external application for a "sore leg" until we know what is the cause of the "sore leg" in question. Sore legs more frequently depend on constitutional than on local causes, and until the general health be improved the "sore leg" cannot be cured. See the chapter on the "Constitutional causes of local diseases," in the Editor's small work on INDIGESTION, &c. Second,—we cannot give you a recipe for "Tamarind Cough Mixture." Third,—We never before heard of the quack "Golden Ointment" you mention, consequently we are unable to tell you how it is prepared. We are familiar with Singleton's nostrum for sore eyes,—an exploded quack panacea of old women and old fools.

KAPPA (Birmingham).—Tell us the cause, (we suspect one;) we will then tell you the remedy,—merely mentioning the fact of the existence of breakings-out on the face," cannot possibly direct our judgment to the best mode of removing them. If you recollect the first paragraph in your note, we think you will admit it was terribly deficient in courtesy. You demand as a right, and, as you say, "without delicacy," that which we only accord as a favour—when you add another twenty years to your present twenty, you will know better.

HENRY DOUGLAS (Edinburgh).—We can only answer you privately. Your second letter is miserably deficient in information. You express yourself well, you write well, but do not take sufficient trouble to describe important particulars.

THOMAS SMITH.—We fear local applications, similar to the one you have forwarded to us, will be of little avail. We suspect some organic disease in the eye, or paralysis of its muscles.

M. KENNEDY (Wicklow).—We cannot decipher the address appended to your note.

W. HARRISON (Southampton).—We shall be "at home" on the day, and at the hour you appoint.

W. RAMSHAW (Harrington Street, Hampstead Road).—If you have reason to suspect that matter has formed, and is deep seated, the point of a lancet will be the best remedy; if the swelling is indolent, a blister may be of service. So long as the pain and inflammation extends up the leg, so long should your wife give the toe all the rest possible, never allowing it to remain on the ground. Should there be any pain or irritability of the system, that should be immediately attended to.

EUSEBIUS (Norwich).—It is impossible that we can tell you the cause of the loss of your voice. You say you *have* lost it—that is all we know. Does it proceed from natural defect—from inflammation of the *chordæ vocales*—from bronchitis—from over-exertion of the voice organs—from mental emotion—or what?

DUNCAN M'NIEL (Paisley).—Take four grains of Plummer's pill every other night for three weeks; also five drops of muriatic acid in a wine-glassful of water twice a day.

ESTHER.—We have anticipated your inquiry in the article on the DISEASES OF WOMEN in the present Number.

A YOUNG PRACTITIONER.—In scarlatina, especially in the early stages, when the skin is hot and the pulse accelerated, the frequent sponging of the body with tepid vinegar and water, affords great relief to the patient, and materially assists in preventing the spread of the disease.

A SUFFERER (Oxford).—We cannot give you better advice than to direct your attention to the articles on the MANAGEMENT OF THE TEETH by Mr. Smartt, published in Nos. 5, 6, 7, 8, 9.

D. D. (Burton Crescent).—Read with attention Dr. Franklin's Essay, entitled, "The Art of Procuring Pleasant Dreams," which contains some judicious observations regarding sleep.

J. WATH (Newport, I.W.).—When general dropsy is connected with a watery condition of the blood, and there are no evidences of inflammatory action, small doses of sulphate of iron with sulphuric acid may be given. It will both act as an unstimulating diuretic, and improve the condition of the blood.

RICHARD WALLIS (Ramsgate).—We regret that you have to complain of irregularity in receiving the Journal. We assure you the fault rests alone with your Bookseller, or his London agent. The Journal is ready for delivery at our Publisher's every Tuesday at two o'clock.

GOOD ADVICE.—One of the best means to preserve health, is to prevent the maladies of the mind; and the best receipt for that purpose is, to settle a regular, and if possible a daily, account with God and man.

A FRIEND.—Hoblyn says, that the nostrum sold under the name of "Godbold's Vegetable Balsam," is little else than simple oxymel with some balsamic herbs and gum.

AN INTENDING EMIGRANT.—We have devoted some attention to the sanitary effects of climate on the European, especially the English constitution; we have no hesitation in saying, that New Zealand is not only the most healthy colony, but that it is more healthy than England. We refer you to the truthful letter of our correspondent, "W. H. B." in our last Number; and if you desire further information, we are certain it will be cheerfully given to you on application to W. H. Barnard, Esq., 2, Boyle Street, Burlington Gardens. We have had personal opportunities of watching the English emigrant in the New World, and published the result of our experience in "The People and Howitt's Journal," No. 66, April 3, 1847. We would earnestly say to every intending emigrant,—live in a British colony; be governed by our own good English laws; be protected by our own unconquered flag.

W. Y. (Holloway).—The properties and effects of hydro-electricity are admirably illustrated by Dr. Bachhoffner, at the Polytechnic Institution every day. It would be foreign to our purpose to print an article on the subject, which more properly belongs to a chemical or philosophical journal than to one devoted to practical medicine.

A CLERK (Dublin).—You are suffering from hypochondriasis induced by indigestion. See the Editor's small work on that disease. Do not give up your occupation: if you do, you will find, when it is too late, that employment is the grand specific for absorbing or suppressing the anxieties of an active mind, which, for want of its accustomed avocations, is too often busied in tormenting itself.

S. H. (Sussex).—The symptoms resemble those of hemiplegia (paralysis of one side of the body) more than rheumatism. Will you refer to the answer to HENRY DOUGLAS, in No. 39.

J. J. B. (Merthyr).—See answer to ADDERLEY (Newcastle-on-Tyne), in No. 39.

P. & Q.—The articles on Pharmacology will be concluded in three or four numbers.

RUSTICUS (Saxlingham, Norwich).—Inject, night and morning, the compound alum lotion, as prescribed in No. 31, p. 38, a few lines from the bottom of second column. Take some cooling saline medicine: after the periodical indisposition has passed, a warm hip-bath will be of service. Should there be much constitutional irritability, the sixth part of a grain of morphia may be taken at bedtime. An article on leucorrhœa will be included in the series DISEASES OF WOMEN. As a general rule children should be weaned when twelve months' old, if not earlier.

GEORGE CLIFFORD (Plaistow).—The description you give induces us to consider the disease as lepra. We must see you; in the mean time anoint the parts with the following simple and safe unguent:—Take twenty grains of subcarbonate of soda, and rub it well into one ounce of fresh lard. Mind, the lard must be entirely free from salt.

RICHARD ROBINSON (Minories).—Take, compound extract of colocynth, compound rhubarb pill, compound aloetic pill, of each a scruple. Mix, and divide into twelve pills. Two or three to be taken for a dose. as an occasional aperient. Epsom salts and Seidlitz powders are too cold purges, except in special cases, and are to be avoided at this season.

HANNAH (Sleights).—You can procure Nevill's patent flour of lentils of Mr. Knaggs, grocer, Whitby.

HEALTH OF LONDON.—In the week ending Saturday, the 28th September, the deaths registered in the metropolitan districts amounted to 981. Taking for comparison the deaths of ten corresponding weeks in the years 1840-9, the weekly average is 1023, and this with a certain proportion added for the increase of population, becomes 1116; the return of last week is therefore favourable, shewing a decrease of 135. Amongst the deaths is that of the widow of a gardener, who died on the 27th ult. of "age and decay," at the advanced age of 103 years.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 42.—Vol. II.] SATURDAY, OCTOBER 19, 1850. [ONE PENNY.

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. I.

The judicious treatment of the diseases of artisans must, in every civilised country, be an object of great moment, but in none can it be so important as in Great Britain, so large a portion of whose inhabitants is engaged in manufactures.

In the series of papers of which this is the first, we shall endeavour to describe the symptoms and rational treatment of any departure from health induced by peculiar occupations; in doing so, we shall not refer to causes that induce disease independent of occupation,—such as, over-taxation of the strength, working in ill-ventilated workshops, impoverished diet, insufficient clothing, intemperance, &c.; but shall confine our remarks to those complaints which may be justly referred to certain employments. Thus we shall notice the itch peculiar to grocers, the cough incidental to fork and other steel grinders, indigestion and diseases of the lower gut, peculiar to tailors, shoemakers, &c. We commence with

THE DISEASES OF TAILORS.

Perhaps no position, if long continued, is more injurious to health than sitting. Those artisans who have practised it from infancy very rarely enjoy a vigorous constitution; their countenances are pallid, puffed up, as though dropsical, or acute and emaciated; they wear the appearance of anxious old age, even before they arrive at middle life. "Sedentary habits," observes Patissier, "usually cause the lymphatic to predominate over the muscular, nervous, and sanguiferous systems."

The diseases most prevalent amongst tailors are, indigestion, which is not only most obstinate to treat, but is too frequently the forerunner of a more fatal malady; constipation of the bowels; hæmorrhoids, or piles; fistula; disease of the prostate gland; irritable or debilitated bladder; pain and chronic inflammation in the kidneys.

INDIGESTION, OR DYSPEPSIA.

We have in the earlier numbers of our journal (Nos. 1 to 7), and in a small work,* so fully considered this complaint, that we shall only briefly allude to the leading symptoms in this article. They are, want of appetite; nausea; flatulence; constipation; eructations (*vulgo*, belching); heartburn; a foul tongue; occasional pain, or sinking at the pit of the stomach; a sense of fulness and oppression after eating; drowsiness during the day, and restlessness during the night; headache; giddiness; imperfect sight; noise or singing in the ears; palpitation at the heart; impaired memory; languor; depression of spirits; apprehension of danger; the patient is miserable himself, and the cause of misery to others.

In a text book which is now before us, we find the following remark, "The first and most important step to be taken in the cure of indigestion is to point out to the patient the indispensable necessity of changing such habits and pursuits as may have tended to give rise to the disease." Now, as we fear that but few handicraftsmen who have selected tailoring as their "bread-gainer" can change their "pursuits," we shall rather aim at informing them what "habits" they may change, or rather lay aside, with the prospect of ameliorating that which they cannot remove.

The habits which are most likely to require correction are the following: eating too much at one time; eating too often or too seldom; taking too great a variety of food at the same meal; drinking too much liquid before or with the meals; imperfect mastication of food; resuming labour immediately after eating; indolence and disinclination for wholesome exercise; neglect of personal cleanliness; the abuse of purgative medicines—that is to say, taking purgatives, and so-called antibilious pills, not because the bowels require them, but because the patient feels uneasy; the habits of drinking; smoking, or chewing tobacco; eating opium, or taking laudanum; and drinking tea and coffee in excess. And we need scarcely add, if any particular article is known to disagree, it should for the future be carefully avoided.

The reader who has detected in the foregoing sentence those habits which injuriously affect him, and resolutely makes up his mind to eschew them, has already commenced his treatment, which he may pursue with advantage by adopting the following Dietetical and Medical rules.

We will suppose a journeyman tailor, aged about six or seven and twenty, has related to us his case, which embodies all or the chief of the symptoms we have recited. Our advice to him would be in this wise: Let me beg of you to pay great attention to your skin—take a tepid bath twice, certainly once, a week, and after it induce a perfect glow or reaction, by friction with a flesh-brush or coarse towel; change your body linen very frequently; never sleep in the same flannel (if you are so foolish as to wear flannel) or shirt that you work in; rub yourself well every night, before going to bed, with a horse-hair glove or towel, and dash the chest with cold water directly you get up in the morning. Do not commence the day's labour with an empty stomach; if you cannot get breakfast so soon as you rise, take a crust of bread and a small quantity of milk. At breakfast drink very sparingly, and what you do drink should be cool—never hot: plain black tea will probably agree with you better than coffee, and a good thick porridge, made with Scotch oatmeal, better than either. If you breakfast at eight o'clock, you should not dine later than half-past twelve or one, and endea-

* Indigestion, Constipation, Nervousness, and Low Spirits, by T. H. Yeoman, M.D. London: Vickers, Strand.

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vour to get half an hour's walk before you dine. Your dinner should consist of mutton or beef, broiled or roasted, and stale or toasted bread. So long as you are an invalid, all other meats must be forbidden. Do not take any cooked vegetables, as cabbages, turnips, &c.,—a potato you may have, but not potatoes. Beer will increase your discomfort: it will distend the stomach, and cause that fermentation which so materially interferes with digestion; at the same time I must admit that you require some stimulus, as long you are free from acute pain. If you find that a glass of genuine pale ale—that of Allsop or Bass—agrees with you, take it. Should it disagree, substitute about two table-spoonfuls of unsweetened gin, diluted in half a tumbler of cold water. Take your tea about five, and let it be a repetition of your breakfast. Sup not later than nine, and let that meal consist of a biscuit with some marmalade or preserve, or cold boiled rice, or dry toast and a few raisins, with a small quantity of weak gin and water. Bed at half-past ten. Much will depend on keeping your mind as cheerfully engaged as possible; do not sit and mope and fancy you are going to die or starve. Read instructive and well-written books; and occasionally allow the works of Scott, Bulwer, James, and Dickens, to take the place of scientific or abstruse works. A couple of hours may be, now and then, devoted to a good representation of a play of Shakspere or Sheridan Knowles, with benefit to the head, heart, and health. Avail yourself frequently of the facilities for short healthy trips, which the railways and steam-boats now so plentifully offer to the industrious classes:—in all things be chaste, temperate, and virtuous.

The above may be termed the moral and dietetic management required in ordinary cases of indigestion. The medical treatment should be directed to remove urgent symptoms, to cause a regular, not a relaxed state of the bowels, and afterwards to give tone to the stomach, and strength to the whole system. The first indications may be fulfilled by the following prescriptions, or a modification of them:

Take, Compound rhubarb pill,
Compound galbanum pill, of each one scruple;
Blue pill,
Extract of henbane, of each ten grains;
Oil of cloves, two minims.
Mix, and divide into twelve pills, of which take one night and morning, for a few days, then omit the morning pill.

Conjointly with the pills the following mixture should be taken during the day; and the best time for taking it will be intermediate with each meal:

Take, Trisnitrate of bismuth, half a drachm;
Subcarbonate of soda, one drachm;
Tincture of hops, four drachms;
Tincture of valerian, six drachms;
Tincture of ginger, two drachms;
Distilled water, two ounces and a half.
Mix. Dose, a table-spoonful in a wine-glassful of water three times a day.

By the time the above are consumed we should look for an abatement of the urgent and local symptoms, and should then endeavour to give a healthy energy to the digestive organs, by the employment of the vegetable tonics, as, a wine-glassful of the infusion of cascarilla or columba, with twenty drops of the aromatic spirits of ammonia, two or three times a day; to be succeeded, at the lapse of a week or ten days, by small doses of quinine, the citrite or sulphate of iron, or such tonic as the peculiar idiosyncracy or condition of the patient might indicate.

CONSTIPATION.

The natural action of the bowels is considerably different in different individuals, and even in the same individual at different periods: in most habits the bowels should be moved once in twenty-four hours; indeed the absence of a diurnal stool must be considered an approach to an unhealthy state.

The functional causes of a confined condition of the bowels, dependent on sedentary occupation, are, slow or feeble peristaltic motion; that is, the peculiar vermicular, or worm-like action by which the intestines urge forward their contents; the lodgment of matters in the gut obstructing the passage of the feces whilst the peristaltic action continues; and, as more frequently happens, a deficiency of bile.

When the constipation depends on slow peristaltic action, it will be necessary to render the food more stimulating, and to avoid all articles of an astringent nature. The ordinary household bread sold by London bakers, when constantly eaten, is a common cause of sluggish bowels in all classes; and this arises, not only from the fine and unirritating character of the flour, but also from the alum, &c., with which it is adulterated. A change, therefore, in the quality of the bread, is a point of some importance, and coarser or brown bread should be substituted: the reason why this causes the bowels to be more freely moved is, that the bran, or coarser particles of the flour, act as gentle stimulants to the inner coat of the intestines, and thus increase the peristaltic action. Fruits and the vegetable acids act in a like manner, and they should consequently form a part of the diet.

If we have reason to suspect that an accumulation of feculent matter is blocking up the passage, then we must endeavour to remove it,—first, by a sharp purge; and, if this be unsuccessful, by administering a purgative enema (glyster). A good cathartic for this purpose is the following:—

Take, Calomel, three grains;
Compound extract of colocynth, five grains;
Compound rhubarb pill, four grains;
Oil of carraway, one minim.
Mix, and divide into three pills—to be taken at bedtime, and followed in the morning by a "black draught."

Should it be necessary to employ an enema, it should consist of gruel and castor oil, or gruel and Epsom salts.

If the bile be wanting,—and this is generally proved by the hardened, pale, or dry-like character of the stools,—we must stimulate the secretions of the liver by some of the mercurial preparations, as calomel, blue-pill, or mercury with chalk powder, prescribed in small or alterative doses: as half a grain of calomel taken twice a day; or three grains of blue bill night and morning; or five grains of the compound calomel pill every night. Now, it must be borne in mind, that it is the alterative effect of mercury that is required, not its peculiar mercurial action; therefore, as soon as the least metallic taste is experienced in the mouth, it should be discontinued. (See page 93, Vol. I., No. 12.) In many instances we have noticed the greatest advantage to arise from rubbing in, over the region of the liver, a small quantity of strong mercurial ointment mixed with a stimulating embrocation.

Habitual constipation is, in general, greatly aggravated by the culpable neglect of the individual in refusing instantly to respond to the calls of nature, and by the continued use of powerful purgatives. It is of great consequence, in all such cases, to establish regularity, both with respect to the times of taking food, and the general tenor of the daily habits. The patient should habituate himself to evacuate the bowels at a certain time of the day; and should daily solicit nature to this effect, though he may not always be successful. Purgatives ought not to be too frequently taken, as, by the excitement they produce, they cause a hasty, irregular, and imperfect secretion of the bile and other fluids, which is highly injurious to the function of digestion; and they invariably induce a subsequent costiveness after their immediate effects have subsided. Thus it is that

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a person who frequently takes strong opening medicines finds a constant necessity for continuing them and increasing the quantity, which, in the end, probably brings on some organic disease of the stomach or intestines. The treatment of such cases requires both resolution and prudence on the part of the patient; after the bowels have been freely acted upon by a general purgative—and we know of none better than three or four grains of calomel, with eight grains of the compound rhubarb pill,—he should take periodically, say every morning, a wine-glassful either of decoction of aloes, or of a mixture composed of sulphate of magnesia, senna, and ginger, so that he may gently keep up the aperient action already excited by the calomel and rhubarb. In the course of time he will find, that a less quantity of the decoction will be sufficient, which he may gradually diminish; and if he is careful in diet and in exercise, the necessity for all medical treatment will, in many cases, be entirely done away with.

In our next we shall speak of hæmorrhoids, fistula, &c.

THE METHUSELAH PILL.

Mr. Prattles was a poor man. He had a wife and a large family dependent on him; and his printing business brought him in only a very slender income. His neighbours often wondered how he contrived to make both ends meet. They knew nothing of the struggle that went on within the walls of Mr. Prattle's establishment. The surrounding tradesmen were his customers. He had a shrewd notion of business, however. When the grocer over the way gave him an order to print fifty copies of "Fine Congou at three-and-sixpence," he knew very well that the grocer down the road would soon empower him to print bills, advertising "Fine Congou at three-and-fivepence three farthings;" to which would be added the further intelligence that "now was the time!" The keener the competition in the neighbourhood, the better for Mr. Prattles. Among other printing orders, Mr. Prattles one day received a command to strike off a thousand labels for "Mr. Smith's Universal Pill." No sooner had he delivered the first batch of labels, than a second order was given for five thousand more labels; and the second order was immediately succeeded by a third, and a third by a fourth.

This influx of business surprised Mr. Prattles; and he began to envy the prosperity of Mr. Smith. Presently it struck him that it was no difficult matter to manufacture a pill. But how could he hope to invent a story so plausible as that which enveloped Mr. Smith's pill-boxes? There was a difficulty here. Mr. Smith had fortified himself in every possible way. He had selected the most obscure villages of the country from the gazetteer, and had written very characteristic testimonials from imaginary patients residing *near* these remote localities. His pill was—these spurious documents declared—an infallible cure for every disease. He tacked to his pill the properties of the entire pharmacopœia. Mr. Smith's pill was advertised to accomplish everything of which medical science was capable. The history of Mr. Smith's pill was a narrative of blessings conferred upon frail mortality. By the virtues of Mr. Smith's pill, John Dobbins, of Cwyrytchcmwll, in Wales, had been cured of a bad leg which had baffled the ingenuity of the first surgeons in the country. Mr. Smith's pill restored Miss Brown, of Briar Cottage, near Battledore-cum-Shuttlecock, to life when the rattles were in her throat. It cured asthma, consumption, water on the brain, dropsy, and influenza; it was infallible in scarlet fever, yellow jaundice, and blue cholera; gout, rheumatism, tic-douloureux, sciatica, locked jaw, and cancer, invariably disappeared from every patient respectively and concurrently afflicted with any or all of these diseases after the third box.

Mr. Smith's ingenuity was not even exhausted with these arrangements. He understood his business perfectly, and felt that, in order to make his pill go down, it was necessary to secure the patronage of a peer of the realm. With this view he entered into negotiations with a poor nobleman residing abroad. The transaction was a long time pending; but, at length, it was signed and sealed between Mr. Smith and the Earl of Rottenborough, that his lordship should, for and in consideration of the sum of six hundred per annum, to be paid to him, the Earl of Rottenborough, by the said Mr. Smith, consent to be cured, in public advertisements, by means of Mr. Smith's omnipotent pill, of any disease of which the said Mr. Smith might choose to call upon him, the Earl aforesaid, to testify he had been cured. Under these auspices Mr. Smith's pills had thrived exceedingly; but it was not till Mr. Smith conferred upon himself a diploma, and inducted himself into the chair in a college which he endowed for that single purpose somewhere, that the Universal Pill was found in every respectable house in the three kingdoms, as the special and particular pill of Professor Smith, M.D., without whose signature all others were spurious.

Poor Prattles! how could he, who had not twenty pounds in the world, hope to compete with the rich Professor Smith? When he recounted the advantages which his rival possessed, and reflected upon his own moneyless condition, he was ready to give up his idea in despair. At this crisis of his fate his wife, one day, in purest jest, told him that care would soon make him look as old as Methuselah. This simple remark, he affectingly tells at the present time, decided him. He would have a Methuselah Pill! His wife tried hard to dissuade him from embarking in so expensive a speculation, but he was deaf to her pleading. He wrote forthwith to his cousin, who was a chemist at Bath, and asked him to mix him a harmless pill. "Let the properties it contains neutralise one another." This was the simple direction. A bribe of a third share in the speculation decided his cousin, the chemist, to set to work immediately. The next step was to frame a very learned history of the pill—to trace its descent from Methuselah to Prattles. With this object, Prattles consulted a battered old schoolmaster of his acquaintance, whose scraps of ancient lore sufficed for the printer's purpose. In a few hours a very interesting story, narrating the history of the receipt, was fabricated and ready for the press. It ran as follows:—

"It is well known to most people that the venerable Methusaleh lived to the good old age of NINE HUNDRED AND SIXTY-NINE YEARS. The secret of so long a life has for ages remained an IMPENETRABLE MYSTERY. In these degenerate days men seldom live to gaze upon their grandchildren; but in the days of Methusaleh matters were very different. Men lived for centuries. What potent power—what subtle elixir—held body and soul together for so long a period? 'That is the question.' About two years ago two gentlemen were travelling in THE ARID DESERTS OF ASIA MINOR. They fell in one evening with an encampment of Arabs. They were most hospitably received by the Mussulmen. The first peculiarity they remarked among the Arabs was, that there were several men in the encampment who, though they looked very old, were nevertheless active in their gait and lively in conversation. Our travellers entered into conversation with one of these hoary sons of the desert; the old man was very communicative.

"'I was in your country many years ago, when Charles the Second was king. I played tricks before him; he was a jovial fellow. Ah! I was young then.' And the old man heaved a deep sigh. The travellers, it may well be imagined, were surprised, and, at first, somewhat incredulous.

"'There is a man—but he is very old now—who fought in

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Palestine when one of your king's sons helped in a foolish war—I think you Christians called it the Holy War.' The old man pointed to a figure crouched to the earth. It was that of a very old man whose hair was white as silver. 'That man,' continued the Arab, who was addressing the travellers, 'is upwards of six hundred years old!'

"'Incredible!' our travellers exclaimed.

"'Hush!' the old Arab continued: 'you of the degenerate West know nothing of this matter. The secret remains with us—to you it is unknown—an undiscovered mystery. Have you ever heard of Methuselah?'

"The travellers replied in the affirmative.

"'Do you know by what secret he prolonged his life to the ripe old age of nine hundred and sixty-nine years?'

"The travellers confessed their profound ignorance. Forthwith the old Arab fumbled with his ebon hands about the folds of his turban, and presently drew therefrom a tattered piece of parchment, so dirty, besmeared with grease, and discoloured by age, that the Arabic characters written upon it could be deciphered only by the most practised Arabic scholar. One of the travellers happened to be a proficient in Arabic. He begged the old man to allow him to peruse the precious document. To this the wily Arab consented, on the conditions that it should be read in his own hands, and that he should receive a large sum of money for allowing the travellers to transcribe its contents. These preliminaries having been arranged, the party entered the nearest tent, and the travellers became possessed of the invaluable life-preserver. On their return to England, the travellers entered into a negociation with the present proprietor of the recipe, who offers his

METHUSELAH PILLS

to the British public at thirteen-pence-halfpenny per box. None are genuine unless sighed by the proprietor, John Prattles. Agents wanted for every part of the world. N.B. The Methuselah Pills are carefully made up after the Methuselah receipt, from particular herbs known only to the proprietor of this invaluable medicine. As a proof of the efficacy and wonderful properties of the Methuselah Pill, her Majesty's Government have granted to the proprietors, to the exclusion of all pretenders, the use of a splendid RED AND BLACK STAMP. All pills pretending to be Methuselah Pills without this stamp are forgeries, and all imitation of it is felony."

This notable prospectus was concocted in the back parlour of Mr. Prattles' house. Mr. Prattles had not been a printer all his life for nothing; he had picked up, with his types, the trick of editorship, and revised the schoolmaster's rough draught with skill. Mr. Prattles then wore a paper cap and an apron. He published his prospectus, adding now and then new bits to give it additional zest. At one time it was headed

"CHEAT THE UNDERTAKERS, AND LIVE SIX HUNDRED YEARS!"

Another, the prospectus began with

"LIFE PROLONGED TO AN INDEFINITE PERIOD BY THE METHUSELAH PILLS!"

In a few years Mr. Prattles was a man of property. In time he was even able to sneer at Professor Smith, with his tool, my Lord Rottenborough.

When some foolish old man, in a remote rural district, died at an advanced age, public attention was particularly called to Prattles' patent, by a statement on the part of the firm, that the instance of longevity in question was undoubtedly the effect of the Methuselah receipt. Prattles pocketed his shillings, and smiled at the world: he laughed and won. To make all square, as far as possible, he even went to the length of eating a few charity dinners, and subscribing a few pounds in aid of hospitals and other funds.

Prattles' Pills sold prodigiously. Whenever a doubt was expressed respecting their efficacy, it was silenced by reference to the sanction of her Majesty's Government, whose mark picturesquely adorned each box, to prove the genuineness of the Methuselah Pills; just as plate and jewellery are stamped by the assay authorities to show the standard excellence of the gold or silver. Publicly, Mr. Prattles complained that the Government charged him three-halfpence per impression for these "Half Marks;" privately, he whispered that to them he owed his fortune.

Like all those who have much, Mr. Prattles wanted more. After he had exported millions of his Methuselah Pills to every corner of the Queen's Colonial dominions, he attempted to introduce them into foreign medicine markets. To his chagrin, he found that in *no other country in the world* but in these dominions (except the United States of America) were articles of that description allowed to be vended—much less are they sanctioned for the sake of a paltry revenue. On the contrary, individuals, Mr. Prattles learnt, who were discovered selling such things on the Continent, are severely punished; even newspapers who advertise them are fined. Although he met with native patent medicines during his travels on the Continent, yet they are real remedies; having all been submitted to a board of Government officers distinguished for their proficiency in pharmacy and medicine, who decide whether the non-professional public can be safely trusted with them or not. Mr. Prattles, however, made a brilliant fortune by his gullible countrymen.—*Household Words.*

DISEASES OF THE CHEST.

SECOND SERIES.

No. IV.

By the Editor.

THE PROGNOSIS & TREATMENT OF INFLAMMATION OF THE LUNGS.

(*Continued from page* 115.)

As is the case in other inflammations of important organs, the continuance of the disease increases its mischief and danger, as it injures the organization of the part; hence the prognosis in pneumonia is more serious if hepatization has taken place, and still more so if the signs seem to indicate the supervention of the third stage, before alluded to. The duration of these stages varies very considerably, according to the effect of the treatment and the age of the subject. Laennec states the average proportion to be as follows:—"The obstruction, or first stage, usually lasts from twelve hours to three days, before passing into the state of complete hepatization; this lasts from one to three days before spots of purulent infiltration make their appearance; and the period of suppuration (from the time when the concrete is distinctly perceptible, until this is completely softened into a viscid fluid) varies from two to six days. Blood-letting, derivatives, and resolvents or stimulants of the absorbent system, obviously retard the progress of the disease, and consequently prolong the period of the first two stages. Convalescence is rapid in proportion as the inflammation is of small extent, and has been early checked."

If the disease proceed favourably, the pulse becomes slower and softer; the expectoration becomes mucous and copious, and that which was before a yellow, tenacious, and perhaps bloody sputum, is mixed with points of a whiter matter, which increase with the amendment of every other symptom; the cough is less violent and straining, the breathing freer, the skin more moist, and the tongue cleaner at the edges; sometimes there is a spontaneous bleeding from the nose, and at others the patient is be-

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dewed with a warm, equable, and free perspiration. The urine, in some instances, deposits an ample sediment, and occasionally a relaxed state of the bowels indicates the cessation of the inflammatory affection. The most favourable of all the symptoms, is the diminished frequency of the respiration, and is one which should always be carefully looked for.

If the progress be less favourable, and the disease has continued for twelve or fourteen days, we then find the expectoration becomes of a darker or black colour, sometimes tinged with blood, and more viscid: or, the expectoration may cease altogether; the pulse is lower, intermitting, and indistinct or "sinking." Pain may be entirely absent; a low wandering delirium supervenes, with twitchings of the muscles of the extremities; and the patient dies, apparently suffocated, from the oppressed vessels no longer permitting an expansion of the lungs.

The progress of inflammation of the lungs to a fatal result, is marked by a continued aggravation of the dyspnœa, with increasing failure of strength. The cough becomes less capable of expectorating the sputa, which sometimes retain their viscidity and blood-like hue as long as any are voided. In the greater number of instances, there is a total suppression of the expectoration for some hours before death; but, in others, it is still excreted, though of a different character. The whole sputa, however, in the latter stage of the disease, are generally scanty. Towards the concluding scene, the pulse becomes thready and intermittent; the countenance pallid, cadaverous, and bedewed with a cold sweat; the lips livid; the breathing gasping and convulsive, with a rattle in the throat; the sensorial functions, if entire before, now give way; and the patient dies asphyxiated. Whoever has seen the fatal end of pneumonia, must recognise the fidelity of the description given by Dr. Williams in the *Cyclopedia of Practical Medicine*.

Treatment.—From the time of Hippocrates to the present day, inflammation of the lungs has been considered as one of the disorders in which the abstraction of blood is productive of the most unequivocal good effects. The same agreement, however, has not prevailed with respect to the quantity to be drawn at one time, the period of the disease when blood-letting ceases to be useful, and the part of the body from which the blood ought to be taken. The greater number of the ancient physicians, as Laennec has remarked, bled only at the onset of the disease, and allowed the blood to flow until fainting took place. Dr. Thomas Davies so well details in his lectures on the diseases of the lungs, the necessity for and the efficacy of bleeding, that we make no excuse for quoting the following sentence. He says,—"There is scarcely any remedy so powerful in its effects upon peripneumonia as bleeding. It is in the stage of engorgement, particularly when accompanied by general febrile excitement, that blood should be abstracted promptly and freely; and you will find, even as it flows, that the dyspnœa will diminish, and the patient express himself relieved. It is the practice in this country to bleed the patient in an upright posture, and to make a large orifice in the vein, so that fainting may be speedily induced. Experience has shown that a greater impression is made upon inflammatory diseases by this method, and that a cure can be thus effected by a less loss of the vital fluid, than if a larger quantity be abstracted in a small and slow-flowing stream. It often happens, after a single bleeding, that the dyspnœa recurs with febrile re-action, and a full pulse; it will then be necessary to repeat the venesection perhaps even three or four times, before the inflammation be subdued. It is impossible to give any other general rule as to the extent you may bleed, but that you must be guided by the intensity of the symptoms, and the strength of the individual." The advantage of a very copious bleeding at the onset has been placed in a strong light by Dr. Robertson, whose practical observations on the subject merit attentive consideration, and whose precept is supported by Dr. Gregory's celebrated aphorism, that "the danger of a large bleeding is *less* than the danger of the disease." The chief evil that may follow general bleeding is, that the fever is apt to run into a typhous form, and hence, when there is any doubt upon the subject, or when the weakness of the system contra-indicates a general bleeding, local bleeding is to be preferred, whether by leeches or by cupping-glasses, and repeated according as the evacuation appears to be demanded.

While speaking of blood-letting, we may add one valuable caution, which is offered by Laennec, namely, that in inflammation of the lungs, a weak pulse is not always a test of weakness. The feebleness, he says, is sometimes only apparent, not real, and the pulse will become stronger and fuller after bleeding. For the removal of any doubt about the propriety of bleeding, when the pulse is weak, the stethoscope is a most valuable instrument. According to Laennec, whenever the pulsations of the heart are proportionably much stronger than those of the arteries, we may bleed without fear; but if the heart and pulse are both weak, the practice generally causes complete prostration of strength.

Blisters are employed in pneumonia by the generality of practitioners, but with very little discrimination. The common error consists in applying them too early; to which there are two objections. One is, that so long as the inflammatory fever exists, they add to it, by the constitutional irritation which they produce; and the other is, that they prevent the use of those means of examination of the chest by which we detect accurately the state of the pulmonary disease and the effect of more powerful remedies upon it. The best physicians seem now to agree that blisters should not immediately follow the first bleeding, but should be kept back until the heat of the skin diminishes, and the pulse becomes less frequent and full. When the patient has arrived at this curative stage, a good sized blister may be applied with great benefit, either to the chest, or to some distant part, as the calf of the leg; and we may remark that blisters from six to nine or ten inches square are to be preferred to smaller ones, as they scarcely irritate more, and their salutary, derivative, and evacuant effect is much greater. Other counter-irritants, particularly tartar emetic ointment, may be substituted for cantharides whenever there is any decided and sufficient objection to the employment of the latter; but as the friction required for the application of the ointment can seldom be borne by the patient, we can but rarely have recourse to this valuable remedy in the earlier stages of the disease.

We shall conclude the treatment of inflammation of the lungs in our next.

A COUNTERBLAST AGAINST THE SPECULUM.

[The speculum (literally, a glass) is an instrument for facilitating the examination of parts that in their natural states are hidden. Thus the speculum auri enables the operator to examine the internal ear; the speculum ani, the rectum; and the speculum uteri, the vagina and mouth or neck of the uterus. It is to the latter application of this instrument that the following remarks refer.]

In the last volume of the *Medico-Chirurgico Transactions*, Dr. Robert Lee has published an admirable paper on the indiscriminate and indelicate employment of the speculum. The following case, with which the paper concludes, is so singular in all respects, that we transfer it to our pages. We do not know what to say about it; it seems scarcely credible, nor, indeed, could we believe it, did it emanate from less respectable authority:—

"Dr. Copland," writes Dr. Lee, "has communicated to me the following history of a remarkable case, in which the speculum

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was used in my opinion, contrary to every scientific principle, and with fatal effects :—'A lady,' says Dr. Copland, 'had been several years afflicted with jaundice, and in the latter period of these years became paraplegic. The paraplegia (paralysis of the lower part of the body) was to a certain extent removed, so that she was able to drive out in her carriage. She had consulted several physicians before she came to me, and I had seen her repeatedly during the last few years. She had heard that a physician had cured the wife of a distinguished person of some very serious disease of the womb. When this was related to her, and that it was done in consequence of his employing a new method of examination, and that, by having recourse to this, he had not only cured the lady referred to, but was also better able than any other physician in London to find out the source of all diseases occurring in females, she went and consulted him, and at the same time informed him that she was under my care. This lady begged me to meet this practitioner in consultation, which I did, when he informed me what this new method of examination was. He stated, that, from the previous conversation he had had with the patient, he believed that all her illness arose from disease of the uterus, and he wished to demonstrate this with the speculum. To this I answered, that there could be no disease of the uterus or its appendages, because the uterine functions had been performed regularly up to the age of 49 years, and that she had never complained of leucorrhœa or of any uneasiness about the uterus. However, he succeeded in recommending, with the concurrence of the lady's married sister, who had accompanied her from the country, that an examination with the speculum should be made. I said it appeared to me wholly unnecessary, but I would leave the patient to her own discretion. The examination was commenced, and I remained some time, but was shocked with the proceedings, for the hymen was unbroken, and the doors were all obliged to be closed to prevent the people in the house from hearing her screams and being alarmed. The examination went on, and after having stopped the greater part of an hour, during which it continued, and was not completed, I left. About seven or eight days after this, I was informed that the paraplegic symptoms, which had previously been much mitigated, had become exasperated, and had extended so as to produce general paralysis, and, ultimately, delirium and coma. She died in eight days after the examination with the speculum, and I requested an examination of the body to be made. This was done in the presence of Dr. King, two surgeons from Woolwich, and myself. The operator with the speculum was also requested to attend, but he did not appear. The spine was opened, and as high as the first and second dorsal vertebræ lymph was effused between the membranes; but it was not recent, and was partially converted into a gelatinous adipose substance. But above this, and as high as the base of the brain, there were indications of recent inflammation, with a copious effusion of coagulated lymph observed. The uterus and all its appendages were perfectly healthy; the os cervix, and every part of the uterus was in a perfectly sound state, and the vagina also was perfectly healthy, except at its orifice, which presented appearances of recent violence. The hymen was completely torn.'"

After reading this case, who will contend that the severe remarks we formerly made on the abuse of the speculum were not warranted? Whatever may have been the effect of the examination on the spinal disease, there can be no doubt that this unnecessary proceeding in a virgin who had no signs of uterine disease was most unjustifiable.

The Editor of *The Medical Times*, who has also noticed this case in his journal, says—"We wish we knew the name of the operator; we would gibbet him for the contempt of all honest practitioners."

PHARMACOLOGY.

No. XXVIII.

NARCOTICS—(*continued from page* 118.)

Hyoscyami Folia et Semina,—Hyoscyamus,—Henbane Leaves and Seeds.—The odour of henbane-leaves is narcotic and peculiar, not unlike tobacco when bruised; the taste, which it loses when dried, is insipid and mucilaginous. They are used in epilepsy, hysteria, palpitation, palsy, mania, and cancer, as a substitute for opium to procure sleep in persons of a nervous habit; externally they are applied as a poultice in cancer and glandular swellings; or in fine powder sprinkled on cancerous sores, to allay pain. The dose is from three to ten grains of the powder, but generally the extract is preferred.

Extractum Hyosciami,—The Extract of Hyosciamus,—Extract of Henbane.—This is the expressed juice of the leaves evaporated down to the consistence of an extract. The taste is nauseous and slightly bitter; the odour is fœtid: it is an excellent anodyne and antispasmodic, and possesses the advantage of not materially confining the bowels. It is prescribed in nervous affections, irritability of the system, rheumatism, gout, chordee, obstinate ulcerations, and whenever it is required to allay pain and avoid the costiveness which opium is apt to produce. The dose is from two grains to ten. It has been increased to the extent of a scruple twice a day.

Tinctura Hyosciami,—Tincture of Henbane,—is prepared by macerating for fourteen days five ounces of the dried leaves in two pints of proof spirits. It is, of course, narcotic in its action, and is used in those cases in which laudanum is prohibited on account of constipation or pain in the head. The dose is from half a drachm to a drachm in water twice a day. The following forms a good anodyne draught:—Take tincture of henbane, forty minims; water of the acetate of ammonia, one drachm; antimonial wine, ten minims; cinnamon water, one ounce. Mix. To be taken at bed-time.

Conium Folia et Fructus; Conium Maculati.—Conium; hemlock leaves, and seeds.—The odour of this plant is heavy and disagreeable, the taste bitter and nauseous; the colour is a dull green; exposure to the light destroys its virtues, therefore the powder should be kept in opaque bottles, or bottles covered with blue paper, well corked. It is used as a palliative in cancer and schirrous, scrofulous and syphilitic ulcerations and swellings; and, in very minute doses, as a remedy for hooping-cough. Applied externally, in the proportion of three ounces of the dried herb boiled in a pint of water, it may be applied as a fomentation, to open scrofulous and cancerous ulcers; or as a poultice, by adding linseed meal or oatmeal. The dose of the powdered leaves is from two grains to ten or fifteen; of the expressed juice, twelve minims very gradually increased to thirty or thirty-five. In an over dose it is a powerful poison.

Extractum Conii,—Extract of Hemlock,—Is the expressed juice of hemlock leaves, evaporated, or inspissated, as it is technically called, to the consistence of an extract. It is a valuable remedy in allaying pain in uterine cancer, without producing costiveness, as opium does. The dose is from three grains to fifteen, cautiously and gradually increased. In doses of five grains taken every eight hours, and gradually increased to the same quantity every four hours, until headache or sense of constriction across the forehead supervene, it has been successfully employed in cases of acute rheumatism.

Tinctura Conii,—Tincture of Hemlock,—Possesses the same medicinal properties as the leaves and extract, and is prescribed in the same cases. The dose is from half a drachm to a drachm.

Belladonna; *Atropa Belladonna*,—Belladonna.—The leaves and root of the deadly nightshade. The name Belladonna is derived from *bella donna*, "beautiful woman," the juice of its berries being used as a cosmetic by the Italian women, to make their faces pale. Belladonna is powerfully narcotic, and also has the property, when applied to the eyebrows, of producing a singular dilatation of the pupil of the eye,—a circumstance of great importance in ophthalmic surgery. It is employed in intermittents, tic douloureux, palsy, epilepsy, and hooping-cough. (See page 109, No. 40.) Sprinkling the powdered leaves over cancerous sores has been found to allay the pain; and the leaves form a good poultice. The dose of the powdered leaves is from half a grain gradually increased to six grains: or a wine-glassful of an infusion thus prepared—take, a scruple of the leaves, and infuse in ten ounces of boiling water, when cool strain. ☞ The deleterious effects of a poisonous dose of belladonna are best counteracted by vinegar, after first freely evacuating the stomach.

Extractum Belladonna,—Extract of Deadly Nightshade,—Is prepared by taking a pound of the fresh leaves, bruise them, sprinkled with a little water, in a stone mortar; then press out the juice, and evaporate it unrestrained, to a proper consistence. It is used in the same cases as the plant; the dose is from a quarter of a grain gradually increased to two grains, in pills.

(*To be continued.*)

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HINTS FOR HEALTH.

BOYHOOD.

All other things being alike, the boy who excels in games and feats of strength and skill, is most likely to excel in more important ways in manhood. To develop the mind and let the bodily health shift for itself, is the way to get a plentiful blossom, but very little fruit. A late maturity is worth waiting for. If the child be really extraordinary, it ought to make it the more easy to wait with confidence for what time only can produce in perfection. The experiment of forcing, cannot safely be followed in education as in horticulture. If bodily health is not enjoyed by the grown man, his acquirements will be exercised at a disadvantage, if they are not rendered positively useless.

GIRLHOOD.

A clever girl, whose willingness to study equals the utmost wish of her instructors, is encouraged and urged to gratify the ambition of her parents. Her brain does all that is required of it, and a good deal more, for it will not go properly to sleep at night. She lies awake, or has painful dreams, or frightens her friends by walking about in the partial sleep of somnambulism, and is frequently obliged to leave her books for her bed by headache. It is almost certain that the general health has been sacrificed, or is about to be so, though it may require a medical eye to discern the proofs. The functions of nutrition have been weakened, and perhaps vitiated, and if so, her habitually quickened pulse is only carrying the accelerated blood to her organs to afford materials for spoiling their structure. Sudden and frequent fits of complete fainting may indicate that the brain is already the seat of morbid deposit; or, after a few years, during which none of her bodily functions go on as they ought, the fatal cough comes on, which shows that the lungs have principally suffered. Even if no such catastrophe is to happen, all the signs of vivacity of mind gradually disappear, and the precocious girl is hardly to be recognised in the dull and languid young woman.

INTERVAL TO BE ALLOWED FOR DIGESTION.

The interval to be interposed between meals is various, and is dependent much on habit and other accidents. A safe rule is, never to partake of one meal before the repletion of the preceding one is gone off. Those who are in the habit of taking exercise in the intervals of meals, ought to allow a less time to elapse between these, than those who spend the intervening space resting on a sofa or a chair, playing at cards, conversing, reading or writing. Exercise should precede a meal rather than immediately follow it. The intervals between meals ought to be, generally speaking, from three to six or eight hours. In winter, this interval should be less than in summer. We should avoid eating during the hottest part of the day, or when we are oppressed by heat, for at such time the stomach is peculiarly languid and feeble, and is apt to be overpowered rather than stimulated by a repast.

DRINK.

We ought to drink less, and indeed we feel less inclination to do so in moist, than in hot and dry weather. But even in the latter case, we should not deluge our stomach with unstimulating fluid, since, by so doing, we shall only render that organ more inert, than in such weather it too often unfortunately is.

CHILBLAINS,

In severe winters, assail numbers of children, and are attended with much pain and annoyance, as they often incapacitate the child from walking. The best mode of treating them consists either in friction with the hand and hair powder, or in wrapping round the chilled part a piece of lint soaked in a mixture of equal parts of resinous ointment and oil of turpentine, and continuing the application twice daily until the part gets well.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The following subjects have already appeared in THE PEOPLE'S MEDICAL JOURNAL:—

Indigestion; its Causes, Symptoms, and Rational Treatment; Nos. 1 to 7 inclusive.
Coughs, Colds, Influenza, and Bronchitis; Nos. 1 to 11.
The Diseases and Management of the Teeth; Nos. 5 to 9.
Rheumatism; Nos. 8 and 9.
Gout; Nos. 10, 11, 12, 13.
Headaches; Nos. 12, 13, and 14.
Intestinal Worms; Nos. 13 to 17
Diseases of the Heart; Nos. 15 to 26.
Pleurisy; Nos. 17 and 18.
The Physiology of the Senses; Nos. 20 to 24.
Consumption of the Lungs, or Decline; Nos. 27 to 37.
Melancholy; Nos. 27 to 30.
The Prevention of Cholera; Nos. 19, 31, and 32.
The Physiology of the Nervous System; Nos. 33. 34, 35, 36.
The Diseases of Women and Children; Nos. 3, 4, 5, 6, 16, 34, 41.
Exposure of Quack Advertising Consulting Surgeons; Nos. 2, 4, 5, 24, 33.
The Influence of the Passions on the Health; Nos. 37, 38, 39, 40, and in continuation.
Inflammation of the Lungs, 39, 40, 41, and in continuation.
Back Numbers of the Journal are always on Sale; should they be required of any local agent who may not have them in stock, he can readily procure them, through his London agent, from our Publisher.
The Index and title page of Vol. I. was published with No. 26.
Volume I. strongly and elegantly bound in cloth, is now on sale, price 4s.—also covers for binding, price 1s. 3d.

THE DISEASES OF ERROR.—This small work is now published. The preface runs thus: "It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and fraud, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant charlatans."

AN ANXIOUS INQUIRER (Chapel Street, Chelsea).—To a person subject to rheumatism, washing and folding damp clothes cannot be otherwise than injurious. The pain and numbness in your hands merit your best attention at the present time. Will you refer to the answer given to HENRY DOUGLAS, in No. 39.

V. B. (Bethnal Green).—The prescription referred to might be beneficial, it cannot be injurious. Dr. Yeoman now restricts his consultations to patients attending at his own house, or, in urgent cases, at their own residences.

KAPPA (Birmingham).—Communicate privately.

A SHOPMAN (Whitechapel).—A warm bath, a flesh brush, clean linen; diet of animal food, little beer, out-of-door exercise whenever practicable; and as you can't remedy your position, learn to bear it with contentment. An ill-conditioned, dissatisfied mind sooner or later impairs the health. You appear to be free from disease at present.

A SUBSCRIBER (?) (Nottingham) Yes: But not without the usual fee—a guinea.

J. JONES.—Wear "eye-preservers" of a dark blue colour; do not use "magnifiers" or pebbles. You must desist from reading by lamp, candle, or gas-light. Whitehouse, in Cranbourne Street, Leicester Square, is a good optician—apply to him.

PAUL JOSE (Landegle, near Mold).—Repeat the blister, and keep up the discharge by means of irritative ointment, for two or three weeks. Take four grains of the compound rhubarb pill every night, and two grains of the iodide of potassium in water, twice a day.

JANE (Limehouse).—We do not profess to answer such questions. You will find an article on HAIR DYES in page 62 vol. i., (No. 8.)

INQUISITOR REDIVIVUS (Bristol).—The prescription forwarded to us is dangerous and poisonous.

R. THOMPSON.—We cannot devote space in this column to the instructions you require. A whole number would scarcely be sufficient. You must apply privately, either in person, or by letter.

BENJAMIN WESLEY.—You have described your case too indefinitely. There are several institutions for the cure of deafness in London, and a quack who professes to do so in every street.

LAUDANUM GIVEN TO INFANTS.—The fearful disclosures recently made at Manchester, in reference to the practice of administering laudanum, syrup of poppies, and other narcotic preparations to infants whose mothers are engaged in factory labour, have led to a movement for the establishment of public nurseries, at which the children may be deposited during the day-time. A meeting for the promotion of this object, held last week, was attended by the Bishop of Manchester and several of the clergy of that town.

POISONING BY DENTISTS.—It has come to our knowledge that certain dentists are in the habit of "stopping" teeth with *arsenical paste!* We beg to caution our readers who may require the assistance of a dentist to be careful whom they select. "Stopping the teeth" with arsenic (!) means stopping the breath also.

PANTÆNUS.—First: the Solomons and Jordans of the last generation have legitimate successors to their illegitimate pursuits in the present day. *Arcades omnes.*—Second, One guinea.

WILLIAM BULWER.—You say you have "no means of obtaining regular advice." We do not give *irregular* advice, therefore your application to us was very ridiculous.

FEMALE QUACKS.—At the Stirling Court of Justiciary, last week, a female medical practitioner was sentenced to ten years' transportation for inflicting injuries upon a pregnant woman, which terminated in her death.

A PILOT (Whitby).—Take, five grains of the compound squill pill every night. Do not touch beer. A small quantity of weak Hollands-and-water may be taken once during the day.

D. (Piccadilly).—You will only act with common prudence if you pursue the inquiry you suggest. It was Miss Martineau who said "Love, like the plague, is often communicated by clothes and money." The health of the woman that is to become your wife, and the mother of your children, should interest you more than her worldly goods. A sick wife and a doctor's long bill are fearful odds to contend against. We published a short article on this subject in No. 21, which the *Weekly Times*, Oct. 13, has done us the honour to reprint.

RICHARD HARRIS (York).—During the asthmatic paroxysms, take the two following pills, and repeat them every eight or ten hours. Take, opium, half a grain; powdered digitalis, one grain; castor, six grains; syrup sufficient to make a mass, which divide into two pills. Continue to smoke your one or two pipes of tobacco, and avoid damps and fogs.

ORLANDO (Bradford).—In all the prescriptions published in our journal, the dose, unless expressed otherwise, is intended for a male adult. Women require smaller doses than men, especially of purgative remedies, and the conditions of the uterine organs should never be overlooked.

D. BROWN (Maidstone).—In nine cases out of every ten, ulcers that do not depend on some specific cause, as cancer, scrofula, or syphilis, depend on derangement of the digestive organs, and until the condition of the stomach, liver and intestines be improved, local treatment to the ulcer, except palliatives, is, in our opinion, nearly useless. Read the latter part of the Editor's little work on Indigestion, and then write again.

A SHOPMAN (Regent Street).—On Sunday at twelve o'clock.

M.D.—We are obliged by your offer, which we respectfully decline. All our literary arrangements are complete. The ill-health of the Editor alone would necessitate him to avail himself of such services as you kindly proffer.

O. Z. (Kensington).—We must see you.

A MARINER (Liverpool).—The crystallised citric acid is an excellent substitute for recent lemon or lime juice, and, in the absence of either vegetables is an admirable preventive of scurvy. Stow away half a pound in your sea-chest; keep it dry.

MARIANNE (Sheffield).—You have described your case with much delicacy and apparent accuracy: nevertheless we cannot give you the information you ask for otherwise than privately.

A BRAZIER.—The symptoms approach closely to paralysis. We must see you.

THE HEALTH OF LONDON continues favourable. The deaths last week were 893. Amongst those registered was that of a boy aged twelve years, who committed suicide by hanging himself; and a child eight months old, who died from loss of blood consequent upon lancing the gums.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 43.—Vol. II.] SATURDAY, OCTOBER 26, 1850. [ONE PENNY.

ON VARIOUS CIRCUMSTANCES

IMPORTANT TO BE ATTENDED TO

IN

PRESCRIBING MEDICINES.

Independently of a knowledge of disease and of its treatment, much of the success of the medical practitioner depends upon various circumstances connected with the form in which medicines are administered, and the causes which regulate their action upon the animal economy. In prescribing a medicine, even the best qualified for fulfilling the purpose wanted, it becomes necessary to take into consideration the following important circumstances, and to regulate it by them:—

1. The age of the individual;
2. The sex;
3. The temperament;
4. The habit;
5. Idiosyncracy;
6. Situation in life; and
7. Effects of disease on the system before the dose can be properly determined upon, and as far as the medicine itself is concerned, the most agreeable form of administering it—whether it should be given alone, or combined with other ingredients, and how far these are likely to impede or facilitate its operation.

Attention to all these circumstances is necessary to prevent the errors which so often occur in drawing up prescriptions. For nothing distinguishes the well-educated medical practitioner, or tends more to the future recovery and comfort of his patient, than the nature of his prescriptions. Doses of medicine are not reducible to any general rule, from their general similarity of operation, or any other circumstance; they are, therefore, specific with regard to each other.

We now proceed to make a few practical remarks upon each of the circumstances already alluded to, as affecting the action of medicines upon the animal economy, considering them in the order which we have laid down above.

Age.—We commence this section with the table originally drawn up by Gaubrus, and copied from him by all successive writers to the present day, and which possesses no equal for perspicuity and correctness.

For an adult suppose the dose (of any medicine) to be 1 drachm,—

Under	1 year will require	1-12th or 5 grains.
	2	1-8th or 8 grains.
	3	1-7½th or 10 grains.
	4	1-4th or 15 grains.
	7	1-3rd or 1 scruple.
	14	1-half or ½ drachm.
	20	2-3rds or 2 scruples.
Above	21 the full dose	one or 1 drachm.
	65 the inverse gradation of the above.	

From infancy to manhood a larger dose of any medicine is required to produce its effects in proportion to the advance in life. From manhood to old age there is a similar gradation with regard to diminution of dose, though in a much less proportion than that which regulates the increase. In the two extremes of life—childhood and old age—the animal economy is weak, and susceptible of all impressions; whilst during the intervening period, or what is termed adult age, it remains stationary. From infancy to adult age, therefore, the dose of medicine should gradually increase. During adult age it should remain the same, and this is what is given in all medical works as the standard dose; whilst from adult up to extreme old age it must again gradually diminish in quantity, but not in so rapid a ratio as it increased from infancy to adult age.

With regard to medicines, however, it is of consequence to observe, that there are many which do not act with greater violence in a large dose than in one comparatively small. Ipecacuanha, as an emetic, is more certain in its operation when given in a large dose than in a small, and is not more violent. The same may be said of aloes and others. In fact, almost all the medicines included under the classes of emetics and purgatives come under this observation. In the action of an emetic or purgative upon the animal economy, it seems probable that that portion of the medicine which comes into immediate contact with the internal villous coat of the intestinal canal stimulates it to action, when the remainder will be thrown off or evacuated without producing any further effect. From a large dose of such medicines, therefore, disagreeable effects are not to be apprehended. Whereas, when too small a dose is given, no effect is produced; the remedy remains in the intestinal canal, acting as an extraneous body, aggravating the symptoms which it was intended to relieve, causing the loss of valuable time. This remark applies to the generality of medicines.

Sex affects to a considerable extent the operation of medicine upon the animal economy. Although some women possess nearly as much bodily strength and vigour of constitution as the majority of men, yet the greater general delicacy and sensibility of the female frame at every period of life require not only caution in apportioning the doses of active medicines, which should be less than those ordered for men of the same age, but the medicines themselves should be such as are likely to fulfil the indications required without much violence. The state of the uterine system must be attended to in prescribing for females. Drastic purgatives, aloetic ones, and astringents, may be avoided during the flow of the catamenia.

Temperament in a great measure affects the operation of medicines upon the animal economy. (See page 5, Vol. I. No. 1.) By temperament is understood a predisposition, derived from original conformation, to be affected in a more pecu-

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liar manner by external causes acting on the system; and much laborious investigation has been bestowed in distinguishing the different temperaments, or original conformation of body, and the diversities to which they give rise. It is undoubtedly true that persons of different temperaments are differently affected by the operation of medicines. Stimulants more readily affect those of a sanguine than those of a phlegmatic temperament, and therefore smaller doses are required. In the phlegmatic, also, the bowels are generally torpid, and require both descriptions of medicines, and such doses of them, to excite the proper peristaltic motion, as would induce either inflammation, or be followed by an alarming state of debility, were they administered to those of a sanguine temperament. Hence the necessity of attending to this circumstance in prescribing.

HABIT OR CUSTOM exerts a most important influence upon the operation of medicines. Persons addicted to the use of spirits, narcotics, and other stimulants, are less easily excited at an after period, both by medicinal stimulants and narcotics; and the same takes place with respect to purgatives. A knowledge of the habits of the patient, as far as the exhibition of all these is concerned, is absolutely necessary for the prescriber, many people being in the almost daily habit of taking these remedies without consulting the practitioner. In the first of these cases larger doses of stimulants and narcotics are required to produce the ordinary effects of these remedies; but, in the second, a change of the purgative usually taken will generally be sufficient. In the employment of medicines which require to be long continued, the beneficial effect is soon lost if the dose be not increased.

In a few cases the reverse of the above will be found to hold good; as, for example, with regard to the saline cathartics. As an example of the first of the cases alluded to, we may mention opium, one grain of which will produce upon an adult, unaccustomed to its use, all the effects of a narcotic, whereas ten grains will not do so at an after period, in the same individual, when long accustomed to its use. The first thing, therefore, that the medical attendant must do, upon being called in to a patient previous to prescribing opium, is to ascertain whether or not he be in the habit of taking that medicine, and to what extent. The dose must be regulated accordingly. With regard to the saline purgatives, as sulphate of magnesia, the dose requires to be diminished after long use; half an ounce at last producing effects equal to one ounce at first. The same remark applies to castor oil.

SITUATION IN LIFE has a considerable effect in regulating the action of medicines upon the animal economy. Individuals of the higher ranks—and this applies particularly to females leading a sedentary life—little exposed to air, exercise, or variations of weather, not compelled to gain their bread by their own industry, are much more susceptible of the action of medicines, and of course require milder ones, and in smaller doses, than individuals belonging to the lower orders. In other words, a female of the lower orders requires as strong medicines, and as large doses, to produce equal effects, as a male belonging to the higher ranks, and *vice versâ*. In the higher ranks we have always found the common aloetic pill sufficiently active as a purgative; whereas in the lower it has generally disappointed us, proving weak or inert, so that we have for many years past been obliged to give it up, under such circumstances having recourse to the compound colocynth pill, which has always answered our expectations. The practice of dispensaries, hospitals, &c., and that confined to the lower ranks of life, as far as regards medicines, is considerably different. Upon a similar principle the practice of different countries varies greatly; and that which has been followed by the practitioners of a place for ages, must always be superior to the innovations of the stranger. The population of France, Italy, &c., enjoying a settled, warm, southern temperature, and living principally upon fruits, vegetable diet, &c., cannot bear the active medicines and practice adapted to the inhabitants of Great Britain, Russia, and other northern regions, exposed to every variety of weather, living upon animal food, and accustomed to the use of spirituous liquors. The treatment of syphilis in southern and northern latitudes—its yielding without mercury in the former, whilst it absolutely requires its active ministration in the latter for its extirpation, may be given as illustrations of the above.

(*To be continued.*)

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. II.

THE DISEASES OF TAILORS.

(*Continued from page* 123.)

HÆMORRHOIDS, OR PILES.

PILES are a very common, troublesome, and painful malady; so frequent are they in occurrence, that a description of the affection is scarcely required: in few words, they may be said to be an enlargement, or varix, of the veins at the extremity of the lower bowels, which forms small tumours either within the anus or at its verge.

They sometimes arise from pressure of the abdominal viscera on the veins of the intestinal canal, as must occur in individuals who sit for any length of time; costiveness, and the pressure of hardened feces in the rectum, is a constant cause: occasionally long-continued diarrhœa produces a similar effect; disease of the liver will induce the complaint; and they frequently accompany the worst symptoms of consumption. Their origin may also be traced to the immoderate use of powerful purgatives containing aloes.

Piles are either *external* or *internal*; that is, they are either situated within the rectum itself, when they are called "blind piles," or they emerge from the anus and become external; sometimes the walls of the varix give way, blood is lost, and then they are termed "bleeding piles" or "open piles."

EXTERNAL PILES.—The symptoms are, a sensation of itching, and weight, soon followed by some tension and bearing down at the fundament; there is pain of an acute cutting or darting character around the lower part of the body (the perinæum); the desire to go to stool is frequent, and the pain is then severely increased; pain is felt in the back and loins; there is also present headache, giddiness, and a feeling of general discomfort. On examination, one, two, sometimes more, projections may be discovered of a livid appearance, not unlike a black grape, which in two or three days become so solid as not to yield to pressure, in consequence of the blood contained within them becoming entirely coagulated. In a short time the pressure of the feces on the internal part of the rectum causes the gut to descend (prolapsus ani) every time the patient has a motion, and he is then under the necessity of pressing up the part in order to return the rectum into its natural situation, and this he should always do with a wet towel. Should this state of affairs continue, inflammation will come on, which adds greatly to the patient's sufferings, and he is often unable to return the rectum when it has descended. In this condition he can neither walk, ride, nor sit; the only tolerable state being that of rest in the recumbent position. Should he, during the continuance of the inflammation, be obliged to pass a motion, the distress is ex-

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treme. With these symptoms there is generally more or less feverish heat and restlessness.

Treatment.—In all cases it is of paramount importance that the bowels should be kept in a relaxed state, so that the irritation of hardened feces pressing upon and passing over the piles should be obviated; for this purpose oleaginous purges of castor oil, or sulphate of magnesia with infusion of senna, or even the common domestic laxative "brimstone and treacle" may be taken. Perhaps the best means of maintaining a gentle, but sufficient action on the bowels, is by taking the confection of senna, lenitive electuary. (See page 197, Vol. I., No. 25.) When the pain is very acute relief may be obtained from a warm bath, a hip bath, sitting over the vapour of boiling warm in a bidet, or the application of a bread poultice, or warm fomentations; when inflammation is present, leeches will be necessary. The diet should be lowered, and free from all that can stimulate the system; the body should be maintained in that position which offers the greatest freedom from pain, and, in sitting, a hard level seat should always be preferred, as the hip bones afford a protection to the parts and prevent cushions or pillows, which are sometimes erroneously sought for as a means of relief, coming in contact with the piles. When, instead of being inflamed, the tumours are relaxed and flaccid, astringent local applications are required, and a lotion made of Goulard's extract and water is frequently of much service. The compound gall ointment is a valuable remedy; indeed, those persons who are subject to indolent, yet painful piles, should never be without it; it is thus made:—

Take—Oak galls rubbed to a very fine powder, two drachms;
Powdered hard opium, half a drachm;
Lard, two ounces. Mix.

The piles should be anointed with this ointment several times a day.

The application of cold, even ice, sometimes shortens the attack. The internal exhibition of the balsam of copaiba has been advocated by some practitioners; but, in our practice, we have invariably found the stomach too irritable to retain this nauseous drug. If the pile continues projecting until it has become solid, the insertion of the point of a lancet, just to puncture the part, so that its contents may be readily squeezed out by the finger and thumb, will frequently give immediate relief. This is the only "cutting" for the piles that we advocate; excision and the ligature we decidedly condemn. We are aware of the success which has attended the operations for excision, especially those of Mr. Syme, of Edinburgh; but our opinion is, that the use of the knife is too violent a remedy, and that the disease, in nineteen cases out of each twenty, will yield to less severe means. As well as this, the operation, simple though it be, is not unattended with danger. The late Mr. Samuel Cooper says, "the excision of piles is occasionally followed by a very dangerous bleeding, as a case related by M. Petit confirms. A patient had some hæmorrhoids; after they had been cut off, the skin which had supported them was drawn inward: internal hæmorrhage ensued, which could not be suppressed, and proved fatal in less than five hours."

When, in consequence of long continuance of the disease, the rectum has become much affected and weakened, and fistula or excrescences are threatened, the stimulating electuary known as "Ward's Paste" is of much service; it is thus made:—

Take—Elecampane powder, two ounces;
Sweet fennel-seed powder, three ounces;
Black-pepper powder, one ounce;
Purified honey and brown sugar, of each two ounces.
Mix, for an electuary, of which the size of a nutmeg is to be taken two or three times a day.

Internal Piles, when situated far up in the rectum, are commonly less painful than when low down—indeed, in some cases the patient has no warning of his disorder until he passes a considerable quantity of blood by stool. They are in general accompanied by a greater degree of pain and constitutional irritability than the former type of the disease, and the sense of weight and pain in the sacrum, and around the lower part of the body, (not immediately at the fundament) is sometimes most distressing. The general symptoms closely resemble those induced by external piles:—there is the same amount of pain when the bowels are relieved of a constipated evacuation, and after a time the same bearing down, itching, and uneasiness.

In the treatment, we must endeavour to allay the local and general irritation, by means of the warm bath, gentle aperients, and cooling saline medicines. All violent purges must be prohibited, and perhaps no better laxative can be taken than the following:

Take—Infusion of senna, six ounces;
Sulphate of magnesia, four drachms;
Carbonate of magnesia, a drachm and half. Mix.
Dose, a wine-glassful once a day.

Half a pint of cold water injected into the rectum twice or thrice a day, and retained as long as possible, is a most effectual remedy, and on the Continent is considered to be a preventive of the disease, as well as a cure when it does exist. Conjointly with this treatment the state of the whole system should be attended to, and after all inflammatory indications have subsided, the judicious exhibition of tonics and chalybeates may give that tone to the system that will prevent a recurrence of the disorder.

Bleeding Piles. Piles, which bleed but little, are not of consequence; but those which bleed profusely cause violent pain, and produce that exhaustion which demands the greatest attention. Lieutaud makes mention of a person who lost three quarts of blood from some open piles in the course of a couple of days: and the heretic Arius, and the celebrated philosopher Copernicus are said to have bled to death in this manner. Frequently nature attempts to relieve herself of repletion by a discharge of blood from the hæmorrhoidal veins, and some fearful affections of the head, chest, abdomen, and uterus, are thus suppressed by the timely evacuation; therefore, a moderate discharge of blood by stool should not always be regarded with alarm. When the bleeding is excessive, the patient must remain in the horizontal position, reclining on a hard mattress, with a bladder containing ice applied to the parts; or a piece of lint dipped in oil should be firmly pressed to the bleeding pile. Pure nitric acid frequently performs most rapid and wonderful cures, whether the bleeding proceeds from internal or external piles; it is also a safe remedy, and easy in its application. After the bowels have been evacuated, by some little care the exact part whence the blood proceeds may be detected, and this should be touched with a feather dipped in nitric acid until the bleeding surface turns white; after which a piece of lint soaked in oil should be held in opposition to the parts by means of a pad and a T bandage.

Hæmorrhoidal Excrescences. When piles have existed for a considerable length of time, excrescences, sometimes warts, are produced, which chafe and render the parts exquisitely painful. The application of a lotion, thus composed, will afford much and permanent relief:

Take—Sulphate of copper, half a drachm;
Wine of opium, two drachms;
Rose water, eight ounces. Mix.
To be applied frequently.

In some cases we have noticed great benefit to follow the simple application of a little fullers' earth.

In our next we shall speak of Fistula, &c.

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DISEASES OF THE CHEST.

SECOND SERIES.

No. V.

By the Editor.

(*Continued from page* 125.)

TREATMENT OF INFLAMMATION OF THE LUNGS.

We resume the investigation of the treatment required in Pneumonia.

In conjunction with bleeding, which, as we detailed in the last article, is invariably required, tartar emetic is in very general use. On the Continent, the free exhibition of this remedy has always had many partisans: Laennec thought it the first remedy; his plan was to administer a solution of one grain of tartarized antimony every two hours, repeating the dose six times. After this, if the symptoms were not urgent, and the patient disposed to sleep, he allowed him to remain quiet for six or eight hours. But if the oppression at the chest was great, or the head was affected, he directed the medicine to be continued, the dose being then sometimes increased to a grain and a half, or two grains, or even two grains and a half. Many patients bear this drug without being either purged or affected with vomiting. The majority, however, vomit two or three times, and have five or six stools the first day. On the following days, they have very slight evacuations, and sometimes none at all. As soon as some amendment is produced, we may be sure, says Laennec, that the continuation of the remedy will effect a cure, without any fresh relapse occurs; a point in which this practice is represented to differ especially from that of bleeding. Of forty-seven cases, treated by Dr. Hellis, of Rouen, by repeated emetics, only five were lost, being a proportion somewhat less than one in nine. Laennec experienced even greater success with large doses of the medicine, which he conjoined with a small proportion of opium to prevent it operating too freely. M. Pischer, of Geneva, also prefers the treatment with tartarized antimony; and depends upon it alone, or nearly so, even discarding the lancet; for he gives it in large doses, so as to purge the patient as well as to induce vomiting. His usual quantity at first, is according to the age, from six to eight, or fifteen grains, dissolved in six ounces of water, which is taken in divided doses, in any diluting drink, in the course of twenty-four hours. And under this plan he tells us that he cured all his patients, old or young without exception. He admits, however, the conjoint use of blisters, which ought unquestionably to form a concomitant in the general plan; and he adds that the obstinacy of the cough may be relieved by demulcents, or by inhaling the steam of boiling water.

The plan of making tartarized antimony the chief treatment has not yet gained many advocates in England. The want of success which has attended its extensive employment may, we think, be attributed to the amount of gastric disturbance with which inflammation of the lungs is generally complicated in our climate. During the past winter and spring, we, in several cases, gave the antimonial treatment a fair trial, and the result, in our hands, is far from satisfactory. Certainly we cannot depend upon it alone. The praise which it has obtained, we imagine it does not merit;—a patient with pneumonia is bled kept in bed, and takes tartar emetic; the disease goes on favourably, and the effect is attributed to tartar emetic, the other means used being entirely overlooked.

Mercury is another medicine in very general use in inflammation of the lungs; its most decisive effect is seen in bringing back a solidified lung to the normal state; hence there exists a particular stage for its use; as, however, the system often resists its specific effect, it is always advisable to commence its use early in the disease; tartar emetic may be combined with calomel, or three grains of the latter may be given at bed-time, so as not to interfere with other treatment; the lower the fever, the sooner is its action seen; the addition of opium to the calomel is in some cases necessary; but it should be always employed with caution. Opium is useful to keep down any irritation which calomel is very apt to produce; and it as well allays that irritation which acute disease excites in the system. Some practitioners are in the habit of giving a full opiate after bleeding in pneumonia, and with good effect. During its exhibition, we should be particularly careful to see the bowels are kept free, and that the pulse has been lowered by the previous blood-letting. As to the quantities of these two remedies, there is probably as much advantage derived from the administration of from six to twelve grains of calomel, and three to six grains of opium, taken in divided doses during the twenty-four hours, as in any other proportion.

Moderate purging, especially by the neutral salts, is a useful auxiliary in the treatment of pneumonia; but the advantages of purging are, upon the whole, much less obvious in thoracic diseases, than in those of the head or abdominal cavity. An attempt to overcome decided thoracic inflammation by severe purging will invariably prove ineffectual, and often prejudicial. The bowels should always be kept in a moderately relaxed state, and this is the best effected, either by the neutral salts, gentle laxatives, or by glisters. We cannot too strongly deprecate the use of powerful purgatives in this disease; we were called in to visit a case a short time back, in which their employment had induced so much irritation in the stomach and bowels as to jeopardise the safety of the patient, and in the end greatly protract his convalescence.

Refrigerant medicines are of the greatest service, and should be prescribed in addition to other more active measures: one of the most common and useful is nitre, which may be combined with the citrate of potash, or made to produce a more certain determination to the skin, by the addition of camphor or antimonial wine, or by a combination with the citrate or acetate of ammonia. The following form makes a grateful and useful draught, which may be taken every third or fourth hour:—Fifteen grains of nitrate of potash (saltpetre), a drachm of syrup of lemons, and a small wine-glassful of water.

The best, the easiest, and even the most natural cure of pneumonia, is expectoration, which ought to be encouraged by all the means in our power. A free expectoration being the means which nature most commonly adopts for carrying off an inflammation within the chest, it might be therefore supposed that expectorant medicines would prove useful; but the reliance to be placed upon them is very small. Amongst those which are the most useful may be named, squills, gum ammoniac, ipecacuanha, and antimony.

Medicinal inhalations are of no service; sometimes they cause positive injury, and in all cases they disturb and distress the patient to little purpose.

When a salutary expectoration has commenced, it sometimes ceases suddenly, from some unknown cause, or some irregularity in the mode of treatment. This symptom is alarming; and every means should be instantly taken to bring the discharge back; such particularly as increased doses of the expectorants above named, to which may be added the steam of vinegar alone, or impregnated with the essential oil of aromatic plants, as rosemary. If the diarrhœa, which sometimes supervenes, should prove a very distressing concomitant, it will be best relieved by the compound chalk powder, with opium.

We need scarcely add, that the patient must be sustained by the lightest and coolest diet; acidulated barley water, tapioca, and arrow root, in small quantity, being the only articles approaching to food which can be permitted; the chamber must be kept

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of an equable temperature, and the risk of any sudden draught carefully avoided.

We have now recapitulated the principal means used in this country for the treatment of acute inflammation of the lungs, and if they are judiciously employed at an early stage af the disease, the great majority of the cases will approach convalescence about the ninth or tenth day.

(To be continued.)

HICCOUGH; OR HICCUP.

THOUGH the spasmodic action in this affection exists chiefly in the diaphragm, the principal seat of the disease is the stomach, when strictly idiopathic; an observation which was long ago made by Hippocrates, and has in recent times been more copiously dwelt upon by Hoffmann, but which Sir Charles Bell has been the first to establish by experiments on the nervous system. "Vomiting," says he, "and hiccough, are actions of the respiratory muscles, excited by irritation of the stomach."

Debility is perhaps the ordinary remote cause, and irritability, or some accidental stimulus, the exciting. Thus excess of food, and especially in a weak stomach, is often a sufficient stimulus; and hence the frequency of this complaint among infants.

For the same reason, it is occasionally produced by worms, acidity, or bile in the stomach. External pressure on the stomach is another exciting cause; and hence it has sometimes followed an incurvation of one or more of the ribs, or of the ensiform cartilage of the sternum, produced by violence, and pressing on the coats of this organ. The stomach, however, is not at all times the only organ in which the morbid cause is seated, that excites the diaphragm to the spasmodic action. The liver is frequently to be suspected. "I have often," says Dr. Percival, in his manuscript notes on the volume of Nosology, "found hiccough symptomatic of an enlargement or inflammation of the liver on the upper convex side." It also frequently follows strangulated hernia; and, according to Mr. John Hunter, in numerous instances accompanies local irritation after operations of various kinds. It has sometimes attended the passage of a stone in one of the ureters.

The affection is often very troublesome, but it cures itself in ordinary cases, and where the exciting cause is lodged in the stomach; for the spasmodic action very generally removes the accidental irritant; and if not, the disorder usually yields to very simple antispasmodics, as a draught of cold water, or a dose of camphor or volatile spirits. Where these have failed, a nervous action of a different kind, and which seems to operate by revulsion, has often been found to succeed, such as holding the breath, and thus producing a voluntary spasm of a rigid and opposite kind in the diaphragm; or a violent fit of sneezing. An emetic will sometimes answer the purpose; and, still more effectually, a sudden fright, or other emotion of the mind. If these do not prove sufficient, we must call in the aid of opium; and, in the intervals, have recourse to tonics internal and external, the warm bitters, bark, pure air, exercise, and cold bathing.

Even where the constitution is possessed of a tolerable share of vigour, hiccough is too apt to become a chronic and periodical affection; and as the frequency of the spasm is also usually increased with the frequency of the series, it has sometimes become almost incessant, and defied every kind of medical treatment that could be devised. As a chronic affection, it has been known to return at irregular periods, from four to four-and-twenty years; and as a permanent attack, to continue without ceasing for eight, nine, twelve days, and even three months. Dr. Parr tells us, that he once knew it continue for a month with scarcely any intermission even at night. "The sleep," says he, "was at last so profound, that the convulsion scarcely awoke the patient." In a few instances, it has proved fatal. Poterius mentions one; and another, produced by cold beverage, occurs in the Ephemerides of Natural Curiosities.

In the Gazette de Santé for 1817 is the case of a young girl, who had been tormented for six months with an almost incessant hiccough. It ceased during deglutition, but re-appeared immediately afterwards. The sleep was frequently disturbed. Baron Dupuytren, on being consulted, after antispasmodics and the warm bath had failed, applied an actual cautery to the region of the diaphragm, and the hiccough immediately ceased; but perhaps terror operated in no slight degree in this mode of cure.

GROWTH OF NAILS AND HAIR IN MEN.

THE following interesting observations have been made by Berthold, of Gottingen. He found that nails which were cut off, re-formed quicker in children than adults, and in these than in old people; that they formed quicker in summer than in winter, (a nail which in summer would be repaired in 116 days, in winter is repaired in 152;) that the nails of the right hand re-formed quicker than those of the left; that the nails of different fingers re-formed in different times; on both hands, the nail of the middle finger was most quickly re-formed; then those of the ring and index fingers, which were nearly equal; the nails of the thumb and little finger took a much longer time, and the little finger rather the longest, particularly on the left hand.

As regards the hair, Berthold found, that in persons from 16 to 24 years old, whose hair had been cut off for fever, &c., the length had reached, in two years, from 12 to 16 inches, giving an average of seven lines per month. By cutting off the hairs of the beard (wetted with rain-water only) with a very sharp knife, every 12, 24, or 36 hours, measuring them with the micrometer, and weighing them, Berthold arrived at the following results:—

1. The growth is increased the oftener the hair is cut: thus, the beard cut every 12 hours, grows at the rate of from 5½ to 12 inches a year; cut every 24 hours, it grows at the rate of from 5 to 7½ inches per year; cut every 36 hours, it grows at the rate of from 4 to 6¾ inches per year. The weights correspond with these measurements: cut every 12 hours, the yearly weight of the experimenter's beard would be 313 grains; cut every 24 hours, it would be only 280 grains.

2. The hair grows more quickly during the day than at night, and this rule seems quite invariable. About 1-16th more seems to be formed during the day.

3. The growth is quicker in warm weather than in cold, but this rule is less constant on account of the variability of the weather.

The growth of hairs and nails (which, with the epidermoid formations generally, are secretions) coincides with the formation of the other cutaneous secretions, such as the perspiration and the sebaceous formation, which are also greater in summer than in winter, and by day than at night. This seems to be the case not only with these secretions, but also to occur in the cases of the urine, of the bile, and of the carbonic acid given out in respiration.

EFFORT.

THUS it is that God wills man to be great—that God wills man to be happy,—*Effort* is the condition, *effort* the means, *effort* the vehicle and the hope of all that he is ever to be. —*Rev. G. Armstrong.*

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QUACKERY IN 1850.

MANY persons are apt to exclaim—"Quackery was never so rife and rampant as at the present moment." At the first view of the matter this would appear to be the case; but a careful review of the past would show that, in this respect, the present is not worse than former times. The credulous, the conceited, and the ignorant, will always be led away by what appears startling and novel in a profession like that of medicine. He who cannot untie the Gordian knot thinks his purpose as well answered by cutting it; so he who has neither the patience nor the capacity to acquire a knowledge of medicine shrinks from the task, and contents himself with falling back upon a generalization which saves him much labour and much thought. The more simple that generalization appears, the easier it is grasped; the less trouble it requires to understand it, the more popular it will be for a season. Just half a century ago it is calculated that upwards of 30,000 metallic tractors, of Perkins, were in use in England. These marvellous little instruments possessed far more power than the globules of the present day, and disease shrank from their contact like the mist before the sun. A few years, and this deceit gradually expired, and people were astonished that they had ever been so foolish as to have believed a syllable of the pretended cures. Some sessions since, a metallic tractor was exhibited at the Medical Society of London, by MR. ILIFF, as a curiosity. But quackery did not die with the metallic tractors. No, a newer and more absurd delusion succeeded, which lasted its hour, and gave way to another. As the ghosts that appeared to MACBETH, they

"Come like shadows, so depart."

How many were deluded by the HOHENLOHE quackery—by MORISON'S pills—by MESMERISM—by magnetic rings—by brandy-and-salt? The last monstrosity, Homœopathy, the most absurd of all, has acquired an importance, temporary as it must be, for many reasons. One of the many, we regret to say, has originated in certain dishonest members of our own profession—men who, for the most part, have failed of success in the legitimate walks of medicine, from ignorance, idleness, or other causes. These men, unable, from their shallow capacities and acquirements, to fight fairly, and to compete manfully, with their brethren, have shrunk, as it were, behind the hedge, and turned assassins, to obtain a livelihood. Yet, not content with practising a quackery, the absurdity of which has no parallel in history, these renegades lose no opportunity of placing their daggers in the reputation of legitimate medicine. But the delusion will fail, as all such delusions must; another form of quackery will rise, and a Globulist, if, in a few years, such can be found, may be exhibited, as was the metallic tractor, as a curiosity.—*The Lancet.*

A FEMININE AND "LADY LIKE" PROFESSION.

ON the authority of Miss Eliza Cook, we announce that "a college for the medical education of women has just been founded by the legislature of Pennsylvania; the act by which it is founded conferring upon it all the privileges enjoyed by any other medical school in the State. Miss Elizabeth Blackwell, who received the degree of Doctor of Medicine at the Geneva College, and has since pursued her medical studies at Paris, is a candidate for the professorship of surgery, and other ladies offer themselves to fill the other chairs." Should, unfortunately, the fair daughters of England so unsex themselves as to study the mysteries of medicine, and the science of surgery, the only ladies whom we should imagine capable of becoming professors of anatomy and surgery are the "Brummagem George Sand," Miss Martineau, Mrs. Trollope, and Madame Wharton.

PHARMACOLOGY.

No. XXIX.

NARCOTICS—(*continued from page* 126.)

Lupulus, Humulus Lupulus,—Hops.—This well-known plant possesses valuable medicinal properties; it is narcotic, anodyne, and diuretic. The virtues of the hop are supposed to reside in a peculiar bitter principle, to which the name *lupulin* has been given. The flowers, or strobiles, are employed in gout and rheumatism, in the form of infusion, in the proportion of half an ounce to a pint of boiling water: dose, a wine-glassful three or four times a day. The powder of hops, formed into an ointment with lard, is said to ease the pain of open cancer. A pillow stuffed with hops is an old mode of procuring sleep in the watchfulness of delirious fever. Its powers have, however, been much over-rated.

Tinctura Lupuli,—Tincture of Hops,—Is prepared by macerating six ounces of hops in two pints of proof spirit for fourteen days. It is slightly narcotic, sedative, and tonic; altogether it is an admirable stomachic in irritability of the stomach. The dose is from half a drachm to three drachms.

Extractum Lupuli,—Extract of Hops.—This is an evaporated decoction of hop, which yields a dark-coloured bitter extract, totally devoid of the aromatic principle of the hop. The dose is from five grains to a scruple. It is used in gout, indigestion, and mania.

Aconitum Napellus.—Common Monk's-hood, or Wolf's-bane; a plant of the order *Ranunculaceæ*, and one of the most active and deadly narcotico-acrid poisons. The dried leaves are void of smell; the taste is sub-acrid and bitterish: the fresh leaves are very acrid. The powder of the dried leaves is sometimes prescribed in chronic rheumatism, scrofula, cancer, palsy, amaurosis, and venereal nodes. The dose is one grain, gradually and cautiously increased. ☞ As monk's-hood is frequently grown as a garden-flower, cases of poisoning, especially in children, are far from being rare. The earliest symptoms are numbness of the tip of the tongue, with a sensation of burning in the throat, followed by tremors, and a feeling of coldness in those parts. Nausea and violent vomiting; purging, and bloody stools, vertigo, cold sweats, delirium, and convulsions which terminate in death. The treatment should be to evacuate the substance from the stomach by the stomach-pump or powerful emetics, and then to administer freely acidulous fluids and cordials.

Extractum Aconiti,—Extract of Aconite,—Is prepared by bruising a pound of the recent leaves, sprinkled with water, in a stone mortar, pressing out the juice, and evaporating it to a proper consistence. Its action is narcotic, and in some cases diuretic. It is prescribed in obstinate chronic rheumatisms and agues, glandular swellings, convulsions, and chronic uterine hæmorrhages. The dose should not at first exceed a quarter of a grain, but it may be gradually increased to five grains. It is seldom employed.

Aconotina,—Aconotina,—Is one of the vegetable alkaloids, discovered by Pallas in 1825. It is too powerful a medicine to be exhibited internally, but has been employed with success in the form of an ointment, in the proportion of one grain to a drachm of lard, in some neuralgic affections. So poisonous is this alkaloid, that Mr. Phillips states that the fiftieth part of a grain, dissolved in spirit of wine, killed a sparrow in a few minutes, and that the twentieth part destroyed it instantly.

Lactucarium, Lactucæ Sativæ.—The inspissated juice of the garden-lettuce. This excellent and wholesome vegetable contains a peculiar principle, which Dr. Duncan has called *lactucarium*, which acts on the system as a narcotic and diaphoretic.

Extractum Lactucæ,—Extract of Lettuce,—Is thus made: take a pound of the leaves of the fresh lettuce; beat them in a stone mortar, sprinkling them with water; then express the juice, and evaporate it without allowing it to subside, until it acquire a proper degree of consistence. The dose is from three grains to ten, in the form of pills; it is used in those cases in which opium is required, but on account of its constipating the bowels, cannot be employed. In painful irritability of the stomach, consequent on acute indigestion, it is of great utility.

Tabacum, Nicotania Tobacum,—Tobacco (see EXPECTORANTS, page 109, vol. i. No. 14).—Tobacco is a powerful narcotic, sedative, diuretic, emetic, errhine, and, whether taken internally or applied externally, is a powerful poison. It is used in ileus and incarcerated hernia, in the form of a glyster of the infusion; and in dropsy and dysuria: chewing it relieves the pain of toothache. The infusion has been used as a lotion in scabies, ring-worm, and some other skin diseases; but it is apt to induce great sickness. A glyster of infusion of tobacco is sometimes prescribed in ileus, lead colic, and in some forms of hernia; but it should always be administered with the greatest possible caution. It is ordered to be made by infusing one drachm of tobacco in a pint of boiling water for an hour.

(To be continued.)

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HINTS FOR HEALTH.

RULES OF DIET.

THERE are a number of miscellaneous rules, regarding solid food, which cannot be comprehended under any particular head, among which the following merit particular attention: First,—The nourishment we take, unless in youth, when growing, should be merely sufficient to supply the waste of the system. The amount, however, must depend upon circumstances. Lean men, for instance, wear faster than fat men, their blood being generally more acrid, and agitated with a greater degree of velocity; they require, therefore, larger supplies. Second,—As most diseases derive their original from repletion, to eat moderately is the best way to escape them. Third,—The more we feed foul bodies, the more injury we do them. Fourth,—If we eat too much at one meal, we should abstain from the next, to get the body again into order. 5. On the other hand, if by any accident, as in travelling, a person has lost his dinner, he ought not to eat a voracious supper to make up for it, otherwise he will spend a restless night, and not a comfortable one, as would probably have been the case had he taken a lighter supper, or both dined and supped moderately. 6. It is a vulgar error to imagine, that the more a man eats the stronger he is; for whoever eats more than nature requires, receives less nourishment, and thereby impairs his strength. 7. People in general, especially those who do not labour, eat much more than nature requires. A little abstinence or self-denial may often be of use, either to prevent or cure disease. None but hard-working people, or those who are in the very prime of life, or growing fast, should eat more than one substantial meal each day. 8. Foods generating much air, or what are called *flatulent*, should be avoided by weak stomachs. 9. Adults are better nourished on meat having a tendency to putridity (alkalescent), but the young and growing on gelatinous foods. 10. It is a good rule, when you recover after a severe illness your pristine state of health, gradually to return to that regimen by which you formerly enjoyed it. 11. Hippocrates justly observes, that we ought to prefer that food and drink which is most agreeable, though of a less wholesome quality to what would seem better for us, but is more unpalatable. 12. It is unwholesome to eat custards, tarts, pies, almonds, nuts, cream, and a variety of other articles, after a great load of animal food; for the stomach having already received fully as much as it can well digest, the additional quantity overloads it, creates fever, and becomes prejudicial to the constitution.—*The late Sir John Sinclair.*

DEAFNESS.

In cases of deafness caused by thickening of the membrana tympani, by deficiency of ceruminous secretion (wax), or by a horny and dry condition of the auditory canal, and in many other instances, the application of glycerine will be beneficial. It is thus applied:—Wash the auditory passages carefully by means of cotton held between the blades of a pair of forceps, and dipped frequently in warm water, and dry the passages in the same manner; then apply the glycerine by the same means, or by the aid of a camel's hair-brush, passing the cotton or brush, well soaked in it, repeatedly backwards and forwards.

A NEW ARTICLE OF DIET.

We learn that a new description of food—the Dari—is being introduced into this country. It is a grain or pulse, something between the lentil and Indian corn; and is described as excellently adapted for mixing with the lower descriptions of meal and flour, which it improves both in taste and colour. In Ireland it has already been imported.

ADVERTISEMENTS.

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THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed where practicable. MR. SMARTT attends at 25, Harmer Street, Gravesend, every Friday.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

ERRATUM.—By an error of the press, our answer to "A MARINER," last week, was rendered unintelligible by the omission of the word "or," before the word "vegetables," and by the want of the proper stop after that word.

THE INFLUENCE OF THE PASSIONS ON THE HEALTH will be resumed in our next.

C. K., who complains of "boils breaking out on different parts of the body," merely states the fact, and does not give us any other information. We are ignorant whether C. K. wears a hat or a bonnet. See answer to HENRY DOUGLAS in No. 39.

A. B. (Wath).—You do not mention what kind of rupture you suffer from; some are curable—all are remediable. The best advice we can tender to you is, to avoid all quacks, and as you properly term it, "advertised *stuff*."

D. D. (Anglesey).—Until the irritability of the stomach be removed, the tonics you are now taking are worse than useless,—they are positively injurious. You do not describe the case with sufficient exactness for us to prescribe with satisfaction to ourselves, or with the prospect of benefit to you. You had better write privately.

CAUTION TO PARENTS.—A boy aged twelve years of age died at Cheltenham last week from excessive smoking. The symptoms were those usually caused by narcotic poisons.

A. B. (Leicester Square).—The creature *is* a quack doctor—he ought to have been a coachman; he is well able to drive the last stage of consumption to the end of life's journey.

MARY (Huddersfield).—Collodion applied to the parts is the best means we know of to prevent bed-sores. If your poor mother could afford to purchase a water-bed, her life would be made much more supportable. Any assistance we can render her or you will be cheerfully offered.

M. LORLLO.—When you have perused the back Numbers of our Journal, which you say you have ordered, you will learn that we do not advise in cases having a like origin to yours, in this column. Communicate privately.

A. B. (Brentford).—From your description of the case, we fear you are now suffering from an accumulation of ills that have distressed you at various times in former years: your critical age, your occupation, your liability to spit blood, the "painful deadness," and "creeping sensations," are all signs that indicate the necessity of careful management in 1850, to prevent still greater anxiety in 1851. We will not venture to advise without examining you.

CIVIS (Dublin).—Yes. We wrote to you at your former address, two months ago, but have not received any answer.

WILLIAM (Clerkenwell).—The symptoms resemble those of epidemic INFLUENZA, which is again becoming prevalent. Pursue the mode of treatment advised in No. 5, page 34, vol. i.

O. P. Q. (Rotherhithe).—Care at this season may spare you months of pain, distress, and expense in the coming winter. We decline prescribing for you without having an opportunity of examining you by means of the stethoscope.

DELTA (Cambridge).—Such cases are admitted into the metropolitan hospitals, the surgeons of which are always eager to receive patients requiring operation: if you will call upon us when you arrive in London, we will, if the case appears to merit it, give you a note of introduction.

EDGAR (Kilburn).—You are within the clutches of a Jew quack. Let the loss of your five-pound note for "the five-pound case, as usual, by which £1 is saved,"—be your first and last loss.

ALPHA (Belper).—Here's a list of evils!—"pain in the wrist; muscular debility; irritability, and susceptibility; swelled cheeks; festered gums; burning pain in the head; pain in the muscles of the leg and shoulder-blades; griping, purging; fluttering at the heart; tape-worm; tremors through the whole frame;" and, last of all, "a humble but independent spirit." We promise our good friend ALPHA of Belper our best assistance, and that without "charges," if he will send us his address. We should be barbarians did we not attempt to soothe so much misery: but we cannot tax the indulgence of our readers by devoting to ALPHA the seven pages of our journal which the moral, dietetical, and medical direction of his case demands.

T. H. L. (York Place, St. Pancras).—When the residence of the applicant is so near to our own, as is yours, we never advise a patient without having the advantage of a personal examination. As well as this, yours is a case for which we do not publish advice in this column.

OBITER DICTUM.—Accept our thanks.

V. A. A. (Chelmsford).—Having already published several articles on COUGHS AND COLDS (see Nos. 1 to 11), it is not our intention to resume the subject in this volume. Read the Numbers referred to, or purchase Dr. Yeoman's small work on these winter maladies.

AN ARTIST.—The best book for your purpose is "Anatomy for Artists" by Mr. Wheeler; the price is only 2s. 6d.

ANTIDOTE FOR ARSENIC.—M. Lucas, of Beauvais, gave large doses of calcined magnesia to nine persons who were poisoned by bread containing arsenic; they had very severe symptoms, but all recovered.

CHARLES BENNETT (Great Portland Street).—Take three grains of the extract of conium and four of camphor every night, for a week, then report progress.

A TRADESMAN (Huddersfield).—It cannot be colic: the disease would have terminated, fatally or favourably, ere this: it cannot be intus-susception—that is, one portion of intestine enclosed within another, for a like reason. We consider the case to be one of spasm of the muscular coat of the bowel, caused by the impaction of some hardened feces. It will be useless advising what to do for your wife, as before this can reach you she must have obtained relief. Why did you not send your address? Let us know the result.

S. A. SIMPSON (91 or 97 Bermondsey St.).—We have been favoured with a long letter from this gentleman, advocating Mesmerism, in which the writer says, in consequence of our derision and exposure of the quackery, that "Dr. Yeoman is either very ignorant or very prejudiced;" "but," adds the flatterer, "I am inclined to think the latter." S. A. S. has volunteered an opinion on the Editor: if S. A. S. will transpose his own initials, he will have the Editor's opinion of him.

J. B. (Hoxton).—We imagine that the defective vision may be traced to some derangement of the digestive organs. Will you refer to the answer to T. H. L. in this number?

N. M. (Birmingham).—The reviews appended to the filthy advertisements of the advertising quacks are all fictitious. Do you suppose that the editor of the *Dispatch*, the editor of the *Sun*, or any other respectable newspaper, would soil their pages, and pollute the understanding of their readers, by a criticism, far less by a recommendation of works which emanate from men "who," as the editor of *Lloyd's* says, in his paper of the 20th instant, "not merely satisfy themselves with draining their victims of their money, but drive them eventually to the brink of the grave"? A letter appeared in No. 9 of our Journal, in which was detailed the manner by which these spurious "notices of the press" are obtained.

HENRY WALSH (Coventry).—You can get all the back numbers of Mr. Marr, or Mr Tarn, in your town.

HARRIET (Bradford).—See Dr. Yeoman's small work on HEADACHE. In intermittent headache this snuff has been strongly recommended by RADIUS, a Prussian physician: Take, of any common snuff one ounce, add to it fifteen grains of the disulphate of quinine—and snuff at your pleasure. This can do you no injury: acquaint us with its effects.

A JOURNEYMAN BAKER.—We would willingly render you and your fellow-workmen any assistance in our power, especially as we so well know the evil effects of night work on the health: but we cannot "agitate" the question in our columns. We suppose Lord Robert Grosvenor, your former advocate, has forgotten you in his zeal for the Globulists.

A CLERK (Finsbury Circus).—It may be only varicocele, perhaps some extravasation of blood—it cannot be "bursting," as you term it, of the testicle. We must see you.

MR. SMART'S letter arrived too late for insertion in this Number.

PETER WILKINS (Gateshead).—Take, fifteen drops of elixir of vitriol in a wine-glassful of water, three times a day: live sparingly, take a mild saline purge, avoid all violent exertion. Send your address, and describe particulary the colour and quantity of the blood that you expectorate.

T. INGLIS (Trongate, Glasgow).—The usual practice was to defer the operation of hare-lip until after dentition. But within the last year several surgeons in London have operated immediately after birth; and certainly, from the success that has attended the cases known to us, this early age appears to be the best. So long as the deformity is confined to the lip, the operation is a simple one; if the palate be implicated, it may become a formidable affair. We should advise you to submit your child to some competent surgeon with as little delay as possible.

FRED. HARKNESS (Everton).—In good health, perfect quiet, with an open chest, few persons, perhaps, breathe more frequently than about twenty times in a minute; and the quantity inhaled and exhaled may be estimated at from twenty-six to thirty-two cubic inches each time.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 44.—Vol. II.] SATURDAY, NOVEMBER 2, 1850. [ONE PENNY

THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

No. V.

(*Continued from page* 106.)

FEAR—TERROR.

Different individuals are by nature more or less susceptible to the action of fear. Thus some, even from their early childhood, are notable for their cowardice, whereas others are equally so for their intrepidity. Habit and recreation, however, may certainly do much in conquering a native timorousness of character.

Good health, as a general rule, conduces to boldness, whereas infirmities of body are apt to beget cowardice. Thus, disorders of the stomach and liver commonly awaken false apprehensions, and diminish the natural fortitude. So, too, many other morbid states of the system depress the courage, and transform even the most daring into cowards. The effect, however, of different maladies in weakening our moral resolution, and engendering imaginary fears, is more or less strongly marked. The dyspeptic, for example, will generally be more timid and apprehensive than the consumptive subject. And, again, there are some diseases which, through the unnatural stimulation they promote in the brain and nervous system, tend to excite in us even a morbid excess of courage.

Fear, like the other passions, exhibits numerous shades or degrees. It may be slight and transient, or so aggravated as completely to dethrone the judgment, and hazard not only the health, but even the existence of its subject. It is one of the most painful of the passions, and exerts very astonishing effects, both upon the mental and the bodily functions. Under its powerful influence the fiercest animals are rendered gentle, and subservient to our will and purposes.

In acute fear the effects induced on the physical organisation and its functions are very remarkable, and oftentimes exceedingly distressing. The respiration becomes immediately and most strikingly affected. Thus, on its first impulse, owing to a spasmodic contraction of the diaphragm, a sudden inspiration takes place, directly succeeded by an incomplete expiration; the latter being, as it would seem, interrupted, or cut short, by a spasm of the throat, windpipe, or lungs. Hence arises the irregular and convulsive breathing and painful sense of suffocation, so characteristic of extreme fear. The voice becomes embarrassed and trembles, and, in consequence of the diminution and "ropyness" of the saliva and other secretions of the throat, is dry, husky, thick, and unnatural. Even temporary speechlessness may be induced under the first shock of this passion.

The heart, likewise, suffers acutely. It becomes oppressed and contracted; it flutters, palpitates, and is agitated; the pulse is consequently small, feeble, rapid, and oftentimes irregular.

The viscera of the abdomen, too, not unfrequently experience disagreeable sensations, unnatural or spasmodic contractions, and a morbid increase of their secretions. Sometimes vomiting, but oftener a diarrhœa—involuntary, perhaps—takes place; and jaundice has, in occasional instances, speedily followed its operation. The urine, also, is increased in quantity, is pale or limpid, and the desire to void it becomes frequent, urgent, and often irrisistible.

The blood, as might be anticipated, abandons the surface, the face turns pallid, and the skin becomes universally cold, contracted, and rough, like goose flesh, and in consequence of this contraction, the hairs growing from it are elevated, or, in the common phrase, "stand on end" ("like quills upon the fretful porcupine"); or if this does not occur in fact, such is generally the sensation to the individual. Chills often spread themselves over the surface of the body, or portions of it, sometimes as it were in streams; and cold sweats, partial or general, frequently bedew the skin, and especially the forehead.

Partial tremors, or a general shuddering, as shaking, and chattering of the teeth, as under the effects of extreme cold, or in the first stage of a paroxysm of ague, are of common occurrence. The eyes glare wildly, seeming almost as though they would start from their sockets, and the whole countenance is drawn into a most painful and unnatural expression; a convulsive sobbing, accompanied by a profuse secretion of tears, and in sensitive females severe paroxysms of hysterics, frequently occur. The muscular system may become timidly convulsed, or its energies may be temporarily suspended, and the individual consequently be rendered dumb and motionless. In extreme cases, the whole chest and the upper part of the abdomen are affected with an agonising sense of constriction, and in many instances fainting takes place.

Extreme terror will, in certain cases, instead of depressing and paralysing the nervous power, arouse it into new and astonishing action. We read that it has even caused the dumb to speak, and the paralytic to walk, and that the most obstinate and painful diseases have been known suddenly to yield under its potent influence.

Von Swieten records the case of a man, who, under the action of sudden terror, recovered from palsy of one half of the body, that had afflicted him for years. Many instances have also happened where gout has been immediately expelled by the influence of unexpected fright. An old author relates of one of his patients suffering a paroxysm of this disease, that having his feet and legs wrapped in poultices of turnips, a hog entering his room and beginning to feed on the turnips so alarmed him that he began to run and jump, and all his gouty pains straightway vanished. Intermittent fevers or agues have also yielded to the same impulse. Dr. Fordyce tells of a man afflicted with a fever

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of this description, that his brother having led him to walk by the edge of a mill dam, pushed him suddenly into the water; and which, as he was unable to swim, naturally put him in a very great fright. He was speedily, however, taken out, and from that time he had no further paroxysm of his disease. The following case is related in the 18th volume of the Medical and Physical Journal:—"A lady in the prime of life, of robust habit, was for four years afflicted with epilepsy in a violent degree, the paroxysms returning three or four times a week, continuing for some hours, and leaving the patient in a state of stupor. A variety of medicines had been tried in vain, and the case was considered hopeless, when, on receiving a dreadful mental shock, by the circumstance of her daughter being accidentally burnt to death, the disease entirely and finally left her."

Even severe and settled insanity has been completely removed by immoderate fright. In the thirty-first volume of the Medico-Chirurgico Review, we find the following case, quoted from a Prussian Medical Journal:—"A man between thirty and forty years of age had been from the year 1827 to 1831 affected with an extreme degree of insanity, alternately with periodic fits of raving madness. His case was deemed quite hopeless; and for the two following years, he vegetated, so to speak, in the public lunatic house of the place. A fire having accidentally broken out near his cell, his mental powers, which had so long slumbered, were suddenly aroused; and Dr. Ollenroth, upon visiting him a few days afterwards, found him perfectly intelligent, and assiduously occupied with some domestic arrangements. He had no recollection of his former condition. All that he remembered was simply that, on the approach of the flames, he felt himself seized with an indescribable sense of terror, that he sprang up from his bed, and that he suddenly regained his intelligence."

Many minor affections are also known to be immediately removed, or suspended, under the strong impression of fear, as toothache and other nervous pains, hypochondriasis, sea sickness, &c.

These cases illustrate what may be termed the curative effects of fear—how many cases are recorded of its fatal effects?

Terror may prove instantly fatal, by at once destroying the nervous energy and suppressing the action of the heart; or it may bring on hæmorrhage, and convulsions, quickly terminating in death. Children and females, in consequence of the higher degree of nervous sensibility with which they are generally endowed, are the most liable to fall victims to fear. Broussais relates the case of a lady, who, on feeling a living frog fall into her bosom from the claws of a bird of prey, while she was sitting on the grass, was instantly seized with such a profuse bleeding from the lungs that she survived but a few minutes.

Many examples might be adduced where epilepsy has been the consequence of sudden fright, and even where a tendency to it has been thus rendered permanent in the system. A celebrated German physician asserts, that in six out of fourteen epileptic patients under his care at the hospital of St. Mark, at Vienna, the disease had been caused by terror. A man travelling alone by night, encountered a large dog in a narrow path, and fancying himself seized by the animal, he reached home in extreme terror, and on the following morning was attacked with a violent fit of epilepsy, of which he had many returns. (*Dr. Clarke.*) In young children, convulsions and epilepsy are brought on with great facility under the operation of strongly and suddenly awakened fear. Tissot in his *Avis au Peuple*, referring to the foolish and dangerous practice of frightening children in sport, observes: "One half of those epilepsies, which do not depend on such causes as might exist before the child's birth, are owing to this detestable custom; and it cannot be too much inculcated into children never to frighten one another; a point which persons entrusted with their education ought to have the strictest regard to." Sporting with the timidity of children, as startling them with sudden and uncommon noises or sights, which appears to afford so much amusement to some inconsiderate people, cannot be too severely censured. Equally censurable, too, is the practice of playing on their natural fears as a method of punishment, or with the view to enforce their obedience, as shutting them up in the dark, threatening them with some of the many nursery spectres, which have been created to help inefficient parents in subduing their misgoverned and consequently refractory offspring. How common is it to hear from the lips of nurses and even mothers, while striving to put children asleep, invocations to "Bogy," "Black-man," "Shut your eyes! Here's old bogy!" "Hush-hush! lie still! he'll have you!" Trifling, now, and unimportant as such expressions may seem, yet are they far from being so when we view them in their influence on the moral and physical well-being of the young. The impression which such thoughtless language is liable to induce on the tender and naturally timid mind of childhood is far deeper than most of us are prepared to believe.

(*To be continued.*)

ON VARIOUS CIRCUMSTANCES

IMPORTANT TO BE ATTENDED TO IN PRESCRIBING MEDICINES.

(*Continued from page* 130.)

Disease exerts an influence on the action of medicine in the animal economy very important; the susceptibility to external impression and to action being much varied in morbid affections, and the operation of medicines of course being modified by such variations. The state of susceptibility being in general different when it varies much from that healthy standard, the doses of the medicine administered are regulated accordingly, and thus it is obvious does not admit of much general observation, as being entirely dependent on the nature and state of disease. We may mention, however, two striking extremes. In the diseases arranged under the class *febres* and *exanthemeta* of Dr. Cullen's arrangement, all characterised by febrile action, the animal economy is remarkably irritable, and susceptible to stimuli; the mildest medicines, and in the smallest dose, produce powerful effects. In the diseases arranged under the class *neuroses*, of the same arrangement,—mania, melancholia, hypochondriasis,—all characterised by stupor and insensibility to stimulants, the most powerful medicines, and in the largest doses, are required to produce even moderate effects.

Besides these guides now mentioned in the administration of medicines, the choice of the practitioner must occasionally depend upon the circumstance of the patient being more or less immediately under the practitioner. Then, if the patient can be seen every day, or frequently, by the practitioner, the most active medicines which the nature of the case requires should be chosen. But if he cannot be seen, or is not resident in the same place, the practitioner should choose a remedy of the same class, but less likely to have a violent effect. Thus in prescribing for intermittent fever, where a patient cannot be visited every day or oftener, the Peruvian bark should always be preferred to the arsenical solution. In dropsical complaints, the supertartrate of potash to the digitalis or elaterium.

In apportioning the dose of any very active medicine, it is of the greatest moment to determine the relative degrees of power between the system and the remedy; and to know to what extent the latter is likely to be carried consonantly with the power of life to resist it. Thus, after a patient has been exhausted by

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protracted or severe suffering, a dose different, or milder than one at the commencement of the disease, becomes necessary.

THE VARIABLE ACTIVITY of a medicine should also be appreciated, and the practitioner would act judiciously, if he were to reduce the dose, should it be a very considerable one, whenever a fresh parcel of a medicine is commenced, especially of the powders of active medicines liable to deterioration from being long kept; those of cicuta, digitalis, &c.

THE TIME OF DAY at which remedies should be administered, likewise deserves attention. Evacuating medicines ought to be administered late at night or early in the morning. It would seem that during sleep the bowels are not so irritable, and consequently not so easily acted upon, which allows time for the ready solution of the substance. The same observation applies to alteratives and other medicines, which are liable to suffer from vexatious irritability of the bowels. It is on this account eligible to exhibit guaiacum, pil. hydrargyri, &c., when they are not intended to purge, at bed-time. On the other hand, when the effects of a medicine are likely to be lost by perspiration,—as is the case with diuretics, many of which are by external heat changed into diaphoretics—it becomes a question with the judicious practitioner whether he cannot select some more favourable period for their exhibition. Medicines which are in the form of a pill, as they are liable to be long kept in apothecaries' shops, and of course to become remarkably hard, should generally be administered at bed-time, to give time for the gastric juice and other secretions of the intestinal canal to complete their solution. Under these circumstances they will pass through the whole tract of the bowels as inert bodies, disappointing the intentions of the practitioner and patient. Aloes administered in *powder* operates in from two to three hours; given in *pill* it requires from eight to twelve hours to produce its full operation.

The old custom of giving medicines in the morning, fasting, is not quite so absurd as some modern practitioners have been led to suppose. A weak or mild medicine, taken two hours before breakfast, upon an empty stomach, will operate equally powerfully as a much stronger one will if taken at a later period, or upon a full stomach. Every practitioner must be struck by the truth of this remark, when administering mineral waters, as those of Cheltenham or Harrowgate.

THE INTERVALS between doses of medicine must be regulated by the nature of the remedy, and that of the object which it is intended to fulfil, and whether it be desirable or not that the last dose should support the effects of the preceding; or whether there be any fear of a reaction, or collapse, taking place after the effect of one dose has subsided, unless immediately repeated. Thus the effects of diffusible stimulants, ammonia, or of ether, are very evanescent; they should therefore be repeated at short intervals. The same may be said of diaphoretics. We ought not to allow the periods between the doses to be so remote as to occasion any striking abatement in the impression. So opium, when stimulant operation is required,—as in diseases of debility, fevers of the typhoid kind, &c., should be given in small doses at short intervals, so that it may produce a uniform and regular state of excitement. But when the object is to mitigate pain, allay irritation, and produce sleep, it ought to be exhibited in full doses at distant intervals. There is a caution also which it is very necessary to impress upon the practitioner, respecting the power which some medicines possess of accumulating upon the system. This is notorious with regard to lead and mercury. Dr. Withering has observed that the repetition of small doses of digitalis at short intervals, till it produces a sensible effect, is an unsafe practice, since a dangerous accumulation will frequently take place before any signals for forbearance present themselves.

From a COMBINATION of medicines beneficial and mild effects result, which would not be produced by any of them given separately. From two distinct emetics, combined together, or from two distinct purgatives, an effect results, which is far more certain and mild, than from either of the two administered separately; and the same holds good with other medicines.

Besides the causes now detailed, affecting in a very material point of view the action of medicine upon the animal economy, and which ought to be minutely attended to by every medical practitioner, it is necessary to take notice of a few others not less important, affecting the vegetable and animal world. These are SOIL, CULTIVATION, CLIMATE, SEASON, and ADULTERATION. There can be little doubt but the soil, cultivation, climate, and season, may very materially influence the active properties of a medicinal plant; while the two latter of these causes (climate and season) may as essentially change the type and character of a disease, and modify the vital susceptibity of the patient. This must be admitted to its full extent, or it will be extremely difficult to explain the contradictory and even opposite opinions, and to reconcile the conflicting testimonies of the physicians of different countries, with respect to the efficacy of the same remedies in similar diseases.

CLIMATE produces a powerful impression upon vegetable and animal life. It is probable that in some southern countries, some vegetables enjoy more energetic properties than in northern climates. Senna, by transportation from Arabia into the South of France, assumes a morbid change in its physiognomy and virtues. The leaves are more obtuse, and its taste is less bitter and nauseous, than the pointed leaved variety, whilst its effects will be found to be less purgative. Can a more striking proof of this fact be adduced, than the well-known effect of perfumes at Rome? The inhabitants are unable to encounter the strong scent of flowers in that climate, without experiencing a sensation highly oppressive, and which, in some cases, is even succeeded by syncope. Dr. Harrison, who resided some time in Italy, states, that he has no difficulty in asserting that narcotics act with greater force even in small doses, at Naples, than in England. The extract of hyosciamus, when given to the extent of three grains thrice a day, produced in two patients temporary amaurosis, which disappeared, and again recurred on the ultimate suspension and administration of the medicine. And it deserves particular notice, that these very patients had been in the habit of taking similar doses of the same remedy in England, without any unpleasant effect. Now that this depended rather on an increased susceptibility of the patient in the warm climate than on any increased power in the remedy, is unquestionable, since the extract which was administered in Italy had been procured from London. At the baths of the island of Ischia, the most prevalent diseases were effects arising from the abuse of mercury. Hence we may fairly conclude, that the metal is more active in its effects there than in our country. "The doses of medicines," says Dr. Harrison, "as seen in the prescriptions and works of English physicians, excite universal astonishment amongst the faculty of Italy." Medicines act differently on the same individuals in summer, in winter, and in different climates.

ADULTERATION deserves to be ranked amongst the most powerful causes which have operated in affecting the reputation of many medicinal substances. The Peruvian bark fell into total disrepute in the year 1779, from its inability to cure the ague, and it was afterwards discovered to have been adulterated with bark of an inferior species. Sydenham speaks of the adulteration of this substance before the year 1678. He tells us he had never used to exceed two-drachm doses of cinchona in the cure of any intermittent, but that of late the drug was so inert, rotten, and adulterated, it became necessary to increase the dose to one, two, or three ounces. "Very few practitioners have any idea

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(says Dr. Paris, who has paid particular attention to this subject) of the alarming extent to which the nefarious practice of adulterating medicines is carried on. There can be no doubt that it has been carried on in all ages, but the refinements in chemistry have enabled the manufacturer of the present day not only to execute this fraud with greater address, but, unfortunately, to vend them with less chance of detection. It will scarcely be accredited, when I affirm that many hundred persons are supported in London by the art of adulterating drugs; besides a number of women and children who find employment and excellent profit, in counterfeiting cochineal with coloured dough, isinglass with pieces of bladder and the dried skin of soles; and by filling up with powdered sassafras the holes which are bored in spice and nutmegs, for the purpose of plundering the essential oils."

In prescribing medicines, the principal object to be kept in view is simplicity, and this was greatly neglected in the presciptions of former days, and is even so still in those surrounding countries. Dr. Paris informs us that he was told by a medical practitioner in the country, that the quantity, or rather complexity, of the medicine which he gave his patients—for there never was any deficiency in the former—was always increased in a ratio with the obscurity of their cases. "If," said he, "I fire a great profusion of shot, it is very odd if some of them do not hit the mark!" Sir Gilbert Blane, in his *Medical Logic*, has given us a similar anecdote. A practitioner being asked by his patient why he put so many ingredients into his prescription, is said to have answered, more facetiously than philosophically, "In order that the disease may take which it likes best."

With regard to the directions in a prescription how medicines are to be taken, they ought always to be written distinctly in the vernacular (English) language. In prescriptions, perspicuity is our first object; it is not here that a medical man is called upon to display his learning, and by clearness,—by writing the directions distinctly—he puts it out of the power of any individual to injure his reputation, or to endanger the safety of the patient.

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. III.

THE DISEASES OF TAILORS.

(*Continued from page* 131.)

FISTULA IN ANO.

FISTULA is literally a pipe to carry water; hence it denotes a pipe-like sore, with a narrow orifice, and without disposition to heal.

Fistula in ano is a sinuous ulcer in the neighbourhood of the anus and rectum, having a small outlet from a larger cavity, which discharges a thin, serous, fœtid matter. In consequence of the laxity of the cellular membrane in the vicinity of the rectum, abscesses, or common tumours, even boils, which form here, are easily diffused, and thus the matter, instead of "pointing," or "coming to a head," and escaping externally, burrows by the side of the gut, often to a very formidable extent, and frequently so far as to make a direct communication with it. Hence the necessity of very early attention and great care in the treatment of abscesses so situated. The causes of fistula are various; in some cases continued constipation is a well-detected cause, and in others relaxation of the bowels lays the foundation of the disease: but it occurs far more frequently in persons whose occupation is sedentary than in those of active life; disease of the liver, consumption of the lungs, neglected piles, are also causes. It sometimes arises from an abscess formed externally near the anus, especially during hot weather, in persons who are not sufficiently attentive to cleanliness, and who neglect to wash away the peculiar secretions which collect in the neighbourhood, and produce much tenderness between the nates (buttocks). Fistula, however, more frequently arises from the formation of an abscess in the interior of an internal pile, which finally bursts into the cavity of the rectum. The constant action of the sphincter muscle, contracting and dilating as it does, prevents that repose which is necessary for the healing of the original abscess, which increases, suppurates, burrows, and completes the formation of fistula in ano.

Those fistulæ in which the matter has made its escape by one or more openings through the skin only, are called *blind external fistulæ*: those in which the matter has been discharged through an opening into the rectum, without any aperture in the skin, are called *blind internal piles*: and those which open both into the gut, and also externally through the skin, are called *complete fistulæ*.

Fistula generally commences with some degree of general fever; there is a burning heat, and acute shooting or throbbing pains experienced at the extremity of the rectum, with a swelling or small tumour at the lower part of the buttock, which now becomes so exquisitely tender, that the patient is unable to sit; the pain increases, matter is formed; the desire to go to stool is frequent and urgent, and the pain is then excruciating; sometimes there is great desire to pass the water frequently, and no ability to do so,—in fact, retention of urine takes place. The local irritation increases, the tumour enlarges, an abscess is formed, which either bursts externally, or, in consequence of its contiguity, internally into the rectum. The swelling, which is the forerunner, nay, the origin of the complaint, should at the commencement of the malady be opened by the point of a lancet at the most eligible situation, as soon as it is "ripe," otherwise it will "burst" of its "own accord," or else burrow and form one, two, or more sinuses or fistulæ.

When a throbbing tumour has once formed, all consideration of preventing suppuration is generally out of the question; and our endeavours, if called at the beginning, must be directed to moderate the symptoms; to forward the suppuration; when the matter is "formed," to let it out; and to treat the sore in such manner as shall be most likely to produce a speedy and lasting cure.

When there are no symptoms which demand especial attention, that is when the degree of pain is trifling, with little irritation about the bladder, and the pain is not violently urgent, all that we have to do is to promote the suppuration of the tumour, and a soft poultice of bread or linseed meal is the best application. In some habits an obstinate constipation attends this stage of the complaint, accompanied, not unfrequently, with painful distension and enlargement of the veins of the rectum, both internally and externally. Whilst a quantity of hardened feces are detained within the large intestines, the whole habit must be disordered, and the symptomatic fever, which necessarily accompanies the formation of matter, must be considerably heightened. And while the vessels surrounding the rectum (which are large and numerous) are distended, all the ills proceeding from pressure, inflammation, and irritation must be increased. The warm bath, gentle laxatives, (see Nos. 22 & 23,) and a low cool diet must then be the remedies; whilst a soft poultice or piece of spongio piline will serve to relax and mollify the swollen parts and hasten the suppuration.

We are not advocates of the knife; but by the proper and timely use of a bistoury or lancet, an immense amount of pain and misery may be obviated in the treatment of fistula.

We beg our readers to observe that we only advocate the

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use of cutting instruments in this the earliest stage of fistula, before, in fact, the true fistula has really formed—namely, when the complaint presents itself as an ordinary tumour or abscess containing matter ready to be evacuated. When a tumour that threatens fistula "points," we may, with care, direct the outlet for the discharge of its contents to be in such a position as entirely to escape the gut, and thus reduce the abscess to one of a common character. In performing this simple, but, it must be admitted, delicate and painful operation, the following rules should be held in mind—first, the knife or lancet should be passed in deep enough to reach the fluid matter, and, when it is in, the incision should be continued upwards and downwards, in such a manner as to divide all the skin covering the matter. By these means the contents of the abscess will be discharged at once; future lodgment of matter will be prevented; convenient room will be made for the application of proper dressings; and there will be no necessity for making the incision in different directions, or for removing any part of the skin composing the verge of the anus. Such is the treatment required before the fistulous opening has formed; when the abscess is fairly evacuated of its contents our endeavours must be directed to close up the wound or cavity by healthy granulations, which may be induced by the application of some gentle stimulating applications, even by simple dry lint; keeping the parts free from all irritation, and preventing any accumulation of secretions by the most absolute cleanliness. The medical treatment should be carefully attended to; the bowels should be gently relaxed by castor oil, or the lenitive electuary; if the function of the liver be impaired, alterative doses of calomel or blue pill should be ordered; and the general health so attended to, that the body is neither too much excited, or, on the other hand, too greatly debilitated. When there is much debility, and the discharge from the wound is irritative and scanty, with great pain in passing the secretions, the confection of black pepper, as ordered in the London Pharmacopœia, may be taken in doses of one or two drachms, twice or thrice a day, with much advantage. Sir Astley Cooper was a great advocate for the exhibition of the balsam of copaiba, which he said had the effect of bringing the fistula into a healthy state; it is seldom, however, that the stomach will retain this medicine pending the great irritability caused by a painful abscess.

When the abscess has been neglected, and consists, as does the true fistula, of a small opening having a pipe or canal leading to a large cavity, then, says the surgeon, it is time for me to come in and operate. I must insert a director into the canal, to the very uppermost part of the abscess. I must introduce a probe-pointed bistoury along the grove of the director, and having placed my finger in the rectum, to meet the instrument, I must cut downwards and boldly divide the intervening parts! Now, really, this is a fearful operation, so fearful that Mr. Copland, no mean authority, and a most skilful operator, says, "This mode of operation occasions more dread and reluctance to submit to it, than diseases of a much more serious nature, and operations of a much more dangerous tendency." When the fistula is *complete*, another surgeon will say, Oh, no! don't cut; employ a ligature—pass a silk cord through the canal of the fistula, and tie it tight; let the intermediate parts be gradually cut through by this cord, and the abscess will heal healthily! The agony induced by this process must be terrific, for the pain is not momentary and acute, as in cutting, but it must be continuous, tearing, burning, and exhausting for five or six days at least. A modification of this plan of treatment by ligature is adopted by the well-known Van Butchell, who, we believe, employs a small tourniquet, which keeps the ligature moderately tight, thus gradually dividing by ulceration the parts too frequently incised by the knife.

From what we have said, our readers need not be told that in our own practice we do not employ either the knife or ligature. By gently stimulating the suppurating surfaces, by the insertion of slightly irritating applications, as lint smeared with a very weak preparation of the unguentum hydrargyri nitrici-oxidi; or by gently syringing the canal and the abscess with a slightly exciting lotion; by keeping the parts as much at rest as is possible, and by maintaining them in apposition by means of a well-adapted bandage; by strictly attending to the general health of the patient, and removing what has been, or may be, a cause of the disease,—we have invariably found fistula in ano an easily managed, though painful, complaint, and one that is frequently more formidable in the imagination of the individual than by the actual amount of injury.

(To be continued.)

CANCER OF THE LIP.—THE CONNECTION OF CHANCRE, CANCER, AND FARCY.

(Under the care of Mr. Cutler, at St. George's Hospital.)

On the 6th of August last, Mr. Cutler removed in the usual manner part of the lower lip of a man about sixty years of age, which was affected with cancer. After the operation, Mr. Cutler mentioned some circumstances, connected with malignant growths, which are of great interest.

The lip is often affected with an ulceration of a doubtful nature, and it may occur that the surgeon wavers between chancre and cancer. In doubtful cases, Mr. Cutler is in the habit of giving mercury, and has several times succeeded in controlling ulcerations which were at first looked upon as malignant. But it appears that not only those sores which are of a syphilitic origin are under the control of mercury, but even such as are excited in man by the contact of the farcy virus. Mr. Cutler cited an example of this fact: He stated, that while he was serving in the Life Guards, the farrier of the regiment applied to him for an ulcer of the lip, which had all the appearauces of a malignant growth. The sore had resisted various modes of treatment, and it looked so malignant that Mr. Cutler advised his patient to ask for his discharge. While it was being obtained, Mr. Cutler put the man under a course of mercury, which made such an impression upon the ulcer, that it was healed when the discharge arrived. This success would have favoured the idea that the sore had some connection with syphilis, but it turned out that another animal poison had been concerned in its production.

The farrier stated, that he had had under his care a horse affected with farcy, and that while attending to the horse he had often carried his hand to his own lip. It might thus be conjectured that the mercury had exerted some influence on an ulceration connected with farcy. To this supposition was given much weight by a second case, where it was clear that the virus of farcy had inoculated the patient. The latter was suffering from an ulceration, situated on one of the metacarpo-phalangeal articulations of the right hand. The nature of the sore remained a long time undiscovered, and when the man came under Mr. Cutler's care there were still doubts concerning its origin, though it was suspected to be syphilitic. The patient, however, was a married man, and denied having committed any indiscretion. Mr. Cutler, therefore, gave an accurate description of the sore to the late Mr. Field, the veterinary surgeon, who at once exclaimed that it was farcy bud. The patient was then placed under the influence of mercury, his case being considered analogous to the one above mentioned, and the result was most favourable.

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Seeing the success with which the administration of mercury was attended in these two cases, it might fairly be asked whether the ulcers in question were really and truly malignant. Mr. Cutler's opinion on the subject is, that these ulcerations were of such a nature as readily to become malignant, if allowed to luxuriate where they had sprung up. As to the effect of the mercury upon them, it would be difficult to decide in virtue of which principle such an effect is produced, though it should never be forgotten that it was firmly believed by some older authors, particularly natives of Spain, that the epidemic of the fifteenth century, which was remarkable for the ravages of syphilis, arose from the poison of glanders.

Mr. Cutler stated that the man just operated on was not a favourable subject for trying the effects of mercury; for he was rather advanced in age, and the sub-maxillary glands was showing signs of enlargement. The patient has since progressed remarkably well, and left the hospital shortly after the operation, without one bad symptom.

THE AMBASSADOR OF NEPAUL AND HIS DOCTORS.

L'Union Medicale, of the 3rd of October, 1850, contains a *feuilleton*, written in a very lively and witty strain, on the manner in which the Nepaulese Ambassador paid the Parisian surgeon who treated and cured him. It would appear that his Excellency (according to the French paper) came to Europe both to transact diplomatic affairs, and to seek a cure for a troublesome affection. Sir B. Brodie was consulted, but the Indian Chief became soon impatient, and sought relief in Paris. He had been told that there was but one man there who could cure him, and scarcely had he arrived than he sent for him. The French practitioner, whose name is not given, but whose reputation as a specialist is well known, was at once told by the interpreter that the Prince would give £400 to the man who would cure him. The doctor replied that he was not in the habit of striking bargains, that he would use his best endeavours in the treatment, and be satisfied with whatever the munificent Ambassador would bestow upon him. The cure was obtained, after many difficulties were overcome, among which the gaieties of the Prince were not the least. At the last interview, the doctor fancied that the Eastern nobleman would take from his costume one of those gems with which he had been so lavish behind the curtain of the opera; but, instead of that, the interpreter asked for the account. The indignant medical man answered at once that he was not in the habit of making out accounts for such illustrious persons as the ambassador, and that, if the latter were pleased with his attention, and the happy results of the treatment, he would be satisfied to take what had originally been promised him. Here the interpreter was rather embarrassed, and after some conversation with the prince, said:—"The ambassador will not show himself less grateful to you than he was towards Sir Benjamin Brodie, the first surgeon of England; he wishes to place the medical science of Paris and that of London on the same level, and he desires me to give you what Sir Benjamin has accepted." These words were accompanied by a shabby cheque for forty pounds.—So much for Eastern munificence!

MEDICAL WITNESSES.

At the trial of a man recently, at the Glamorgan Assizes, for rape, a surgeon, named Marsh, gave evidence, which is characterised as being very unintelligible. The judge, after putting a great many questions to him, at last said, "I really cannot understand what you mean, Mr. Marsh. It is a great pity medical men do not understand how to express themselves in courts of justice without clothing their ideas in technical language."

PHARMACOLOGY.

No. XXX.

SEDATIVES—(*continued from page* 134.)

Acidum Hydrocyanicum Dilutum,—Diluted Hydrocyanic Acid, Prussic Acid.—This deadly poison is colourless, transparent, with a peculiar odour of bitter-almonds; the taste is sweetish and bland at first, afterwards pungent and acrimonious; it is very volatile, and is readily decomposed by a high temperature and by light, therefore it should always be kept in a cool place, and in an opaque bottle, or a bottle covered with dark-coloured paper. Prussic acid has been thought by Majendie, who chiefly introduced it into use, to act as a sedative without possessing the stimulating property of opium. It has been used to allay the irritability of the stomach in dyspepsia, and the irritability of the lungs in consumption, asthma, spasmodic coughs, and hooping-cough. Great caution should be observed in its use, and the dose at first should not exceed two or three minims, which may be increased according to the prudence and judgment of the practitioner. The following is a proper form for administering this powerful sedative in cases of irritable stomach, palpitations, angina pectoris, and spasmodic affections of the muscles of respiration:—Take, hydrocyanic acid, two minims; almond emulsion, one ounce. Mix for a draught: to be repeated every five or six hours. As a local application, properly diluted in distilled water, as rose water or elder-flower water, it is useful in abating the itching in impetiginous complaints, also in bricklayer's itch and grocer's itch, produced by the acrid stimulus of lime and of sugar; and in pruriginous rashes of the skin. For the latter class of skin diseases, the following is an excellent and soothing application:—Take, six drachms of dilute hydrocyanic acid; two drachms of liquor potassæ; eight ounces of almond emulsion. Mix for a lotion, wherewith the parts affected are to be bathed frequently. ☞ When an overdose is taken, death is the immediate result; but if the dose do not exceed ten or fifteen minims, it is succeeded by stupor and weight in the head; nausea, faintness, and vertigo, with loss of sight; followed by difficulty of respiration, dilated pupils, a small vibratory pulse, and syncope, which terminates inevitably in death, if no curative means be employed. The treatment should be to administer, as quickly as possible, chlorine-water in doses of two drachms in an ounce of water. Hot brandy-and-water, or camphor mixture, combined with liquid ammonia, or the compound aromatic spirits of ammonia, should be administered. Oil of turpentine, and the whole range of medicines, having the properties of diffusable stimulants, will prove useful, and cold affusion to the head should be immediately employed.

Digitalis, Folia et Semina,—Digitalis, Purple Foxglove-leaves (see DIURETICS, page 149, Vol. I. No. 19).—The medicinal action of digitalis is at first stimulant, but afterwards sedative, diminishing the force and velocity of the pulse, and lessening the irritability; in overdoses it occasions vomiting, purging, dimness of sight, vertigo, delirium, hiccough, convulsions, and death: as we have already detailed, it is a powerful diuretic. It is employed in inflammatory diseases; active hæmorrhages; and dropsies unattended with palsy and unsound viscera. When nausea occurs, it must be intermitted for a little time, and its use followed by a generous diet and tonics. In the article to which we have referred above, we have considered the precautions necessary to be observed during its employment, which we need not now recapitulate. The dose of the *powdered leaves* is from one to two grains, made into pills with the soap pill. The dose of the *infusion of digitalis* is from one to six drachms; of the *tincture*, from ten minims to thirty, or even forty, gradually increased. The following is a form for administering a sedative dose of the tincture of digitalis:—Take, tincture of digitalis, ten to fifteen minims; nitrate of potash, five grains; water of the acetate of ammonia, two drachms; simple water, five drachms. Mix for a draught: to be repeated every four or five hours. ☞ The symptoms of an overdose of foxglove are, intermitting pulse, vertigo, indistinct vision, nausea, hiccough, cold sweats, delirium, syncope, convulsions, and death. The treatment should be to exhibit cordials, as brandy, aromatic confection, and opium, and to apply a blister to the pit of the stomach.

To this class of remedies belong also many Narcotics already described, especially opium in modified doses, belladonna, hyoscianus, &c. There are also local sedatives which blunt the nervous sensibility, soothe pain, and allay spasmodic action of the muscular fibres. Intense cold is a powerful sedative: the preparations of lead, externally,—Goulard's extract,—and creosote, also belong to this class.

(To be continued.)

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HINTS FOR HEALTH.

CHEERFULNESS.

Persons who are always cheerful and good-humoured are very useful in the world; they maintain peace and happiness, and spread a thankful temper amongst all who live around them.

ARDENT SPIRITS.

It is not extravagant to suppose that spirituous liquors destroy more lives than the sword. War has its intervals of destruction: but spirits operate at all times and seasons upon human life, and not unfrequently upon persons who are exempted from the dangers of war by age or sex. If we look to the effects of spirits upon property, we shall find that among the inhabitants of cities they produce debts, disgrace, and bankruptcy; and, among farmers and other classes of society, they produce idleness and ruin.—*Rush.*

THE INFLUENCE OF CLEANLINESS.

A neat, clean, fresh-aired, sweet, cheerful, well-arranged, and well-suited house, exercises a moral as well as a physical influence over its inmates, and makes the members of a family peaceful and considerate of the feelings and happiness of each other; the connexion is obvious between the state of mind thus produced and habits of respect for others, and for those higher duties and obligations which no law can enforce. On the contrary, a filthy, squalid, noxious dwelling, rendered still more wretched by its noisome site, and in which none of the decencies of life can be observed, contributes to make its unfortunate inhabitants selfish, sensual, and regardless of the feelings of each other; the constant indulgence of such passions renders them reckless and brutal, and the transition is natural to propensities and habits incompatible with a respect for the property of others or for the laws.

HEALTH OF CHILDREN.

Rising early is a habit of high importance to fix in children; and in forming it there is far greater felicity than in other cases. There is a natural inclination in children generally to early rising, which needs only to be gratified and encouraged. They usually retire to bed some time before their parents, and at daylight, or at least sunrise, are generally awake and anxious to rise. Many of them are actually bred up with difficulty to the habit of taking a morning nap, which, when once formed, generally prevails through life. Let the father deny himself so far as to retire early and become an early riser also. His health, enjoyment, and usefulness, he may depend upon it, will be perceptibly benefited. And this may be connected with another preventive of disease—active employment. The morning is the season of activity; the frame, invigorated by repose, is prepared for exertion, and motion gives pleasure. The pure atmosphere, so much more bracing than at other hours, so much sweeter and more exhilirating than the air of a confined chamber, has been prepared to be breathed, and like all nature's medicines, it is superior to any which science can produce. Early rising and early exercise may more properly be called food than medicine, as they are designed for daily use, and to protect us from disease, rather than to remove it. Everything except mere sloth invites us—nay, requires us—to train up our children to use them. The morning is the most favourable season for exercising the frame, as well as for making useful impressions on the mind and heart; and whoever tries to conduct the education of his child independently of this practice will lose some of the most favourable opportunities.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE DISEASES OF WOMEN AND CHILDREN will be resumed in our next.

EDWARD (Edinburgh).—Do not submit to an operation: the malady, unless the joint be irrecoverably injured, may be arrested, palliated, and its effects removed by medical treatment and a proper bandage. Sir Astley Cooper said that he never took up the knife to operate without feeling that a noble and exalted science, that of medicine, then gave place to the appliances of one far beneath it, that of surgery; and this feeling is shared by the most intelligent of modern medical practitioners. Surgical operations are comparatively rare, to what they were twenty years since.

TO ENGRAVERS ON WOOD.—Artists of ability, who are competent to copy from nature, and to reduce copies, as well as engrave them, in the first style of the art, may apply, with specimens of drawing and engraving, to Dr. Yeoman, Lloyd Square, any day before 1 o'clock.

H. R. (Hampstead Road).—"Clairvoyance" literally means *clearsightedness*.

TYPO (Bouverie Street).—Use the following embrocation:—strong liquor of ammonia, two drachms; tincture of opium, three drachms; soap-liniment, an ounce and a half. Mix. The shoulder to be well rubbed with this night and morning.

T. HOPES.—See the articles on PLEURISY in Nos. 17 and 18.

ANTHONY (Belfast).—We shall publish a long article on CHILBLAINS in a few weeks.

M. N. (Coney Street, York).—"Marshall's Cerate" is thus made:—palm oil, five ounces; calomel, one ounce; acetate of lead, half an ounce; nitrate of mercury, two ounces. Do not employ it on our authority: it is a quack nostrum. We only oblige you with the mode of preparing it, so that you and others may know how the empirics manufacture their wonderful remedies.

JAMES CROSS (Norwich).—"Taylor's Red Bottle," a notorious local quack preparation of the *Whitworth Doctor*, is nothing more, and nothing less, than British brandy, coloured with cochineal, and flavoured with oil of thyme.

DELTA (Bristol).—We are very much obliged by your valuable communication, which, although unsuited for our columns, we have read with much pleasure. Have we your permission to place it in the hands of a talented friend who is the editor of a journal for which it is better adapted? In answer to your query, we believe we may say with some confidence, that the late Dr. Chalmers was the author of "Vestiges of the Creation."

H, B. (Vauxhall).—"Bile" is the secretion of the liver. "Boil" is the popular name for a small tumour, attended with inflammation and pain.

T. W. (Watford).—Can only be answered privately.

TRISTIS (Linton, Kent).—We do not answer applications originating from the perusal of the DISEASES OF ERROR in this column.

HANNAH (Liverpool).—Refer to the DISEASES OF WOMEN AND CHILDREN, in No. 34.

A CHEMIST'S ASSISTANT (Borough).—You ought to have referred to some authority yourself, without troubling us. Here, however, is the answer. Red Armenian bole, *Bolus Armena Rubra*, is a compound of aluminum found in Armenia. The substance sold under this name in "low-priced," shops is made by grinding together pipe-clay and red oxide of iron, and levigating them with a muller on a hard stone.

T. C. P. (Golden Square).—We do not know a better remedy for habitual constipation than the compound decoction of aloes. It is expensive to purchase at a chemist's, but you may make it yourself at a very small cost. For directions to do so—the dose, &c., see page 151, Vol. I., No. 19.

A WORKING MAN.—The catheters in question cost about one shilling each. You may get them of Mr. Smith, 1 High Holborn.

R. P. (Maidstone).—Take a wineglassful of the infusion of broom-tops (*Spartium Scoparium*) twice a day. It is thus made:—macerate for four hours one ounce of broom-tops, in a pint of water; then strain. It is a very useful aperient and diuretic.

COSMO (Liverpool).—We should be more alarmed about the mental disturbance than about the local pain. Your letter is not sufficiently explicit.

R. P.—The rash is caused by the balsam of copaiba you have taken, not by any specific or constitutional effect produced by the disease for which the capsules were taken. Omit the copaiba: take a saline purge, and a warm bath at 98 degrees.

R. R. (Alton).—You complain of paying fees: "a guinea," you say, "is too much merely for occupying your time half an hour." Will you read the following short anecdote? "You charge fifty sequins," said a Venetian gentleman to a sculptor, "for a bust that cost you only ten days' labour."—"You forget," replied the artist, "that I had been thirty years learning to make that bust in ten days."

A POOR CLERK (City).—If you look through the Medical Directory, you will not find the names of either: they are advertising quacks, the most despicable of all impostors. Read the letter of A VICTIM, in No 2, and a NARRATIVE in No. 24, if you desire to learn the true character of these men.

JOY.—In our article on the EFFECTS OF JOY, in No. 39, we stated that many cases of sudden death resulting from extreme joy had been recorded. Another instance has occurred within the last ten days at Newcastle-on-Tyne, in a poor woman who suddenly met her son, whom she had not seen for some time. The joyous meeting so overcame her that she dropped dead.

ALPHA (Ratcliffe).—The uvula is relaxed. Use a gargle thus composed several times a day:—Take, tincture of catechu, six drachms; diluted sulphuric acid, one drachm; infusion of roses, seven ounces.

JAMES D. (Maddox Street).—"Psora" is the itch; "Psoriasis" is the dry scall, or scaly tetter, which consists of dry scales, and an irritable, "chappy" state of the skin.

ESTHER (Colchester).—You will find Nevill's flour of lentils an excellent and economical substitute for groats, prepared food, &c. For sixpence you may satisfy yourself of the truth of this remark: you can get a small packet at any respectable grocer's in your town.

D. FURNESS (Halifax).—Take a warm bath; apply the compound sulphur ointment; change all your linen; and for the future be more choice in your society.

A TAILOR.—We thank you for your good wishes. We are delighted to learn that the articles in question promise to be so serviceable.

EDWARD EDWARDS.—You have no remedy: you parted with your money too soon. A case occurred a short time since in which a lady refused to pay an advertising dentist for a set of teeth supplied by him, with which she could neither eat nor articulate. The man brought an action, gained a verdict, and the poor lady paid the money.

D. J. (Shadwell).—"A crack on the lip which will not heal" is not to be trifled with, especially when caused as your's is, by "smoking a pipe that is not waxed or glazed." Cancer frequently thus commences. Discontinue your pipe, and apply some of the compound tincture of benzoin to the sore.

ANXIETY (Wandsworth Road).—Syphilis acting on a constitution already tainted with scrofula is a fearful affair. See the DISEASES OF ERROR.

ROBERT HALL (Bermondsey).—The cause of a silver spoon being discoloured of a blue-black hue when used in eating an egg, is that the egg contains sulphur: the serum of all animals contains sulphur.

RICHARD BROWN (Bradford).—If you refer to Nos. 8 and 9, you will find the treatment of RHEUMATISM minutely detailed. We cannot repeat the articles.

A TRADESMAN (Bethnal Green Road).—The occasional indisposition to which you are liable will not increase the rate of premium at which any respectable office will assure your life. It is now becoming usual that the office pay the fee for medical examination, not the intending candidate for a policy.

A THOMPSON (Newcastle-on-Tyne).—Many medicines act as solvents of stone in the bladder; but of course before the precise remedy be prescribed, the exact character of the stone must be ascertained. By testing the urine, much information may be gained.

A DYSPEPTIC.—A tolerably good artificial Seltzer water may be made by adding to a pint and a half of water impregnated with carbonic-acid gas (soda or Carrara-water), four grains of sub-carbonate of soda, two grains of sub-carbonate of magnesia, and twenty grains of the muriate of soda.

LAERTES (Westbourne Grove).—The Dr. Johnson you refer to,—author of works on the "Climate of India," &c.,—has been dead some years. The hydropathist of the same name is not any relation of the deceased talented and repected physician.

HEALTH TO LONDON.—The return for the week ending last Saturday shews that the deaths registered in the metropolitan districts amounted to 860, a number which, though it indicates a slight increase of mortality on the previous week, when it was 839, is still less than the weekly average, to the extent of 125 deaths. Diarrhœa continues to decline, though the fatal cases are still rather more numerous than usual at this period of the year. Typhus is more general and more fatal: the victims from fever number 54.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 45.—Vol. II.] SATURDAY, NOVEMBER 9, 1850. [ONE PENNY

ON THE DISEASES OF WOMEN AND CHILDREN.

No. VI.

By the Editor.

(*Continued from page* 114.)

MENORRHAGIA,—OR PROFUSE MENSTRUATION.

The flow of the menses must be considered immoderate when it either returns more frequently than what is natural—the usual period of its return being from twenty-seven to thirty days;—when it continues longer than ordinary—the time of its continuance varying in different constitutions from two to six days;—and when the discharge is more abundant than is usual with the same person at other times.

It is imposible to lay down any general rule to determine the exact quantity of fluid that ought to be thrown forth at such periodical indisposition, as some individuals secrete more, others less. According to Dr. Locock, the quantity lost is, upon an average, about five or six ounces; "but," says he, "this is merely a general rule; the exceptions are numerous; and it is only when it becomes an exception to the individual's ordinary habits, that disease should be considered to exist."

A profuse discharge may arise from two very opposite causes; namely,—from plethora, or excess of arterial vigour; and from relaxation and debility of the whole system. These different states of the body must be considered as the predisposing causes. The proximate or exciting causes are many: amongst them are to be mentioned, local debility of the womb arising from frequent child-bearing, repeated miscarriages, or difficult and tedious labours; a sedentary and inactive life; much grief, sorrow, and despondency; a poor low diet, especially drinking too much tea or coffee, the evil effects of which are increased by the great temperature at which professed tea-drinkers swallow their four or five cups; living in heated apartments, as is the case with milliners and artificial-flower makers. The immediate causes may be frequently traced to violent and unaccustomed exercise, as in dancing; blows, or concussions of the body; strains, as in lifting heavy weights, or in "making beds;" violent straining at stool; tight-lacing, or other mechanical impediments to the free circulation of the blood; some of the exciting passions of the mind; excess, particularly at or about the anticipated period; the application of cold or wet to the feet; and lastly certain organic affections of the uterus, such as cancer, polypus, &c.

When excessive menstruation occurs after the age of forty, and particularly when it is preceded or succeeded by pains in the region of the womb, some organic mischief may be suspected, and the case should then demand the greatest care and solicitude on the part of the patient and her medical attendant, as a prolonged or profuse discharge at this period may materially and permanently affect her future health.

The symptoms of menorrhagia when arising from plethora, are frequent shivering-fits, or rigors, which invariably precede the discharge; acute pains in the head and loins; a bloated, or puffed and flushed countenance; heat of the whole body, and a strong, hard pulse. On the contrary, when the signs of debility are present, the pulse is small and feeble; the face pallid; the respiration short and hurried on the slightest effort; there are dull aching pains in the back and loins; shiverings; flushing of the face; tremblings; pain in the left side; giddiness, fainting, and loss of recollection: depression of spirits, anxiety, and timidity, are the familiar symptoms of the complaint. In extreme cases, the patient is startled by the slightest noises, she is in a state of constant apprehension of death, or of some great evil about to befal her: or, she imagines that she has done something wrong, or is harassed by constant fears that she may be tempted to commit wrong. The sleep is often disturbed by frightful dreams; there is indigestion and flatulence, and the bowels are generally costive.

If this disease has existed a considerable time, the body suffers from the drain on the sanguineous system. For want of the usual supply of blood, the face becomes bleached, the patient has nervous headaches, the pain of which is confined to one spot; vertigo, singing in the ears, and drowsiness; the body is chilly, and the hands and feet cold. The headache, and disordered state of the brain is very similar to that which arises from too great a supply of blood; thus a person threatened with apoplexy has headache, vertigo, noise in the ears, &c., the cause of which symptoms is an excess of blood. The same sensations may be felt by a woman who has only half the usual quantity of blood sent to the brain; she feels as if she was always in danger of falling; this sensation occurs even on suddenly turning her head; and if it were not immediately and cautiously returned to its natural position, it is probable she really would fall.

The treatment in the plethoric or inflammatory form of the complaint must be directed to reduce the general febrile symptoms; the patient must be kept in a recumbent position on a sofa or mattress; she must avoid all exertion, alike of the mind and body; the bowels must be moved three or four times a day by means of some saline aperient, as two drachms of Epsom salts in an ounce and a half of infusion of roses, with the addition of twenty drops of tincture of henbane. The diet must be low, unirritating, and free from any thing that can stimulate. If there is a full, hard pulse, with great heat of the skin, a copious bloodletting may be necessary, but in the majority of cases the inflammatory symptoms will yield to a proper antiphlogistic plan of treatment, consisting of antimonials, nitre, &c. After the more urgent feverish symptoms are removed, the patient should drink freely of cold acidulated beverages, as lemonade, an infusion of

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roses with an excess of acid, or elixir of vitriol, in water; the internal use of astringent or styptic medicines should also be prescribed, and of these the acetate of lead, or the muriated tincture of iron, are decidedly the best. They may be given in the following forms—

Take—Acetate of lead six grains;
Tincture of hyosciamus, three drachms;
Strong acetic acid, one drachm;
Water, five ounces and a half.—Mix.
Dose—Two dessert spoonsful every four or five hours.

Or;

Take—Tincture of the muriate of iron, three drachms;
Tincture of hyosciamus, four drachms;
Tincture of digitalis, one drachm.—Mix.
Dose—Thirty drops in a small quantity of cold water every three or four hours.

When symptoms of debility are present, and the proper discharge, as more generally happens, is attended with great prostration of the strength, of course the treatment must be the very opposite to that just detailed. The diet should be nutritious, but not stimulating; the bowels should be relieved by gentle laxatives, as castor oil, or the electuary of senna; the strength must be maintained by mild tonic or astringent medicines—a glass of port wine may be permitted; and the patient must be kept constantly, during the exhausting period, on a hard bed or sofa. We quote the following excellent remark from the late Dr. Gooch: "Many practitioners will tell you to administer such remedies as will strengthen and invigorate the system—take care of that, and let the discharge take care of itself. I do not consider this the best mode of treatment, but should rather say, take care of the discharge, and let the system take care of itself, which it will do; for as you succeed in diminishing the discharge, the system will obtain a healthy proportion of its fluids, and the patient will gain all the advantages of an adequate nutrition. But by the contrary plan, while you are attempting to strengthen the constitution, the discharge will certainly be weakening it." In severe cases where the discharge is very profuse, the constant application of astringents and cold to the lower part of the body is imperative; ice should be applied to the vagina, or an injection consisting of equal parts of the compound alum lotion and water should be employed several times during the day. The author we have just quoted was a great advocate for the administration of water by way of glyster; he relates the following case: "A lady who went to India, was married there, and had seventeen children, with several miscarriages in addition. This rapid child-bearing produced a purely passive hæmorrhage. She had a continual dropping for months from the uterus, which occasioned a cadaverous countenance, a cold, death-like state of the hands and feet, a small weak pulse, and a nervous affection of the head. She had taken all kinds of tonics, steel, bark, acid; she had tried country air, and the cold bath, but all without success. When I first saw her she was laying on a sofa, a striking spectacle, more like a corpse than a living person; she said she was not glad to see me, for she had taken so much medicine with no effect, that she was quite tired of it. I directed her to have injected every night half a pint of water into the rectum after she was in bed. She said she did not like it; I replied, 'you will go on as you have done for weeks, and at length you will have recourse to my slighted remedy; you will then find its operation so speedy and so effectual, that you will exclaim, 'What a fool I was that I did not use it before!' This representation had the desired effect; she began to use this simple injection the same night. At first the chill was just taken off the water; gradually its temperature was reduced until it was used quite cold; and being satisfied herself of its efficacy, this enema was repeated every night and morning. She lay on a sofa during the day, and in nine or ten days the discharge ceased, which had resisted all other remedies during nine months. The drain from the system having ceased, the vessels became filled, and she regained her flesh and strength."

The internal remedies should be tonic and astringent, such as quinine and sulphuric acid, the preparations of iron, cascarilla, and acetic acid, decoction of oak-bark, &c. The following are useful prescriptions:—

Take—Sulphate of quinine, one scruple;
Dilute sulphuric acid, a drachm and a half;
Tincture of hops, four drachms;
Syrup of red poppies, two drachms;
Water, two ounces.—Mix.
Dose—A dessert spoonful three times a day.

Or;

Take—Citrate of iron, two scruples;
Tincture of hyosciamus, two drachms;
Syrup of lemons, two drachms;
Water, one ounce and a half.—Mix.
Dose—A tea-spoonful twice or three times a day.

Or;

Take—Sulphate of zinc, one grain;
Dilute sulphuric acid, fifteen drops;
Tincture of cinnamon, thirty drops;
Water, an ounce.—Mix, for a draught to be taken three times a day.

In all severe or protracted cases that resist the usual means of relief, it is advisable that the patient should submit to an examination; because symptoms closely resembling those of menorrhagia, may arise from organic mischief, particularly ulceration, polypus, and inversion of the womb.

(To be continued.)

IS CONSUMPTION CURABLE?

At the Pathological Meeting of the Medico-Chirurgical Society on Wednesday, a conversation arose on the Curability of Tubercular Phthisis. This conversation followed the exhibition by Dr. Spittal, of a portion of lung containing a considerable cavity, which had no communication with the bronchial system. The specimen was taken from the body of a woman who had been found dead, and no account could be obtained of her previous state of health. An adhesion between the pleuræ had been observed near the apex of the left lung; and the lung being cut into at this place, a considerable cavity was discovered. There was a good deal of dark matter deposited in both lungs, and near the cavity there were some nodules of grey consolidated matter, and, in its walls, some white matter. The appearance of the cavity, however, was not such as to carry conviction that it was a closed tubercular cavity; while it was not more easy to pronounce that it belonged to any of the other known forms of pulmonary cavity; namely, a dilated bronchial tube, an excavated abscess, or a cavity left by circumscribed gangrene. Dr. Bennett exhibited a beautiful engraving on wood of the appearances presented by a lung, in which, according to his view, tubercular cavities had become cicatrised. The preparation from which this engraving was made, Dr. Bennett had formerly brought under the notice of the Society. The case was striking—a person employed as a clerk in Edinburgh, and who lived a dissipated life, became affected with very well-marked symptoms of tubercular consumption; but, at this time receiving the appointment of a parish schoolmaster, he went to the country, where he recovered his health, and lived a regular life about twenty years. He then returned to Edinburgh, and falling into his former irregular habits, was cut off by delirium tremens. The *post-mortem* examination showed the decided appearances of tubercular cavities, long before cicatrised, as delineated in the engraving.

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The evidence now accumulated of the curability of phthisis is very imposing. Dr. Bennett called on the senior members of the Profession present to state their experience on the subject. The opinions expressed, though not of a very decided character, were generally favourable to the idea of the curability of tubercular phthisis, when the disease has not made much progress.

It seems strange that any doubt should exist as to the curability of phthisis, when it has been the usage of the Medical Profession, from the earliest times, to recommend to persons affected with this disease so strong a measure as the expatriation of themselves to distant countries for the sake of a cure. Celsus advises the phthisical to go to Egypt—a piece of advice which has been revived in our own day. Bearing on this step of change of climate, there are some points in the pathology of phthisis, the attempt finally to clear up which should be made without delay. Why, then, are the phthisical sent abroad, notwithstanding the prevailing belief, that the disease is wholly incurable? To this question very various answers will be given—some will say that there is a cachexia phthisica antecedent to the formation of tubercles, and that this cachexia may be cured by a change of climate; others will say that phthisis has its origin in obstinate catarrhal affections, and that this precursory disease may be got rid of by a milder temperature; others, again, will say that tubercles are deposited in successive crops, and that the constitution can relieve itself of one crop, provided that by change of climate, or by some other means, the crops that so usually follow are prevented from overwhelming the function of respiration, and through it, the curative powers of the system. The first and the last of these views may be considered as one in the meantime, the most vital question at the present moment being how far bronchial inflammation is distinct from the tendency to the production of tubercles in the lungs. It was a very early opinion, that catarrh degenerates into consumption—an opinion which still holds its ground tenaciously enough with the Profession, however slender may be its foundation. It does not clearly appear who was the first to call this so universal opinion in question. Considerably before the end of the last century, Cullen is found to say, "that it appears probable that a catarrh is very seldom the foundation of phthisis;" again, "that the beginning of phthisis so often resembles a catarrh that the former may have been mistaken for the latter;" and, "that in the few cases of catarrh, which can be said to have ended in phthisis, it is probable that the persons affected were peculiarly predisposed to phthisis." Considerably before Cullen's time, Huxham made the singular and somewhat confused remark, that many cases of consumption occurred after catarrh, especially where tubercles had been previously formed. Laennec's decided opinion against the long-supposed connexion between bronchial inflammation and the origin of tubercles, is universally known to the Medical Profession; yet it has too commonly been assumed, that the controversy, as to the inflammatory or non-inflammatory origin of tubercles, has no distinct practical bearing. But, as the general question plainly involves the special question, namely, whether or not catarrh degenerates into tubercles, the decision of the latter, at least, is a necessary preliminary to any exact reasoning as to the curability of phthisis; otherwise, how can we determine whether the so-called cases of incipient phthisis, which are every year cured by a change of climate, be mere catarrhs, or cases in which there was already a limited development of tubercles. If to cure a chronic catarrh in a person constitutionally disposed to phthisis, be not tantamount to removing the cause of successive crops of tubercles, then we shall be entitled to insist, as often as a true incipient phthisis may be checked, that, however limited for the time, the means, nevertheless, exist, of stopping directly the further formation of tubercles. But were this view firmly established, there is a new field opened up for the investigation of untried therapeutical indications, and, in the search after such indications, care must be taken not to lose sight of what Laennec so much insists upon, namely, that tubercles terminate favourably, not by absorption, but by changes consequent on their full development and the evacuation of their cavity.

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. IV.

Diseases caused by Sedentary Occupations.

(*Continued from page* 141.)

DISEASE OF THE PROSTATE GLAND.

The prostate body, or prostate gland, is a glandular substance in the form of a cone, the base of which embraces the neck of the bladder, and the apex is continuous with the membranous part of the urethra. Its use is to protect the vesiculæ seminales and the entrance of the ejaculatory ducts, and to secrete a bland subaceous fluid.

Disease of the prostate gland more frequently occurs in advanced life, or in persons who for years have been confined in a posture that presses upon, and allows the whole abdominal viscera and their contents to gravitate upon this sensitive and delicately situate body. It may also become inflamed, from the sudden suppression, or metastasis of gonorrhœa. The most common derangements to which this body is subject are, acute and chronic inflammation; occasionally it contains a calculus or stone, and sometimes it is the seat of fungous polypus.

Acute inflammation of the prostate gland more frequently succeeds some other local disease, as gonorrhœa, or a local injury either by a blow, fall, or the imprudent use of bougies and catheters. The most urgent symptom in this form is the violent pain that is experienced immediately after discharging the water, the desire to do which is constant and urgent, and after an evacuation of the bowels; there is great tenderness, and a throbbing, shooting, pain felt in the perinæum, with a sense of weight and uneasiness around the hips, buttocks, and loins. The treatment consists in removing the cause of the complaint, if it be gonorrhœa, and palliating the effects, if it arise from local injury. The abstraction of blood from the arm is frequently required, and the bowels should be immediately and regularly moved by mild laxatives; feverish symptoms must be subdued by means of saline antimonials, and the irritability of the whole system allayed by warm baths and sedatives. As the inflammation advances complete retention of urine may take place, and then it will be necessary to withdraw the water several times a day by means of the catheter; at the lapse of three or four days, it will be observed that matter escapes through the instrument, which proves that the gland has suppurated, and an abscess has formed. The whole symptoms are then greatly aggravated; there is a constant desire to void the urine and difficulty in doing so; each evacuation of the bowels is attended with excruciating agony, and the patient is bowed down by a load of unbearable suffering. Warm fomentations, the warm bath, castor oil, the easy and constant introduction of a catheter, quiet, and those general means which are adopted in acute inflammations of important organs, are the only resources on which we can depend.*

Chronic inflammation, or enlargement of the prostate gland, is the result rather of advancing years, or of peculiar po-

* See Diseases of Error, pp. 15, 16.

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sition of the body for many years, than of actual disease or disorganisation of the parts; it is sometimes mistaken for stricture in the urethra, or stone in the bladder, but with ordinary discrimination the correct disorder may be readily detected.

The symptoms are many and distressing; a considerable enlargement of the gland is attended with great difficulty in voiding the urine, not only as regards the degree of pain endured by the patient, but also by reason of the length of time that is required to allow the urine to "dribble" away over an irritated surface. The urine when passed is thick and clouded, and possesses a peculiar strong, pungent, ammoniacal odour (like strong smelling salts), in consequence of its long continuance in the bladder. The next symptoms observable are, pain and numbness in the glans penis, the prepuce not possessing its usual sensibility; there is weight and uneasiness in the perinæum, which is eased by pressing the finger on the part; a dull, heavy pain is felt in the back and loins, especially along the course of the ureters, and on the inner side of one or both thighs. The evacuations, if in the least constipated, *are flattened*, owing to the pressure which is made upon the rectum by the swollen gland. There is a constant desire to pass both the urine and fæces, and an uneasy sensation after going to stool, as if a larger quantity remained to be discharged. Occasionally there is a complete retention of the urine, and this occurs when the gland is greatly increased in size, so that the urine collects behind the swelling, presses upon the mouth of the urethra, and forms a complete barrier to its passage.

Conjoined with all these symptoms there is great constitutional disturbance, the whole system is in a state of irritability and fever, the pulse is quick and small, the skin hot and harsh, the appetite is lost, and the patient is restless, feverish, and miserable.

Enlarged prostate may be distinguished from stricture of the urethra by the following circumstances: if a bougie is incapable of being passed beyond four, five, or six inches, there may be a stricture; but, if it can be passed seven inches, and then meets with an obstruction, the probability is, that the seat of the disease is in the prostate gland. An old author, Sharp, who is quoted by the late Mr. Samuel Cooper, says, "An enlarged prostate is attended with symptoms resembling those of stone in the bladder; but with this difference, that the motion of a coach, or horse, does not increase the grievances, when the prostate is affected, while it does so in an intolerable degree in cases of stone. It also, generally happens, that the fits of the stone come on at intervals, whereas the pain from a diseased prostate is neither so unequal, nor so acute." The chief diagnostic sign, however, is evinced by the use of a catheter, bougie, or sound, by which a stone may be struck, if in the bladder, and by passing a finger into the rectum the enlargement may be often felt; in fact, in the present age an incorrect diagnosis is rarely made by medical practitioners.

The treatment of enlarged prostate should be directed to lessen the urgent symptoms, and to promote the absorption of the enlargement; for the first purpose the means advised in the acute form for the disorder should be adopted, and when there is great irritability, the warm bath should be frequently resorted to. When no urine passes, and there is great pain at the neck of the bladder, a few leeches, or the cupping-glass, should be applied to the perinæum, and the abstraction of three or four ounces of blood followed by a large bread or linseed-meal poultice. When it is necessary to relieve the retention of urine by the introduction of a catheter, the instrument employed should be at least fourteen inches in length, and a quarter of an inch in diameter; in introducing it much tact is required, so as to avoid the difficulty which generally arises at the curve which the enlargement of the gland has produced in the urethra. To obviate this the handle of the instrument is to be here slightly raised, for the purpose of insinuating the point through the curved part. Having passed this, the handle should be depressed completely between the thighs, so as to occasion the point of the instrument immediately to rise above the pubes, when it will immediately enter the bladder. When the bladder is relieved of its contents, the best medicine that can be afterwards given for the purpose of preventing a return of the retention, and at the same time lessening the inconvenience that attends the complaint, is—fifteen drops of the liquor potassæ, ten drops of balsam of copaiba, in an ounce and a half of camphor mixture. This was a favorite remedy of Sir Astley Cooper, who said, "This is the best medicine you can use." Conjoined to this, the patient should take twice or three times a day, a wine-glassful of the infusion of buchu, or the same quantity of the infusion of broom. When the urine is of a very ammoniacal odour, eight or ten drops of diluted nitric acid in an ounce of water will afford great relief. The diet should be free from all that can excite the patient, at the same time it should afford him ample nourishment. The bowels are to be moved once or twice daily, and the evacuations prevented from being of a solid character; all active purging, however, will be injurious. If there be great irritation and pain in the perinæum, and around the neck of the bladder, a suppository composed of a grain of opium, ten grains of the extract of henbane, and sufficient wax to form a proper cone, passed into the rectum and allowed to dissolve there will frequently not only lessen the uneasiness, but also assist to promote a diminution of the projection of the gland.

With the hope of promoting absorption, small and repeated doses of a mercurial preparation should be given; as, four grains of blue pill, night and morning; or three grains of the hydrargyrum cum cretæ, taken three times a day: and as well a mixture similar to the following should be prescribed:—

Take—Iodide of potassium, twelve grains;
Tincture of henbane, three drachms;
Mucilage of gum arabic, one ounce;
Camphor mixture, four and a half ounces.—Mix.
Dose—Two tablespoonsful twice a day.

If the nights are restless, five grains of the compound soap pill, or a quarter of a grain of the muriate of morphia, taken at bed-time, will afford some relief.

The introduction of the catheter will be frequently required, and care should be taken always to introduce one of the largest size that the urethra will admit; an elastic gum catheter readily passed in the bladder and allowed to remain for some time, is very often a means of greatly abating the patient's sufferings.

This complaint is one of a most distressing character, for which the invalid seldom obtains a perfect cure: the symptoms may be held in check by judicious treatment, and comparative ease may be insured; but if neglected or improperly treated, existence is a continuance of suffering, and life itself is shortened.

(To be continued.)

ABERNETHYANA.

No. II.

A FEMALE, consulting Mr. Abernethy, for an ulcer she had on her arm, was particularly asked, "what is the matter with you?" The patient immediately held up her arm, but did not utter a word. "Oh! oh! poultice it, and take five grains of blue pill every night, that's all; come again in a week." The fee was presented, but refused; at the end of the week, the patient presented herself again, when the same pantomime took place, and the fee again refused. After a few more visits, Mr. A., on looking at the arm, pronounced it well, when the patient again offered a fee. "No," said Abernethy, "from *you* nothing

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will I receive, for you are the most sensible woman I ever saw. *You don't talk ! !*"

Mr. T., a young gentleman with a broken limb, which refused to heal after the fracture, went to consult Mr. A. ; and, as usual, was entering into all the details of the complaint, when he was thus stopped almost *in limine*—"Pray, Sir, do you come here to talk, or to hear me ? If you want my advice, it is so and so—I wish you good morning."

Mrs. J— consulted him respecting a nervous disorder, the minutiæ of which appeared to be so very fantastical, that Mr. A. interrupted their frivolous detail, by holding out his hand for the fee. A one-pound note and a shilling were placed into it ; upon which he returned the latter to his fair patient, with the angry exclamation, "There, ma'am ! go and buy a skipping-rope ; that is all you want."

Of Mr. Abernethy's independence, and strict regard to what is right, we have many examples. Among others, the following is characteristic :—A certain noble personage, who at that time enjoyed a situation of great responsibility in the sister kingdom, had been waiting for some time in the surgeon's ante-room, when seeing those who had arrived before him, successively called in, he became somewhat impatient, and sent his card in. No notice was taken of the hint ; he sent another card—another—another—and another ; still no answer. At length he gained admission in his turn ! and, full of nobility and choler, he asked, rather aristocratically, why he had been kept waiting so long ?—"Wh—ew !" replied the professor ; "because you did not come sooner, to be sure."

Mr. A. could never bear any interruption to his discourse. "People come here," he often was heard to say, "to consult me, and they will torture me with their long, foolish, fiddle-de-dee stories ; so we quarrel, and then they blackguard me all about this busy town ; but I can't help it."

The late Duke of York is reported once to have consulted Abernethy. During the time his Highness was in the room, Abernethy stood before him with his hands in his breeches pockets, whistling with great coolness. The Duke, naturally astonished at his conduct, said, "I suppose you know who I am ?" "Suppose I do, what of that ?" "If your Highness of York wishes to be well, let me tell you," said the surgeon, "you must do as the illustrious Duke of Wellington often did in his campaigns, *cut off the supplies*, and the enemy will quickly leave the citadel."

On Abernethy's receiving the appointment of Professor of Anatomy and Surgery to the Royal College of Surgeons, a professional friend observed to him, that they should now have something new. "What do you mean ?" asked Abernethy. "Why," said the other, "of course you will brush up the lectures which you have been so long delivering at St. Bartholomew's Hospital, and let us have them in an improved form ?" "Do you take me for a fool or a knave ?" rejoined Abernethy ; "I have always given the students at the Hospital that to which they were entitled—the best produce of my mind. If I could have made my lectures to them better, I would certainly have made them so. I will give the College of Surgeons precisely the same lectures down to the smallest details : nay, I will tell the old fellows how to make a poultice." Soon after, when he was lecturing to the students at St. Bartholomew's, and adverting to the College of Surgeons, he chuckingly exclaimed, "I told the big wigs how to make a poultice !" It is said, by those who have witnessed it, that Mr. Abernethy's explanation of the art of making a poultice was irresistibly entertaining.

Mrs. Speckles says that the best vegetable pill is an apple-dumpling. For destroying a gnawing at the stomach it is the only pill to be relied on.

ON A MEANS OF RENDERING CERTAIN SUBSTANCES INCOMBUSTIBLE.

BY DR. R. A. SMITH.

In seeking for a substance capable of preserving combustible articles from the action of fire, it appeared to Dr. Smith that :—Sulphuric acid seemed to present the most promising characteristics of a substance incapable of burning, and of acting so strongly on vegetable substances as to make them incapable of burning. Sulphuric acid itself is a body perfectly burnt, or we may say over burnt, having an atom of oxygen given to it by artificial means, so to speak, which atom is difficult to separate, and therefore not resembling the oxygen of many highly oxidised bodies. It requires a high degree of heat to raise it to vapour ; and the vapour formed is sluggish and heavy, remaining long where formed, and quenching flame wherever it is. It destroys the texture of wood also and other vegetable substances, causing them to give out after a time gases which do not burn, mixed with some which do burn ; but if there be enough of acid, forming a mixture, which does not burn. The wood also cannot be again induced to become combustible until it be heated to redness, so as to remove all the sulphuric acid, leaving only charcoal.

If sulphuric acid could be introduced into the wood just at the time that the fire was going to take place, the fire would cease to take place ; and this we can do easily by saturating the wood with sulphate of ammonia. When there is no fire present, there is no sulphuric acid present, as such ; but, as soon as the heat rises, ammonia goes off, and sulphuric acid is instantly presented to the wood. The ammonia does not come off quite pure, it is mixed with nitrogen and sulphurous acid ; and this disengagement of gases is of advantage in extinguishing fire ; when the heat rises to 536° the sulphuric acid is then left to act on the wood in part, and to volatilize in part, and that which I have mentioned takes place. The outside of course would first undergo the change, and the inside would be protected by the incombustible outer part ; if the fire continued to act long, the inner layer would undergo a similar change. I imagine, then, that the acid acts in a double manner ; it makes the wood refuse to burn, and puts out fire. As sulphurous acid is given off in this process, the action is also similar in one point of view to that of sulphur, which has long been used for fire in chimneys.

I have no doubt that a house built of wood prepared in this manner might have a fire lighted on the wooden floor without danger, burning only on the spot to which the fire was limited. A ship also would be safe, even if the cinders did fall from the grate in stormy weather.

I know that muriate of ammonia has been used, and that it acts very well ; but I think the sulphuric acid is superior, the ammonia being only to keep it innocent ; any other volatile base might do. I am sorry, however, that this is not perfect ; its solubility in water is a great disadvantage, as it cannot be applied to clothes to be frequently washed. True, it is so cheap that it might be applied every washing where there are peculiar dangers ; but if a person were standing very near the fire, the ammonia would in part be evaporated, and the acid remaining would be enough to injure the fabric.

There are, however, cases, such as curtains, to which this could not apply, and where it would be valuable.

Sir William Burnett's liquid is chloride of zinc : he uses it for preserving wood and canvass ; and also for preventing fire. I am certainly surprised that more use has not been made of it, being, as far as I have seen it, so efficient. I believe the manner in which the chloride of zinc acts is very similar to that of sulphuric acid, destroying the organic matter on the approach of heat, and rendering it incombustible. It can be introduced into

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wood at a specific gravity of 2000, I believe; sulphate of ammonia cannot easily be used above 1200. By heating the solution more may be attained. Sulphate of ammonia is cheap and easily procured and used, not hurting anything with which it may come in contact, and therefore more easily managed in households.

The chloride of zinc is said to unite with the fibre. This cannot be said for the sulphate of ammonia. It would not, however, come from the centre of a beam of wood, even if immersed in water, as the water enters with great difficulty into wood; and the solution itself cannot be introduced without forming a vacuum in the saturating vessel, and so removing all the air from the wood.

The first time I used this solution, I found a large quantity of mould formed, and indeed it contains all the elements to increase its growth. The second time the solution was boiled in an iron vessel, and no mould formed on it; on the contrary, mould was destroyed by it. The sulphate of ammonia dissolves iron rapidly, and forms a double salt, which is deleterious to such growths. I imagined any other metallic salt would do, and used ordinary chloride of manganese prepared in the laboratory, which killed all such fungi rapidly, and no more have grown after standing eleven months in contact with organic matter.

I believe there are many ways in which this may be used. My wish was to find a substance suited for building fire-proof ships, and I believe this would do; at any rate the ships would be fire-proof, experience could alone tell if any other objection followed. It does not render the wood hard, heavy, or brittle.

I believe it would be of the greatest advantage in mills, which now suffer so much from fire, diminishing or rather entirely removing the expense of insurance. It does not hurt colours; so that even coloured goods might be dipped when kept long in one place, or when sent in vessels abroad. Possibly some delicate colours may be attacked, but this must be a rare case.

I am more desirous of seeing ships built of an incombustible material, the means of escape at sea being few and confined to few; and whilst there is any hope of doing it easily, I scarcely think it proper for one to neglect what information may exist on the subject

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"ILLS, SMALL AT FIRST, GROW LARGER FROM DELAY."

HAPPY would it be for suffering man, could he see beforehand the great amount of punishment which his multiplied aberrations from the laws of nature are sure to bring upon him. But as, in the great majority of instances, the breach of the law is limited in extent, and becomes serious by the frequency of its repetition, rather than by a single act; so is the punishment gradual in its perfection, and slow in manifesting its accumulated effect; and this very gradation, and the distance of time at which the full effect is produced, are the reasons why man, in his ignorance, so often fails to trace the connexion between his conduct in life and his broken health. But the connexion subsists, although he does not regard it, and the accumulated consequences come upon him when he least expects them.

SPEAKING TUBES.

A MEDICAL gentleman in Plymouth has adopted the excellent plan of fixing a gutta percha mouthpiece by the side of his bell-handle at the street door, and attached to the mouthpiece is a long gutta percha tubing, which reaches to his bed. In the night, when the bell is rung, the tube, which hangs suspended at the bedside, is immediately resorted to, and a conversation is carried on without the necessity of the doctor even rising from his pillow. This is a very great convenience, and prevents the necessity of that exposure to a cold atmosphere which must frequently prove very prejudicial to the health of medical men.—*Plymouth Journal.*

PHARMACOLOGY.

No. XXXI.

STIMULANTS.—(*continued from page* 142.)

STIMULANTS are those remedies which increase the frequency, as well as the force, of the heart's contractions; the impetus thus given to the circulation is brought about by the agency of the nervous system, whatever may be the part to which the stimulant is applied; and this change, thus produced, in the conditions of the nervous centres is reflected back upon the heart and the organs of circulation. If, for instance, a stimulant, such as brandy, be taken into the stomach, the impression produced upon the nerves is conveyed, either directly to the heart through the branches of the solar plexus, or to the brain and spinal cord, whence it is reflected upon the heart; or, being absorbed into the circulation, it may be applied directly to the nervous centres, or to the nerves supplying the lining membrane of the heart itself. The effects of stimulants on the healthy body may be partly explained by the increased quantity of blood sent to every part of the frame. The rapid and abundant circulation through the lungs leads to a more frequent respiration, and a more complete decarbonization of the blood; the increased flow of arterial blood to the brain excites all its functions; the impressions on the senses are more acute, the flow of ideas more rapid, volition stronger and more prompt, the passions are excited, the feelings joyous; all the capillaries in the body are distended, and the glandular structures pour forth their secretions; the involuntary muscles, too, partake of the general excitement; and the functions dependent upon them, as digestion, evacuation, &c., are performed with increased vigour.

Such are the effects of stimuli given in moderate quantities; in excess they act as depressants or narcotics. Thus spirituous liquors, when taken in moderation, produce all the effects which have been described; but in large doses they may give rise either to sickness, accompanied by depression or collapse, or to narcotism. In the one case, they occasion vomiting, a feeling of extreme debility, a frequent and small pulse, a cold sweat; in the other they produce symptoms of apoplexy, oppression of all the functions, paralysis of the voluntary muscles, and an infrequent beat of the heart.

Following the classification of remedies detailed in No. 9, page 70, Vol. I. we shall divide stimulants into those which act generally on the system, and those which act locally.

GENERAL STIMULANTS

Include all the preparations containing alkohol, as brandy, whisky, and those exciting fluids known as spirits: the medicinal stimulants are:—

Æther Sulphuricus,—Sulphuric Æther.—Ether is a limpid, colourless, very inflammable, volatile liquor; the odour peculiar, fragrant, and penetrating; the taste is hot and pungent; it is exceedingly inflammable, mixes readily with alkohol, and is soluble in ten parts of water. It is a powerful diffusable stimulant and antispasmodic; applied externally it is a refrigerant, on account of the cold it produces during evaporation; hence it is a useful application in scalds and burns, and if the forehead be gently wetted with it, it will frequently assuage intense headache. It is employed in hysteria, asthma, lock-jaw, epilepsy, and other spasmodic complaints. The dose is from twenty minims to two drachms.

Spiritus Ætheris Sulphurici,—Spirit of Sulphuric Æther—is alkohol, holding in solution sulphuric æther. The odour is fragrant—the taste warm. It is an excellent stimulant and stomachic in weakness of the stomach, flatulencies, and languor. The dose is from half a drachm to two drachms in some bitter infusion. In some hysteric and nervous complaints, as the old fashioned "vapours," the following is an agreeable and useful draught which may be repeated every five or six hours. Take spirits of sulphuric æther, and compound spirits of lavender, of each, one drachm; camphor mixture, two drachms. Mix.

Spiritus Ætheris Sulphurici Compositus,—Compound Spirit of Sulphuric Æther.—This preparation is analogous to *Liquor anodynus mineralis* of Hoffman. By the admixture of the spirit with the æther and oil, these are rendered miscible with water, and more convenient for exhibition. It is stimulant, antispasmodic, and andoyne. The dose is from half a drachm to two drachms, in an ounce and a half of water.

Spiritus Ætheris Nitrici,—Spirit of Nitric Æther,—Spirit of Sweet Nitre. This familiar remedy is better known for its diuretic, diaphoretic, and refrigerent properties than as a stimulant. It is employed in febrile diseases, in dropsies, and as a stimulant in spasmodic asthma in conjunction with more active remedies. The dose is from twenty minims to a drachm in any convenient vehicle, as camphor mixture, or peppermint water.

(*To be continued.*)

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HINTS FOR HEALTH.

OINTMENT FOR CHAPS.

Simmer ox-marrow over the fire, and afterwards strain it through a piece of muslin into gallipots. When cold, rub the part affected.

DANCING.

"Dancing," says Mr. Sheldrake, "is one of the most healthy as well as one of the most pleasing amusements that can be practised by the young. If it is learned from those who are well qualified to teach it, and practised, as it ought to be, consistently with the instructions given, it will contribute more to improve the health, as well as the form of the human frame, than any other exercise."

WARM WATER.

Warm water is preferable to cold water, as a drink for persons who are subject to dyspeptic and bilious complaints, and it may be taken more freely than cold water, and consequently answers better as a dilutant for carrying off bile, and removing obstructions in the urinary secretion in cases of stone and gravel. When water, of a temperature equal to that of the human body, is used for drink, it proves considerably stimulant, and is particularly suited to dyspeptic, bilious, gouty, and chlorotic subjects.

THE HABIT OF TAKING DRUGS.

Medicines, for the most part, are only artificial methods of getting nature to do that which, when she has fair play, she will do better without their assistance; and unless there be some specific malady which really requires the resources of the medical art, the best purpose of seeking advice is to be directed how to do without it. To bring his patient to this point should be the aim of every right-minded member of the profession. To be in constant need of the action of things which, every one of them, would injure the healthy, deserves itself to be thought a state of disease.

SLEEP OF INFANTS.

The healthiest infants pass nearly the whole period of their early existence, for some weeks at least, in sleep; and there is not anything more detrimental to their health than denying to them the rest they are disposed to take; this should never be broken in upon, or rudely disturbed, unless the sleep be uneasy, or protracted to an alarming extent by disease. Healthy sleep is light and uninterupted—very different from that which is seen in a full and bloated child, whose brain and breathing are oppressed by over-feeding and its consequences.

TO CLEANSE THE TEETH.

THE following half dozen hints regarding the health and beauty of the teeth, deserve attention:—(1.) Clean them regularly twice a day with warm water and salt, and a soft tooth-brush.—(2.) Equal parts of powdered myrrh, prepared chalk, and orris root: this will be found of great use in preventing the decay of the teeth.—(3.) Camphor dissolved in water, is also very good, as it instantly destroys those minute deposits which produce the tartar and greenish incrustation on the enamel.—(4.) Pulverised orris root, burnt hartshorn, charcoal, Armenian bole, and dragon's blood, equal parts. The orris root is used merely to give it a pleasant flavour, and to conceal any disagreeable effluvium emitted from the mouth.—(5.) Prepared chalk is also a very good and simple tooth-powder.—(6). Flour of sulphur used freely morning and evening with tepid water, carefully rubbing the gums as well as the teeth therewith, will be found to be a very cheap, and at the same time, a simple dentifrice for the teeth.

ADVERTISEMENTS.

Dr. Yeoman's Medical Publications.

Volume I. is now ready, price 4s., in strong and elegant cloth,

THE PEOPLE'S MEDICAL JOURNAL and FAMILY PHYSICIAN. This work contains complete monographs on Diseases of the Chest (except "Consumption" and "Asthma," which are now publishing in Vol. II.); Diseases of the Heart; the Diseases of Women and Children; Diseases and Management of the Teeth; Rheumatism; Gout; Indigestion; Headache; Worms; the Anatomy and Physiology of the Organs of Sense, &c. &c.

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THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is decaed, they defy detection by the most scrutinising observer, and are guaranteus to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed wher practicable. MR. SMARTT attends at 25, Harmer Street, Gravesend, every Friday.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, 16s. each; Single Ditto, 8s.

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Mrs. Smith attends on Ladies.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VESTIGES OF CREATION.—By a strange oversight in correcting our proof of the last Number, we did not detect that the venerated name of the late Dr. Chalmers had been misprinted for "Robert Chambers."

ANN JEFFRIES (Birmingham).—You will require a laced stocking. It is impossible that you can apply a common calico bandage, without inducing pressure, as well as support. Pressure will increase the malady—support relieve it.

JOHN HUGHES (Amlwch).—Both books may be obtained in London. We frequently see them exposed for sale in second-hand book-shops. Write to Mr. Jones, medical bookseller, Aldersgate Street. There is a spurious modern edition of Cornaro's work in the "trade."

J. H. (Kipponden).—It appears to be spasm of the glottis, aggravated by irritability of the mucous membrane of the œsophagus, which latter is occasioned by disorder of the stomach. Communicate privately.

A CONSTANT READER contradicts himself. All "Constant Readers" of our Journal know that we do not answer communications having such signatures.

D. JONES (Merthyr).—Change your residence; the sulphur and smoke must add greatly to your suffering. Try, if possible, Clifton.

W. STRANGAWAYS (Watlass).—A series of papers on ASTHMA will be included in this volume; they will be commenced in a few weeks. Wait, or purchase the editor's work on that disease.

HOPE AND FAITH.—We are much gratified by your confidence. Say where a note will reach you.

G. J. F. (Wolverhampton).—The blushing in your case is constitutional, and can no more be remedied than can your general temperament be changed. Do not make yourself miserable about it.

LEX TALIONIS.—How very inconsiderate of you to write in such a careless, negligent, manner. We have been ten minutes in endeavouring to decipher your writing; this is a great tax upon our time. We wish many of our correspondents would take this hint. We never heard of the solution of chloride of soda being so employed, and should not think of prescribing it for such a purpose.

J. S. (Fakenham).—You must first follow the advice we formerly tendered you, then report progress. How partial young ladies are to that little interrogatory "Why?" The—why your hair should be cut short is—that it may grow long. Are you satisfied? We still think your correspondence would be more suited to the namby-pambyism of the "Family Herald" than to our Journal.

A SCOTCHMAN AT BRISTOL.—We thank you for your letter. The *Vinum Colchici* is directed to be made with sherry wine, not Cape; the chemist who would use this latter and cheaper wine is not trustworthy—in fact, he sells adulterated drugs. The Cape wine is more likely to become sour and add to the griping properties of the colchicum without adding to its purgative power. Throw away that which you have and get some from a respectable tradesman.

T. D. (Birchin Lane).—We do not receive patients, as a general rule, without fee. See answer to ROBERT HAWSON in No. 7.

JOSEPH.—We certainly should consider "the regular qualified surgeon" who sells quack medicines one who little respects the honourable position in which he is placed by the possession of his diploma. It is bad enough for him to sell "a pen'north o' loxenges"—but faugh! to sell the Cordial Balm of Zazezizozu is most disreputable.

A DRAPERS' ASSISTANT (King's Road, Chelsea).—Too much confinement and a poor diet, are the most ready means to nurse "a consumptive constitution" into an active and fearful state of disease. Resign your situation, or have your labours mitigated and your diet improved: until you do this, all medical treatment will be without avail. We will willingly advise with you if you call.

DICKON (Cheltenham).—The osseous or bony system is not fully formed till about twenty five years after birth. At the period of birth, the skeleton is cartilaginous, and with age the cartilage gradually diminishes, and osseous matter in a corresponding degree takes its place, till the osseous system has attained its measure of development.

A CLERK (Sheerness).—We are compelled to receive patients on Sundays until One o'clock in the forenoon.

WILLIFRED (Shrewsbury).—Read Mr. Rugg's "Observations on London Milk,"—or refer to our remarks on the Adulteration of Milk, published in No. 36.

P.—We will satisfy your curiosity. The Editor is sole Proprietor of the PEOPLE'S MEDICAL JOURNAL.

HANNAH PEAT (Brentwood).—In the dose you name it would act as a deadly poison. We should advise you to destroy the bottle and its contents.

EDWARD (Edinburgh).—This is our meaning,—that surgeons of the present day never resort to the knife until all other means have failed, or appear useless: formerly amputations were constantly performed for diseases of the joint, which are now cured or arrested by proper medical treatment. We can remember the time when every "white swelling" entailed the loss of the limb.

A LONG SUFFERER.—We have repeatedly stated our opinion that sarsaparilla does not merit a tithe of the fame awarded to it. We never order it. Its cost is so great a temptation for fraudulent adulteration, that its want of efficacy may in some degree depend on the impurity of its preparations. If your medical attendant has advised you to take it, and you have faith in it, procure what you require at some highly respectable chemist's—do not take any that is advertised, or any procured from "low-priced" ticket druggists.

WILLIAM B. (Newington).—Week by week we repeat that we do not advise, in this column, for derangements of the health originating in vice, folly, or indiscretion. Such communications as your's can only be considered privately.

JAMES RUSHBROOK (Dudley).—An injury done to the spine in early life is sufficient to account for all your present symptoms. Will you detail with some minuteness, your past and present condition, and the treatment you have undergone. We will then give you our opinion as to the necessary treatment.

A WIDOW (Deptford).—Command our best services. Call any morning before One o'clock.

TO NURSES.—Experienced and respectable nurses may send us their address. We have frequent opportunities of recommending those on whom we can depend. Sobriety, firmness, good temper, cleanliness, and thorough integrity of purpose, are the qualities required.

THOMAS BARTON (Wolverhampton).—Take a scruple of the acetate of potash, three times a day, in water. Test the urine with litmus paper; when the latter is no longer changed to a red colour by immersion, write to us again.

E. X. T. (York).—Take six grains of the extract of hyosciamus, and three grains of camphor, made into two pills, every night.

MARY (Leeds).—Refer to the second article on the DISEASES OF WOMEN, in No. 4.

A NEW SUBSCRIBER must apply privately. He is a very "new" one, otherwise he would know that we object to such signatures, and decline answering *such* questions in this columu.

A. S. (Laurence Street, Scotland Road, Liverpool).—If your description of the case be correct, you should wear a "Pessary." Use the astringent compound alum lotion described in PHARMACOLOGY, page 39, Vol. II., No. 31. An occasional warm bath will relieve you. Castor oil should be the only aperient. Not any operation is required.

STUDENT (Fleet-street).—See answer to T. H. L. in No. 43.

A POOR MAN (Fetter Lane).—When the residence of the invalid is not so distant as to preclude the opportunity of a personal visit, we never, willingly, advise in any case, especially in chest-disorders, without an examination.

D. T. (Lower Road, Islington).—There are only two qualified practitioners of the name of "Blundell" described in the London Medical Directory: one is *the* Dr. Blundell, of Great George Street, Westminster, the other resides somewhere in Finsbury. We imagine the person you allude to, who practises "rubbing," is some empiric who has assumed the name.

A SHOPMAN (Edgeware Road).—Use a flesh-brush night and morning: take one of the following pills twice a day. Take, sulphate of quinine, a scruple; compound extract of colocynth, half a drachm; extract of conium, half a drachm; oil of cloves, two drops. Mix carefully, and divide into twenty pills.

F. D. P. (Ipswich).—Yes: The order to be payable at the office, Gray's Inn Road.

A PIANOFORTE MAKER (Hampstead Road).—So long as you take "gin," so long will you suffer all the misery you now complain of. We will not attempt to direct you, until you have sufficient moral resolution to be temperate. When you are convinced of this, call in Lloyd Square.

ALFRED (Hatton Garden).—Take five grains of the trisnitrate of bismuth; ten grains of the dried subcarbonate of soda; half a drachm of the extract of gentian. Mix, and divide into ten pills. Take one twice a day.

DUBIOUS (Brompton).—He is an empiric.

HEALTH OF LONDON.—The deaths registered last week, were 845, a number lower than in any of the corresponding weeks for ten years. The births were 1362,—693 boys, 669 girls.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 46.—Vol. II.] SATURDAY, NOVEMBER 16, 1850. [ONE PENNY

DISEASES OF THE CHEST.

No. VI.

By the Editor.

(*Continued from page* 133.)

HYDROTHORAX.—WATER IN THE CHEST.

By hydrothorax is meant an effusion of limpid, serous fluid into one or other, or both, of the cavities of the pleuræ. The disease is also denominated *Dropsy of the Chest;* more commonly, also, *Water in the Chest;* and has often been mistaken for other affections, as disease of the heart, aneurism of the aorta, emphysema and œdema of the lungs.

Hydrothorax is said by some to exist in the idiopathic, as well as in the sympathetic form; the first is so rare, that Laennec calculated he had not met with it more than once in 2,000 *post-mortem* examinations; and other physicians deny the possibility of water in the chest being an *original* disease. "If idiopathic hydrothorax means anything," says Dr. Darwell, "it means a disease in which effusion of serum is the only affection, and in which there is neither inflammation of the pleura nor serious disease in any other organ. Such an affection we have never seen, nor have we found upon record any satisfactory example of it."

Hydrothorax is more frequently the result of chronic pleuritis; (see Chronic Pleurisy, page 147, Vol. I. No. 19;) the pleuræ, however, may contain a quantity of thin fluid, without this deposit being preceded by any inflammation, or without any signs of inflammation existing, just as a person may sweat and pour forth fluid without any inflammation at all.

Water in the chest may be either partial or complete; that is, the fluid may be confined to the pleura of one side, or may be diffused throughout the cavity of the chest. The lung of the same side as the effused fluid, is pushed towards the spine and upper part of the chest, whilst the diaphragm, the liver, and the spleen, according to the side that happens to be the seat of the dropsy, are propelled downwards. When the fluid is in the left sac of the pleura, it is sometimes exceedingly copious, displacing the heart from the left to the right side. One sign by which we may readily distinguish the side affected, or decide whether the whole chest is equally implicated, is, that the patient ordinarily lies on the diseased side of the chest, in order that the sound side may expand more freely for the performance of respiration; and when the fluid occupies both sides of the chest, the patient usually sits up in bed, the countenance betraying the greatest anxiety, and the respiratory muscles being in energetic action. If the effusion be confined to one side, the side thus surcharged becomes more rounded, and the spaces between the ribs augment in size as the water accumulates: while the œdema of the extremities is confined to the same side.

The complaint, at its origin, excites little or no observation, and may continue its course imperceptibly. There is at length found to be some difficulty of breathing, particularly on exertion or motion of any kind, or when the body is in a recumbent position, usually accompanied with a dry and troublesome cough, and an œdematous swelling of the ankles towards the evening. Then follow in quick succession the symptoms which are more peculiarly diagnostic of the disease. In numerous cases, the first characteristic symptom which shows itself is an œdematous state of the eyelids, which appear swollen and puffed up, particularly in the morning, and for a short time after the patient leaves his bed, or the horizontal position; and the presence of this sign is often only remembered by the patient when the feet and ankles have been observed to swell in the evening. The dyspnœa, or difficulty in breathing, soon becomes urgent and distressing, and is in general worse during the night, when the body is in the recumbent position. At first, probably, little attention is paid to the difficulty of assuming the recumbent posture, the patient satisfying himself by having his head raised by more pillows. The necessity for having the head more elevated augments, till at length perfect orthopnœa, or inability to breathe in the recumbent posture is established, and he is then only able to sleep in a chair; even in this condition, he often starts suddenly in his sleep, calls vehemently for the windows to be opened, and feels in danger of suffocation. Even in cases in which there is the smallest possible effusion of serum, we invariably find the sleep suddenly interrupted by "startings," the patient awaking in the greatest alarm under mental excitement, as a dread of the house being on fire, or of drowning, as well as by the distressing sensation of choking. At all times, there is an overpowering sense of weight and oppression at the chest, especially at the lower part of the breast-bone, which is considerably increased by exertion; it is with the greatest difficulty that the individual can ascend the slightest acclivity, and going up-stairs is next to impossible.

There is, in general, a short hacking cough, which is at first dry, and almost suffocating; after a time, this is attended with a thin mucus expectoration, which is brought up only by coughing with some violence; occasionally, the expectoration is tinged with blood, but it is seldom purulent. Palpitation at the heart is a constant and painful symptom of hydrothorax, and is invariably attended with a feeling of dread and anxiety. The pulse is irregular and weak; at one moment jerking with violence, and at the next scarcely perceptible. The countenance, in the majority of cases, is pale and œdematous; the cheeks sometimes assume the asthmatic purple tinge, the lips become livid, the eyes stare about, and the features wear a peculiar and striking expression of anxiety. Towards night, the lower extremities swell considerably; the urine is small in quantity, of a peculiar red colour, and faint odour, and almost in every instance contains albumen; the thirst is excessive, and the appetite bad.

Probably, the only decisive symptom in this disease is the

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fluctuation of the water in the chest, which may be heard by a bystander on the patient suddenly moving, by the patient himself, and more distinctly by the medical attendant whilst percussing the side; several of the other signs are often wanting, or exist in a separate state, and are to be found in other complaints of the chest, as well as in dropsy, more particularly in asthma and empyema. Hence, in determining the presence of this disorder, we are to look at the symptoms conjointly, and not to depend on any one when alone. Even when associated, we are sometimes in obscurity. Bouet observes that dyspnœa is not an indication common to all cases, and Morgagni says, that startings during sleep, or on awaking, do not always accompany the disease, and may certainly exist without it. Hoffmann and Baglivi have given as a frequent symptom and it is one which we particularly noticed in a well-marked case of hydrothorax, which we attended last winter —swelling, pain, and torpitude, or numbness of the left hand and arm; but even this affection, or the more ordinary one of laborious respiration, has existed without water in the chest. De Rueff relates a singular case of a man, who was attacked with most of the symptoms jointly, at the age of about sixty, and was supposed to be in the last stage of this disease. He recovered by an ordinary course of medicine, and died at the age of eighty, with his chest perfectly sound to the last.

This disease is often connected with some organic derangement of the heart; and M. Corvisart conceives that several of the symptoms we have just recited only belong to it when such a connexion exists, and the dropsy is merely symptomatic. He objects even to the signs of starting in the sleep, anxiety of the præcordia, inability to lie down, and irregular pulse; which he affirms, indicate alone an organic disease of the heart or large vessels.

By the stethoscope we can only detect the sound of respiration at the roots of the lungs; the voice gives a sound like that of a goat, which Laennec terms ægophonism; and percussion yields a dead, dull, flat sound.

The general principles to be attended to in the mode of treatment are those which guide us in the treatment of general dropsy; our chief aim being directed to unload the system of the weight that oppresses it, and to re-establish the frame in health and vigour. The medicinal agents which we possess to assist us in the first indication are found in the class of drugs named hydragogues, which stimulate the mucous coat of the intestines to secrete and pour out a large quantity of fluid, which is evacuated with the feculent matter; and in diuretics, which increase the secretion of the urine. Amongst the hydragogues are included elaterium, colocynth, scammony, gamboge, jalap, calomel, &c.; but as these most powerful cathartics completely exhaust the system during and after their action, it behoves us to prescribe them with the greatest possible caution. Of the diuretics, squill is by far the most valuable medicine; as, independently of its diuretic virtue, it affords great relief to the dry and teasing cough, and in some degree, perhaps, to the pressure of the fluid itself, by exciting the excretories of the lungs to an increased discharge of mucus. Digitalis is a doubtful remedy, although its diuretic effects are considerable, as, however cautiously administered, it too often sinks the pulse, and diminishes the vital energy and is particularly distressing from its producing nausea and endangering fainting; results which ought more especially to be guarded against in dropsy of the chest, as it is invariably a disease of debility, and frequently one of enfeebled age as well. Opium is a medicine that seems peculiarly adapted to many of the symptoms; by itself it succeeds very rarely, but, on the contrary, heats the skin, and excites stupor rather than refreshing sleep. It is our practice to conjoin it with the squill pill, or with small doses of ipecacuan, and, if the bowels be confined, with two or three grains of calomel; it thus often succeeds in charming the spasmodic struggle of the night, and obtaining for the patient a few hours of pleasant oblivion.

Blisters are, in many cases, of considerable avail; they act more directly, and therefore more rapidly and effectually, than in the other forms of dropsy, and they should always be among the first remedies we have recourse to.

Tapping is a means of evacuating the water of very ancient date, and is described by most of the Greek writers. There are, however, two very powerful objections to this operation. The first is common to most dropsies, and consists in its offering, in most instances, nothing more than a palliative. The second is peculiar to hydrothorax, and consists in the uncertainty of drawing off any water whatever. If the fluid be lodged in the pericardium, the fold of the mediastinam, or the cellular texture of the lungs, it is obvious that the operation must be to no purpose; it must be also equally vain if the fluid be confined in a cyst, as has been occasionally proved a fact, unless the operator should have the good fortune to pierce the cyst by accident: and again, the fluid may have become so inspissated and viscid as not to be able to flow through the canula. The grooved needle, invented by the late Dr. Davies, is of considerable utility, and should always be employed, to test the presence of the fluid and the probability of its escape by tapping, before the operation is decided on.

(*To be continued.*)

TO REMOVE SUPERFLUOUS HAIR.

M. Boudet, in the *Journal de Pharmacie*, publishes a paper upon depilatories, in which he states that the Turkish *rusma*, and the depilatories of Plenck, of Colley, and of Delcroix, may be all described as mixtures, in different proportions, of lime and sulphuret of arsenic, to which some add gum, and others starch, and sometimes a little caustic alkali; these preparations are made into a paste with water, and applied in a moist state to the skin. M. Boudet's experiments were primarily directed to solve certain problems in reference to the art of tanning. He found that neither the lime nor the arsenic had any notable result in denuding skins of the hair; but that this depended upon the action of nascent sulphuret of calcium, formed by the action of the lime upon the sulphuret of arsenic. On this ground he tried sulphuret of sodium, and this new agent, he observes, succeeded beyond his hopes; and he proceeds to say the application of so much arsenic to the skin is attended with danger, as is the preparation of these depilatories, performed by persons unacquainted with chemistry or pharmacy.

The following is the formula he recommends:—

Take—Sulphate of sodium, or Hydro-sulphate of soda (crystals)	}	3 parts.
Quick-lime in powder,	...	10 "
Starch, ...		10 "

This powder, mixed with a little water, and applied over the skin, acts so rapidly as a depilatory, that if it be removed in a minute or two after its application, by means of a wooden knife, the surface of the skin will be entirely deprived of hair. By this process the removal of hair becomes so simple, rapid, and safe an operation, that it will probably supersede the use of the razor in many cases. Hitherto, the tediousness and uncertainty of the process, and above all, the poisonous properties of the agents employed as depilatories, have greatly limited their use; an easy and safe method of removing superfluous hair will certainly in many cases be very acceptable and useful. After the use of the above form, the hair only begins to re-appear after several days.

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THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. V.

Diseases caused by Sedentary Occupations.

(*Continued from page* 148.)

URINARY SEDIMENTS OR DEPOSITS.—GRAVEL.

Before we describe the urine in a disordered or unhealthy state, we will first consider this secretion in its natural or healthy condition.

Urine, as is well known, is a fluid secreted by the kidneys from the arterial blood; when healthy and recently voided it is transparent, of a light amber colour, and of an aromatic odour. The quantity voided during twenty-four hours varies in different persons, and in the same person at different times and under different circumstances: the result of a series of experiments gives about forty-one ounces, or a little more than two pints, as the average. Cold climates and cold weather materially increase the quantity, and the secretion is greater during the day than at night. The colour is influenced to a great extent by the quantity: thus when the urine is scanty it is high-coloured, when abundant it is limpid, and that first passed in the morning is usually of a higher colour than what is voided later in the day. An important test of its healthy state is its density, and this we may calculate to be in an adult 1033, although Drs. Thomson and Prout give it as something less. In disease it may fall to 1001. The density is greater in males than in females, it increases from childhood to manhood, and falls again in old age, and is increased by hot weather, by much exercise, by free perspiration, by a dry diet, and by the use of animal substances containing much azote; it is diminished by sedentary habits, by cold, by vegetable food, by acids, by stimulating drinks, and by a poor, innutritious diet. According to Berzelius, 1000 parts of healthy urine contains 67 of solid matter, composed of 30 of urea, 17 of the lactates, as free lactic acid, lactate of ammonia, and animal and colouring matter not separable from them; 18 of alkaline and earthy salts (chiefly chlorides, sulphates, and phosphates, of soda, potash, and ammonia); 1 of lithic acid, and a shade of the fluate of lime and silicious earth.

The urine, in a healthy state, is always an acid secretion, and it is the excess of its acid that holds the earthy salts in solution; it will stain blue litmus paper, changing it to red; and if the bladder be not very retentive, and if persons be not very particular, as some elderly gentlemen are not, the trousers will be stained red by the acid reaction.

The urine is in an unhealthy state when it contains an excess of urea, albumen, or saccharine matter, as well as when it contains those deposits which we now proceed to notice, which are more prevalent in persons whose occupations confine them to long-continued labour in the sitting position. We purpose to limit our remarks in this paper entirely to gravel, or sabulous deposits:—calculus, or stone in the bladder, will be considered hereafter.

The symptoms of gravel are such as can mislead neither the patient nor the medical attendant: the most urgent and characteristic are the pain and difficulty experienced in passing the water; dull or acute pains, with a sense of heat and heaviness in the loins, in the immediate neighbourhood of the kidneys, which is increased by sudden and violent motion; occasional pains behind the pubes; irritation at the neck of the bladder, with pain on going to stool; darting pains down the inner part of the thighs, with itching or pain at the extremity of the penis; sometimes the external organs are greatly affected, and there is then retraction of the testicle. The digestive organs are deranged, and there is experienced a sense of weight at the bottom of the breast-bone; there is acidity of the stomach with much flatulence, and frequent escape of wind; the bowels are constipated, the tongue furred, the skin dry, and the patient is feverish and restless. The urine, even while warm, contains a sandy powder, crystalline grains, or small grits, gravel, or sand. It is generally rather scanty, high-coloured, of a high specific gravity, acid, of a strong odour, and disposed to become turbid, thick, and clouded on cooling.

The Causes of gravel are, constitutional and hereditary peculiarities; sedentary habits; high living; a tendency to gout; and, in the periods of infancy, and after the age of forty, the disease is more common than in the earlier years of manhood. The exciting causes are, cold, especially when it directly affects the bladder; blows and injuries to the loins; indigestion; intemperance, excesses of all kinds, and the use of hard water containing calcareous matters. Dr. Perceval records that a lady and gentleman living in Manchester, who suffered much from gravel, were relieved by discontinuing the use of their pump water, and drinking in its stead the soft water of a neighbouring spring.

The Varieties, Tests, and Analysis of Urinary Deposits.—This is an important branch of medical study, that has obtained from physicians, within the last few years, that attention which it so eminently deserves; it is a means of diagnosing disease, as essential and as truthful as the condition of the tongue or of the pulse; in fact, did circumstances always permit, we would not willingly prescribe for a patient until we had examined his urine.

The late Dr. Prout, whose important writings on this subject will always be considered standard works, divides the sediments which occasionally take place in the urine, into three kinds:—the amorphous, or those which in form are not easily defined; the crystallised, or gravel; and the solid concretions, or calculi.

The amorphous sediments indicate an excess of acid, and consist essentially of lithic acid, combined with a base, generally ammonia. They are of a yellow, red, or pink colour. The yellow or brick-dust colour are the sediments of health; the red denote feverish or inflammatory action; whilst the pink generally denote fever of an irritable nature, as hectic; and they also occur in the urine of dropsical individuals, and of those labouring under chronic visceral affections, particularly of the liver. When the urine contains an excess of acid, a piece of blue litmus paper, immersed in it, is turned red; muriatic acid precipitates lithic acid and the colouring matter of the bile, and throws down the latter of a green colour.

The crystallised deposits are also of the three kinds: first, a *red* crystalline sediment, which consists of uric acid with the colouring matter of the urine, the tests for the presence of which are, that it is insoluble in water, soluble in caustic potash, is dissolved by nitric acid, and on being evaporated to dryness, yields a red or pink colour, which is changed to violet by the addition of ammonia.

Second, a *white* sediment, which consists of the triple phosphate of ammonia, lime, and magnesia. The tests are, turmeric paper, which is changed from yellow to brown when the urine is alkaline; if the phosphate of ammonia be present, the urine yields ammonia when treated with liquor potassæ; the phosphate of lime is detected by the addition of oxalate of ammonia to the solution of the phosphate in acetic acid. If, after the addition of oxalate of ammonia, a precipitate be caused by ammonia, the ammoniaco-magnesian phosphate is present.

Third, a *blackish green* sediment of the oxalate of lime,

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which is a common constituent of calculus, though it is rarely found as a deposit in sabulous urine. It may be detected by its insolubility in water, liquor potassæ, acetic acid, and warm nitric acid. It is soluble in cold nitric acid, and is converted by a red heat into carbonate of lime, which is known by its dissolving with effervescence in muriatic acid.

These are the principal of the deposits in the urine which constitute gravel, but many other varieties are described by authors; in the detection of which, heat, the blowpipe, the microscope, and the urinometer for ascertaining the specific gravity of the urine, are required, as well as many delicate chemical tests and experiments.

The TREATMENT varies with the species of the gravel discharged, and no medical man should presume to prescribe for the complaint until he has tested the urine and is satisfied of the exact condition of the secretion. A knowledge of the peculiar formation of the sandy deposit at once indicates an easy mode of curing it: thus, for an alkaline deposit we must give acids; for an acid deposit, alkalies are required.

In the lithic-acid gravel, or *red sand* deposit, we must depend on the alkaline carbonates, as the bi-carbonate of soda, in ten grain doses, in a wine-glassful of the infusion of buchu leaves (see p. 141, Vol. I., No. 18), three or four times a day; the carbonate of magnesia, especially the fluid solution prepared by Sir James Murray; and when the deposit occurs in a person of a gouty habit, the carbonate of ammonia may be prescribed with great advantage. The alkaline aërated waters, as soda water, Carrara water, the effervescent potash water, and the natural waters of Vichy, Carlsbad, Vals, Biln, and Terasp, are highly beneficial in this form of gravel. The diet must be light, consisting chiefly of vegetables, and a copious quantity of bland diluent drinks, as almond emulsion, barley water, decoction of marshmallow-root, or linseed tea, should be allowed. The bowels should be gently moved by some mild laxative, and if there is much pain in the region of the bladder, with general irritability of the system, a warm bath, and forty drops of the tincture of hyosciamus in an ounce of camphor mixture, will afford much relief.

When the gravel is *white*, we must introduce into the system some other acid as a substitute for that which is wanting to the kidneys. All the acids seem to answer this purpose, but as the sulphuric usually agrees better with the stomach, and as it is a good tonic, it is entitled to a preference; the dose is about twenty drops of the dilute acid (elixir of vitriol) in a wine-glassful of water, taken several times during the day. The vegetable acids, as lemon-juice, citric acid, and tartaric acid, may be occasionally substituted, and either may be given with much advantage, combined with the powder or infusion of the bear-berry (uva ursi, see p. 157, Vol. I. No. 20). The diet may be more generous than in the preceding form of the disorder, and may consist of animal food with a plentiful supply of salads, acids, and fruits, especially oranges. Malt liquors should be abstained from; and if the habits of the patient require that he continue the use of wine, champagne and claret should be preferred to sherry or port.

In the oxalic-acid gravel, or the *blackish green* sand, the alkaline carbonates are required; the diet ought to consist chiefly of animal food, and every thing containing oxalic acid, as do some vegetables, and all substances containing sugar, should be carefully avoided.

In all forms of gravel, strict attention must be paid to the general health: when the digestive organs are weak, the diet should be light but generous; warm and bitter tonics will always be found serviceable; (see p. 70, Vol. II. No. 35). The bowels should never be suffered to become costive, but should be occasionally stimulated by a warm brisk purgative (see p. 197, Vol. I. No. 25), which will tend equally to remove the acidity from the stomach, and to stimulate the kidneys to a more healthy action.

Indolence and a sedentary life must give way to exercise; whatever will tend to promote an increased perspiration, and glow on the skin, must be encouraged, for the skin itself is an outlet for a redundancy of acid; paroxysms of pain must be relieved by sedatives, the warm bath, and rest; the mind must be kept tranquil and cheerful; and the passage of the urine facilitated by the judicious exhibition of the balsam of copaiba, the spirits of sweet nitre, and occasionally of the resinous preparations, containing turpentine.

(To be continued.)

MEANS OF CHECKING VOMITING.

THE simplest method of moderating vomiting is rest, and the horizontal position. A warm and aromatic application to the epigastric region is also useful; repeated sinapisms, or a tartar emetic plaster on the region of the stomach, sometimes check an obstinate habitual vomiting; moreover, a bladder filled with ice, and similarly applied, will, in many cases, prove serviceable. The most important internal means are:—1. Carbonic acid in all the forms of its application; it is however, useful only in the milder forms of vomiting. 2. Ice, a palliative means in severe vomiting. 3. Narcotics, of which the best are hydrocyanic acid (the mildest), belladonna, opium (the most certain), nux vomica (in chronic cases): these are, however, mostly only palliatives, in severe cases. 4. Vegetable and mineral acids (citric acid acetic acid, sulphuric acid). 5. Small doses of salt (of common salt, sulphate of potash, sulphate of magnesia, muriate of ammonia, muriate of lime, and of salted meat). 6. Bitters, as quassia, gentian, wormwood, ox-gall, black unsugared coffee; these, however, are only available in the less severe forms. 7. Aromatic and ethereo-oleaginous remedies will often stop moderate vomiting; and in more severe cases they will moderate it, and render it less painful; as infusion of chamomile, oil of peppermint, cinnamon, oil of cloves, oil of turpentine. 8. Alcohol and ether, especially in the chronic forms of vomiting, taken in the form of the finer wines, as Malaga, Tokay or Marsala, or in the form of certain liqueurs, as spirits of wormwood, or spirit of aniseed, or as sulphuric or acetic ether. 9. Ipecacuanha, in very minute doses. 10. Creosote. 11. Certain metallic remedies, as the soluble salts of iron, calomel, bismuth, nitrate of silver, zinc, and lead in small doses. 12. Tincture of iodine (strongly recommended by Radomacher, and found useful by myself, when given in doses of from four to ten drops in some mucilaginous vehicle); and many other remedies.

THE USE OF COLD WATER IN BURNS.

DR. SAUNDERS, in his "Treatise on Mineral Waters," observes. "The practice of employing ice and ice-cold water to burns has succeeded perfectly with me in several cases that have come under my care. One was that of a young lady who was terribly burnt over the whole of the breast by her handkerchief taking fire. In this instance I principally applied ice, which was kept on the inflamed parts; and by this method the suppurating process was prevented, as well as the great trouble which generally attends the cicatrising of a wound from this cause, and the disfiguring scar which is always left for life, when the cure has been conducted in the common way."

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VARIETIES OF MANKIND.

The most approved classification of mankind is that of Blumenbach. He divides them into five varieties: 1. The Caucasian; 2. Mongolian; 3. Ethiopian; 4. American; and 5. Malay: and the following are the characteristics of each :—

I. THE CAUCASIAN.

The skin white; the cheeks rosy—almost a peculiarity of this variety; the hair of a nut-brown, running on the one hand to yellow, on the other into black, soft, long, and undulating; the head symmetrical, rather globular; the forehead moderately expanded; the cheek-bones narrow, not prominent; the alveolar edge round, the front teeth of each jaw placed perpendicularly. The face oval and pretty straight; its features moderately distinct; the nose narrow and slightly aquiline, the bridge of it rather prominent; the mouth small; the lips, especially the lower, gently turned out; the chin full and round. This variety comprehends all Europeans, except the Laplander and the rest of the Finnish race; the Western Asiatics as far as the Obi, the Caspian, and the Ganges; and the people of the north of Africa.

II. THE MONGOLIAN.

Skin of an olive colour; the hair black, stiff, straight, and sparing. The head almost square, the cheek-bones prominent outwards; the superciliary arches scarcely perceptible; the osseous nostrils narrow; the alveolar edge arched obtusely forward; the chin somewhat projecting. The face broad and flattened, and its parts consequently less distinct; the space between the eyebrows very broad as well as flat, the cheeks not only projecting outward, but nearly globular; the aperture of the eyelids narrow and linear; the nose small and flat.

This comprehends the remaining Asiatics, except the Malays of the extremity of the Transgangetic Peninsula, the Finnish races of the North of Europe, Laplanders, &c., and the Esquimaux, diffused over the most northern parts of America, from Behring's Strait to the farthest habitable point of Greenland.

III. THE ETHIOPIAN.

Skin black; the hair black and crisp. Head narrow, compressed laterally; forehead arched; the cheek-bones projecting; the osseous nostrils large, the jaws lengthened forward; the alveolar edge narrow, elongated, more elliptical; the upper front teeth obliquely prominent, the lower jaw large and strong; the skull thick and heavy; the face narrow, and projecting at its lower part; the eyes prominent; the nose thick, and confused with the projecting cheeks; the lips, especially the upper, thick; the chin somewhat receding; the legs in many instances bowed.

This comprehends the inhabitants of Africa, with the exception of the Caucasian variety which inhabits the northern parts.

IV. THE AMERICAN.

Skin of a copper colour; hair black, stiff, straight, and sparing. Forehead short; cheek-bones broad, but more arched and rounded than in the Mongolian variety; the orbits generally deep; the forehead and vertex frequently deformed by art; cranium usually light. The face broad, with prominent cheeks, not flattened, but with every part distinctly marked if viewed in profile; the eyes deep; the nose rather flat, but still prominent.

This comprehends all the American, excepting the Esquimaux.

V. THE MALAY.

Skin tawny; hair black, soft, curled, thick, and abundant; head rather narrow; forehead slightly arched; cheek-bones not prominent, upper jaw rather projecting. Face prominent at its lower part; the features viewed in profile more distinct; the nose full, broad, bottled at its point; mouth large.

This comprehends the inhabitants of the Pacific Ocean, of the Marian, Philippine, Molucca, and Sunda isles, and of the peninsula of Malacca.

WONDERFUL CURES OF HYDROPHOBIA.

M. Bussion has written to the Paris Academy of Sciences to claim as his a small treatise on hydrophobia, addressed to the academy so far back as 1835, and signed with a single initial. He had been called to visit a woman, who, for three days, was said to be suffering under the disease. She had the usual symptoms, constriction of the throat, inability to swallow, abundant secretion of saliva, and foaming at the mouth. Her neighbours said she had been bitten by a mad dog about forty days before. At her own urgent entreaties she was bled, and died a few hours after, as was expected. M. Bussion, who had his hands covered with blood, incautiously cleansed them with a towel, which had been used to wipe the mouth of the patient. He then had an ulceration upon his fingers, yet thought it sufficient to wipe off the saliva that adhered with a little water. The ninth day after, being in his cabriolet, he was suddenly seized with a pain in his throat, and one, still greater, in his eyes. The saliva was continually pouring into his mouth; the impression of a current of air, the sight of brilliant bodies, gave him a painful sensation; his body appeared to him so light that he felt as though he could leap to a prodigious height. He experienced, he said, a wish to run and bite, not men, but animals and inanimate bodies. Finally, he drank with difficulty, and the sight of water was still more distressing to him than the pain in his throat. These symptoms recurred every five minutes, and it appeared to him as though the pain commenced in the affected finger, and extended thence to the shoulder. From the whole of the symptoms, he judged himself affected with hydrophobia, and resolved to terminate his life by stifling himself in a vapour bath. Having entered one for the purpose, he caused the heat to be raised to 107 deg. 36 sec. Fah., when he was equally surprised and delighted to find himself free from all complaint. He left the bathing-room well, dined heartily, and drank more than usual. Since that time, he says, he has treated, in the same manner, more than eighty persons bitten, in four of whom the symptoms had declared themselves; and in no case has he failed, except in that of one child, seven years old, who died in the bath.—*Galignani's Messenger.*

CAN LEAD IN ANY FORM BE TAKEN INTO THE SYSTEM FOR A CONSIDERABLE TIME WITH IMPUNITY?

The use of various salts of lead as remedial agents, both externally and internally, has been the subject of many treatises both in journals and as substantive works for ages. Without entering into the subject of the therapeutic virtues attributed to this metal, there is one fact of some importance to which many of the writers alluded to bear witness—namely, that a considerable amount of most of the lead salts may be given in a single dose with impunity. This is especially the case with the acetate—one or two drachms, or even half an ounce, produces no particularly mischievous results. This salt may, moreover, be administered in moderate doses for three or four days, and in hæmorrhages and neuralgic affections most advantageously. But all authors have agreed that the system cannot be imbued with this agent, by means of small and repeated doses, with impunity. Injurious effects, strikingly characteristic, almost invariably follow.

Our readers are probably aware that attempts have recently

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been made, under a patent, to employ lead in the manufacture or purification of sugar, and the discussion to which it has given rise. Dr. Scoffern admits that the sugar so produced or refined, and especially the molasses, retains traces of sulphite of lead, but he alleges that the quantity is so small, and the sulphite of lead so insoluble, that it is wholly innocuous. In a word, the parties interested in the patent do not hesitate to assert that sulphite of lead is as harmless as chalk. Professors Brande and Gregory are of the same opinion; the latter, however, has published some experiments on which he founded his opinion, which experiments, we must say, are so vague and clumsy that they ought never to have been mentioned. Drs. Periera, Alfred Taylor, Carpenter, and Christison, concur in the opinion that the presence of lead in sugar and molasses, even in the most minute quantities, would after some time prove highly injurious.

Upon this subject the *Pharmaceutical Journal* observes—"We think Dr. Gregory and Dr. Brande have been much too hasty in coming to a conclusion that sulphate of lead might be taken in small and constantly repeated doses without any ill effects, seeing that this opinion is principally founded upon the great insolubility of the sulphate. It has been proved that insoluble substances, such as globules of mercury and particles of sulphur, charcoal, and starch, are absorbed and carried into the blood. Many substances very insoluble in water, such as calomel, carbonate of lead, &c., are nevertheless known to possess considerable activity when taken into the stomach; others, such as sulphate of lead, when applied to the surface of the skin. In these cases the substances are no doubt changed by the animal fluids, and are thus rendered active; the very insoluble sulphate of lead is rendered to a certain extent soluble by the alkaline chlorides; and until it can be shown that sulphate of lead is proof against decomposition of this kind, its introduction into an every-day article of food must be considered as a very hazardous practice."

In the same journal is the following paper by M. C. Flandin, extracted from the 'Comptes Rendu:'—

"Some years ago, M. de Ruoly proposed to replace carbonate of lead by sulphate of lead. It was thought that this latter salt, being insoluble and more stable than the carbonate, would be less easily reduced or decomposed by the powers of the organism. This presumption was strengthened by the fact, that a workman engaged in the manufacture of sulphate of lead accidentally swallowed more than 15 grains of the salt without experiencing any ill effects. M. de Ruoly, in communicating to me this fact, and his hopes, requested that I would try the action of sulphate of lead upon some animals. In order to assume, as far as possible, the condition to which the workmen engaged in the white-lead works are exposed, it appeared to me desirable to apply the metallic salts, by means of friction, over the skin.

"I had the hair shaved from the skin of a dog, and about 70 grains of an ointment, composed of equal parts of lard and sulphate of lead, rubbed in every day. After the tenth day, the animal was observed to be affected as if under the influence of incipient intoxication; he became constipated, rejected his food, and was evidently ill. He rapidly got worse, and died on the twenty-second day—less than two ounces of sulphate of lead having been used in the frictions; lead was detected in the several organs, especially the liver. Soon after this experiment, the foreman in M. de Ruoly's manufactory was attacked with lead colic, of which he died. M. de Ruoly was the first to renounce his faith in the harmlessness of sulphate of lead, and to relinquish its manufacture."

PHARMACOLOGY.

No. XXXII.

STIMULANTS.

(*Continued from page* 150.)

Ammoniæ Sesquicarbonas,—Sal Volatilis,—Carbonate of Ammonia,—is prepared by the mixture and chemical combination of the muriate of ammonia and chalk. The carbonate of ammonia is the basis of all "smelling-salts;" it is a colourless, translucent mass, moderately hard. Its smell is pungent, "ammoniacal;" and its taste sharp and penetrating. When the bottle which contains this salt is frequently opened, or if a small quantity of it be kept in a large bottle, it gradually becomes opaque and friable, and its pungency is much diminished; if it be exposed to the air for some time, it is rendered quite devoid of smell, owing to its speedy volatilisation. It is a powerful diffusible stimulant, antacid, diaphoretic, and antispasmodic. It is employed in hysteria, dyspepsia, and chronic rheumatism. In the form of smelling-salts it is useful in fainting and hysterical fits. The dose is from five grains to a scruple. It must not be kept in powdered mixtures; and although in the form of pill its properties are longer retained, it is by no means an eligible mode of administering it. In hysteria or spasm it may be thus prescribed:—Take, sesquicarbonate of ammonia, six grains; compound spirits of sulphuric æther, one drachm; syrup of ginger, a drachm; camphor mixture, ten drachms. Mix for a draught, to be taken every four hours. In indigestion arising from debilitated stomach, thus:—Take, sesquicarbonate of ammonia, half a drachm; compound tincture of cardamoms, three drachms; infusion of cascarilla, five ounces and a half. Mix. Dose, two table-spoonful twice or three times a day.

Liquor Ammoniæ Sesquicarbonatis,—Solution of Sesquicarbonate of Ammonia,—is prepared by dissolving four ounces of carbonate of ammonia in a pint of water. This solution ought not to be prepared in large quantities at a time; for by keeping, or rather by occasional exposure to the air, its pungency and powers suffer diminution. The properties and uses of the solution are the same as the solid salt. The dose is from thirty drops to a drachm, in any bland fluid.

Spiritus Ammoniæ,—Spirit of Ammonia,—is prepared by distilling muriate of ammonia and carbonate of potash in spirits of wine and water. It is a transparent, colourless fluid, having a pungent smell and an acrid taste. It is stimulant, diaphoretic, and antispasmodic; and is employed in paralysis, faintings, and nervous debilities. The dose is from half a drachm to a drachm in water.

Spiritus Ammoniæ Aromaticus,—the Compound Spirits of Ammonia.—This is a most valuable and elegant preparation; in its properties it resembles the last, but is rendered more agreeable and less acrimonious by the addition of the aromatics—cinnamon, cloves, and lemon-peel. The dose is from half a drachm to a drachm, as a stimulating draught for debility and lowness of spirits,—the "vapours" of our ancestors. Take, an ounce of the aromatic spirits of ammonia, and the same quantity of compound spirits of lavender. Mix. Dose a tea-spoonful in water.

Spiritus Ammoniæ Fœtidus,—Fœtid Spirit of Ammonia.—This is prepared as the spirits of ammonia, with the addition of five ounces of assa-fœtida. The odour is fœtid and ammoniacal, the taste alkaline, acrid, and slightly flavoured of garlic; when recent, it is quite pale, but if kept for any length of time becomes brown. It is stimulant and antispasmodic, prescribed in hysteria, chronic gout, and spasmodic asthma. The dose is from half a drachm to a drachm in water.

Liquor Ammoniæ,—the Solution of Ammonia,—is a powerful stimulant, but is seldom administered internally. ☞ If it should be swallowed by mistake, the best antidote is vinegar or lemon-juice. It is externally applied to the nose in faintings; a rag moistened with it and applied to the pit of the stomach sometimes raises an instantaneous blister, and always proves useful in spasms and gout of the stomach: a liniment composed of a drachm of camphor, dissolved in an ounce of olive oil, and two ounces of liquor ammoniæ, is an excellent application to parts affected with deep-seated inflammation.

Ammoniæ Hydrochloras,—Muriæ Ammoniæ.—Hydrochlorate of Ammonia,—Sal-Ammoniac.—This salt is without smell—the taste is acrid, pungent, and bitter. It is a stimulant and aperient, but is seldom used internally. It forms an effective lotion, to abate the heat and pain of inflammation. As a lotion for indolent inflammations, chilblains, &c., it may be thus employed:—Sal-ammoniac, one ounce; alcohol, one ounce; water, nine ounces. Mix.

(To be continued.)

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HINTS FOR HEALTH.

THE VALUE OF RICE AS AN ARTICLE OF DIET TO INVALIDS.

We regard rice as one of the most valuable of all the articles of food, in cases of the derangement of the digestive organs. It nourishes while it soothes the irritable mucous membrane, and while it supports the strength, it never seems to aggravate the existing disease. For acute or chronic affections of the alimentary canal, rice-water for drink, and rice-jelly for food, seem peculiarly well adapted, and in many cases appear almost to exert a specific influence in bringing about a recovery. The jelly may be prepared by boiling two ounces of the flour and three ounces of loaf sugar in a pint of water, until it becomes thick and transparent, flavouring with rose or orange-flower water. It may also be made by slow and carefully boiling the whole rice, in a small quantity of water, until it assumes the appearance and consistency of cream; when, on cooling, it assumes the form of jelly. The same preparation is invaluable in convalescence from acute, febrile, and other maladies, and in the summer complaints of children.

COTTON.

Cotton is derived from the covering of the seed of the cotton plant. Its fibres are not smooth and rounded, like those of linen, but are flat, bound with sharp edges; hence, when woven into a tissue, it is not so smooth as linen, but excites irritation in some delicate skins. Nevertheless, as it radiates, or throws back more heat than linen, as well as conducts less, and as its manufacture has now arrived at great perfection, it offers most of the advantages of linen, and has the superiority over it in not so readily absorbing the perspiration, and thus becoming a producer of cold in place of a retainer of heat. Cotton has nearly superseded linen in hot climates, and even in England its use has become much more general. There are some manufactures termed linens, but in reality composed of cotton and linen, which have much of the freshness of linen and the advantages of cotton.

GOLDEN RULES OF LIFE.

All the air and the exercise in the universe, and the most generous and liberal table, but poorly suffice to maintain human stamina, if we neglect their co-operatives—namely, the obedience to the laws of abstinence, and those of ordinary gratification. We rise with the headache, and we set about puzzling ourselves to find out the cause. We then recollect that we had a hard day's fag, or that we feasted over-bounteously, or that we stayed up very late; at all events we are inclined to find out the fault, and then we accuse ourselves of folly for falling into it. Let any one individual review his past life, how instantaneously the blush will cover his cheek when he thinks of the egregious errors he has unknowingly committed—say unknowingly, because it never occurred to him that they were errors, until the effects followed that betrayed the cause. All our sickness and ailments mainly depend upon ourselves. There are thousands who practise errors day after day, and whose pervading thought is, that every thing which is agreeable and pleasant cannot be hurtful. The slothful man loves his bed; the toper his drink, because it throws him into an exhilirative and exquisite mood; the gourmand makes his stomach his god; and the sensualist thinks his delights imperishable. So we go on, and at last we stumble and break down. We then begin to reflect, and the truth stares us in the face how much we are to blame.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

DRAWINGS OF THE HUMAN BODY,

In Health and in Disease.

WE purpose to commence, in our third volume, Jan. 4, 1851, a Series of Illustrations of the ANATOMY AND PATHOLOGY OF THE HUMAN BODY. We have obtained the valuable assistance of MR. HENNING, who as an artist enjoys an European fame, and who, for many years, was the favorite draughtsman of the late Sir Astley Cooper: his drawings will be engraved on wood by a gentleman who, in his branch of art, is second to none. Each number of the Journal will contain one or more Engravings of some important organ or structure, and will be accompanied by a description of the part delineated, and the physiology of its function; in writing which, we shall continue to bear in mind that "a technical term unexplained is a dark spot on the field of literature; explained, it is a clear and steady light."

Notwithstanding the increased expense which the Editor will incur, it is not his intention to increase the price of the Journal. May he, therefore, respectfully ask for the continued support of his present subscribers, and beg that they will, individually, introduce his periodical to the immediate circle of their acquaintance?

G. L. (Fleetwood).—The oil of bitter almonds is poisonous; in fatal doses it destroys sensibility and voluntary motion, whilst the action of the heart and the breathing are accelerated. Its effects on the intestinal canal are similar to those produced by other essential oils, as those of juniper, savine, cinnamon, &c. As it is frequently used as a flavouring material in confectionery and in liqueurs, it should be known that it may be deprived of its poisonous properties, especially the prussic acid which it contains, by being agitated with lime and a proto-salt of iron, and afterwards being carefully re-distilled.

ANTHONY (Belper).—Take, four grains of compound rhubarb pill, and three of blue pill, every other night, for six doses: then write again.

VERITAS.—We have received a very clever letter, thus signed, calling us to account for the "contemptuous remark on the fact of a college for the medical education of women having been founded in Pennsylvania," that appeared in No. 43. The fair writer maintains that the *practice* of medicine and surgery is not incompatible with the most exalted feelings of feminine delicacy: she says, "You seem to forget that in former days, the fairest and noblest ladies dressed the wounds of the commonest soldier as well as of the proudest knight. Yet we have no reason to believe they were less feminine and less delicate than the dames of the present day." She also cites the Sisters of Charity in France and Belgium of our own age, as examples of purity, delicacy, and refinement. Her eulogy has our entire concurrence. It was to the feminine "professors" of medicine and surgery that our "contemptuous remark" referred. Our argument is this—Woman is in her *natural* position when she is, as she always is, the tender, the unwearying *nurse*: Woman would be in an *unnatural* position were she to assume the professor's robe, to toil in the corruption of human decay, to direct the medical treatment of sickness, or with knife and saw amputate diseased limbs. The aim of all our writings has been to popularise medical science; for we are certain that the more the PEOPLE, male and female, know of the organisation of their frames, the better able will they be to preserve health; the more they know of what is required to cure disease, the better able will they be to "go hand in hand with the physician."

H. H. COKE, can only be attended to privately.

THE ORTHOPÆDIC HOSPITAL.—The Editor of THE LANCET threatens "to raise a veil that will disclose a scene which will excite no little astonishment in the minds of a great majority of the liberal governors of this well-supported charity." We hope he will fulfil his promise. One of the assistant-surgeons has been most unhandsomely treated.

CHARLES FOWLER (Rugby).—"Citrine ointment" is the *unguentum hydrargyri nitratis* of the Pharmacopœia. Diminished in strength by rubbing with it, by means of a *bone* spatula, an equal part of spermaceti cerate, it is an excellent application to the edges of the eyelids in cases of inflammation or ulceration of the tarsæ.

AN APPRENTICE (Shoreditch).—We must see you.

ALLEGED CHARGE OF PROCURING ABORTION.—Mr. Edwards, surgeon, against whom a charge of procuring abortion had been some time ago made, surrendered to take his trial on Thursday morning, October 24, at the Central Criminal Court: the prosecutrix, however, was not forthcoming. Mr. Justice Erle stated that he felt it his duty to adjourn the case until the next November Sessions; if the prosecutrix did not then appear, Mr. Edwards would be entitled to his acquittal.

WILLIAM ANDERSON (Lambeth).—See answer to T. H. L. (York Place St. Pancras,) in No. 43.

A LONG SUFFERER.—Take three grains of the oxide of zinc, twice a day. We have observed great benefit to arise from its use in stomach, or gastric cough.

M. (Bradford).—"Clinical lectures" is a term applied to lectures given by the physician to students at the bed-side of the patient.

A. B. CARLTON.—We inserted directions for making an ointment for chaps in the last number. Try it, or apply glycerine, or add a little of the compound tincture of benzoin to common lip-salve, and anoint the lips with it.

A SUBSCRIBER (Nottingham).—We can give you no other answer than that contained in No. 42.

ANNE DODD (Blackfriars Road).—For the treatment of CHILBLAINS see Nos. 2 and 42. We shall again refer to this annoying complaint in an early number.

D. (Macclesfield).—See the small pamphlet on INDIGESTION, page 18.

D. (Trongate, Glasgow) suggests, as "a Hint for Health," that bootmakers should insert a piece of hard bladder, the whole size of the under sole, immediately upon it, before the welting is sewn on: this, he says, will prevent any damp penetrating.

WILLIAM H——T (Dartford).—Take two table-spoonsful of the mixture of gum ammoniacum (milk of ammoniac) three times a day. It is a valuable remedy in the chronic coughs of elderly persons, in which there is great difficulty in expectorating.

A. B. C.—See the DISEASES OF ERROR. We exclude such topics from the Journal.

A. K. (Newhaven).—See answer to A SUBSCRIBER (Nottingham) in No. 42.

DANIEL HORN (Kingsland Road).—Take compound galbanum pill, and compound rhubarb, of each, half a drachm: divide into twelve pills, and take one night and morning.

CAUTION.—TO THE PATRONS OF QUACKERY.—There are two Holloways in the field! The real original Professor being defunct, two noble scions of his house have taken upon themselves to prepare his boluses and grease. We know not which is the real Dromio—whether it be Jacob or Tobias; but this we know, that one brother has moved for an injunction in Chancery to restrain the other brother from preparing the real original "Professor's" aloes and hog's-lard. Fearful that the foolish may by mistake purchase that which is not "real genuine," we caution them to purchase neither!

HOME FOR FEMALE SERVANTS OUT OF PLACE, MONTHLY AND WET NURSES, No. 49 Great Marlborough Street.—We have received a letter from Robert Freeman, Esq., the secretary, requesting our recommendation of this establishment, which we give most heartily. It is under the immediate patronage of the Queen and Prince Albert; (the latter visited it November 8th). The rules forwarded to us are admirably calculated to ensure the comfort, morality, and future welfare of that numerous and generally well-conducted class, the female domestics of London. We intend shortly visiting the institution, and shall give our readers a full account of its arrangements, &c.

H. D. E. G.—You must call in Lloyd Square.

ESPERANCE.—Yes Tuesday the 19th instant, at 5 o'Clock.

ALBERT (Pimlico).—The person is an ignorant quack: he did not write the book to which his name is appended as author.

A MARTYR (Golden Square).—Sir James Murray's solution of magnesia is the preferable preparation.

G. S. (An Apprentice).—Read the DISEASES OF ERROR.

E. DALE (Pickering).—Take of compound tincture of cinnamon, four drachms; syrup of orange peel, two drachms; infusion of calumba, five ounces and a half. Mix. Dose—two table-spoonfuls every four hours. This is an agreeable light tonic in debility of the digestive organs.

R. S. P. (Walsal).—Rub in the strong mercurial ointment until you are rid of the annoyance. Take a warm bath.

OBITER DICTUM.—It is our intention to illustrate the Journal. We will consider your suggestion regarding binding the two volumes in one case. Your anticipations will be fulfilled—but do give us time. Many thanks for your kind interest.

HEALTH OF LONDON.—The return last week exhibits a considerable increase on the mortality of previous weeks. In the first three returns of October, the deaths registered were successively 389, 860 and 845; in the last week they rose to 945. Scarlatina appears to make considerable progress; it was fatal in 41 cases, and prevails in some parts of Walworth and Camberwell. Small pox carried off seven children and two adults; measles 21 children; hooping-cough, twenty; and croup, eight. A child five weeks' old died from "an over-dose of syrup of poppies."

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 47.—Vol. II.] SATURDAY, NOVEMBER 23, 1850. [ONE PENNY

MEDICINAL EFFECTS OF WATER.

Amongst the various means resorted to by quackery to speculate upon the credulity of mankind, simple river or spring water, coloured and flavoured with inert substances, has not been the least productive; and many a time the Thames and Seine have been fertile sources of supposed invaluable medicines. Sangrado's doctrines on aqueous potations have long prevailed in the profession; and it has been stoutly maintained that a water-diet can cure the gout and various other diseases. That relief, if not cures, have been obtained by this practice there cannot be the least doubt. Are we to attribute these favourable results to the effects of the imagination, the beneficial efforts of nature, or the salutary abstinence which this prescription imposed? Possibly they all combined to assist the physician's efforts, or rather aid his effete treatment. Cold water and warm water have in turn been praised to the very skies by their eulogists, and become the subjects of ridicule and persecution on the part of more spirited practitioners.

In surgery, water has ever been considered of great utility; it, no doubt, was instinctively used by man to cleanse and heal his wounds. Patroclus, having extracted the dart from his friend Eurypylus, washes the wound; and the prophet Elisha prescribes to Naaman the waters of Jordan. Rivers had various qualities, and were supposed to prove as different in their action on the economy as the mineral springs which from time immemorial have been resorted to. These effects may, in fact, not be altogether doubtful; for, although these salutary streams may not possess sufficient active ingredients to be recognised by chemical tests, yet we know that substances which appear perfectly inert may prove highly active and effectual when combined and diluted naturally or artificially. Moreover, in the effects of watering-places on the invalid or valetudinarian, we must not forget the powerful influence of change of air and habit, the invigorating stimulus of hope, and the diversion from former occupations. To these auxiliaries many a remedy has owed its high reputation; and probably, when Wesley attributed his recovery to brimstone and supplication, he in a great measure might have considered rest from incessant labour the chief agent in his relief. The exhilarating effects of the picturesque site of many of these salutary places of resort is universally acknowledged. Montaigne, Voltaire, Alfieri, acknowledged their influence on the imagination. Petrarch's inspirations flowed with the waters of Vaucluse, some of Sevigné's most delightful letters were written at Vichy, and Genlis and Staël were particularly happy in their epistolary elegance at Spa and Baden.

We owe to accident many valuable discoveries in medicine. It is said that several Indians, having used the waters of a lake in which a cinchona tree was growing, experienced the benefit which led to the use of the Peruvian bark; and the thermal properties of the baths of Carlsbad were first made known by the howling of one of Charles the Fourth's hounds, that had fallen in them in a hunt. It has been also observed, in various countries, that particular waters produced various morbid affections; and to this cause have been attributed goitres, cretinism, calculi, and other distressing diseases. The ancients dreaded the impurity of their rivers. The Romans boiled their water in extensive *thermopolia*, where not only potations were drunk hot, but occasionally refrigerated with ice and snow, and, when thus prepared, called *decocta*. Juvenal and Martial refer this custom to the Greeks. Herodotus informs us that the Persian monarchs were accompanied on their expeditions by chariots laden with silver vases filled with the water of the *Choaspes* that had been boiled, and which was solely destined for the king's use; Athenæus tells us that it was light and sweet. Many ancient coins and inscriptions have recorded these salutary properties of certain waters.

This real or supposed efficacy was scarcely discovered before it became the domain of priests, and common rain or river water became valuable and sanctified when blessed by them: hence the introduction of lustral water. The fluid extracted from the gown of Mahomet is the sacred property of the sultan. The moment the fast of the Ramazan is proclaimed, this holy vestment is drawn from a gold chest, and, after having been kissed with due devotion, plunged in a vase of happy water, which, when wrung from the garment, is carefully preserved in precious bottles, that are sent by the monarch as valuable presents, or sold at exorbitant prices as cures for any and every disease. Thus were the good effects of ablution, especially in wounds, attributed to some secret charm or quality conferred upon it by clerical benediction or the legitimacy of princes. When a quack of the name of Doublet cured the wounded at the siege of Metz in 1553, the water he used was considered to have been of a mystic nature. This Doublet, no doubt, was acquainted with an ingenious treatise on gun-shot wounds, written by Blondi in 1542, in which he strongly recommended the use of cold water; but as his recommendation was not founded on any miraculous quality, he was forgotten, while Doublet was considered a supernatural being.

Water affords a beautiful illustration of that indestructibility with which the Creator invested matter for the preservation of the world He formed from elementary masses, and appears to have existed unchangeable from the commencement of the universe. Its constituent parts are not broken into by any atmospheric revolution; they continue the same, whether in the solid ice, the fluid state of a liquid, or the gaseous form of a vapour. Its powers are undiminished, whether in the wave or the steam; the most effective agent in the hands of man to promote that welfare and happiness which his own errors deprive him of, frequently bringing on those calamities that his perversity attributes to the will of the Omnipotent. Water is the same in the atmosphere as on the earth, and falls in the very same na-

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ture as it ascends; electricity has no other influence upon it than that of hastening its precipitation. Chemical agents, however powerful, can only decompose its elementary principles upon the most limited scale. The heterogeneous substances with which water may occasionally be alloyed must be considered as purely accidental.

The homogeneous characters of this fluid admit of no alteration, and, like atmospheric air, are still obtained as pure most probably as when they first emerged from chaotic matter. The same principles are found in the clouds, the fogs, the dews, the rain, the hail, and the snow. For the preservation of the world it was indispensable that water should be endowed with the property of ever retaining its fluid form, and in this respect become subject to a law different from that of other bodies, which change from fluid to solid. This is a deviation from a general decree of Nature. Were it not for this wise provision of the Creator, the world would shortly have been converted into a frozen chaos. All bodies contract their dimensions, and acquire a greater specific gravity by cooling; but water is excepted from this law, and becomes of less specific gravity, whether it be heated, or cooled below 42° 5'. Were it not for this exemption, it would have become specifically heavier by the loss of its caloric, and the waters that float on the surface of rivers would have sunk as it froze, until the beds of rivers would have been filled up with immense masses of ice. From the observations of Perron, there is reason to believe that the mountainous accumulations of ice that have hitherto arrested the progress of polar navigators have been detached from the depths of the ocean to float upon its surface.

The salutary medicinal effects of sea-bathing are generally acknowledged, although too frequently recommended in cases which do not warrant the practice; in such circumstances they often prove highly prejudicial. The ancients held sea-water baths in such estimation, that Lampridus and Suetonius inform us that Nero had it conveyed to his palace. As sea-bathing is not always within the reach of those who may require it, artificial sea-water has been considered a desirable substitute; and the following mode of preparing it, not being generally known, may prove of some utility. To fifty pounds of water add ten ounces muriate of soda, ten drachms of muriate of magnesia; two ounces of muriate of lime, six drachms of sulphate of soda, and the same quantity of sulphate of magnesia. This is Swediaur's receipt. Bouillon, Lagrange, and Vogel, recommend the suppression of the muriate of lime and sulphate of soda, to be replaced with carbonate of lime and magnesia; but this alteration does not appear necessary, or founded on sufficient chemical grounds for adoption.

Sea-water taken internally has been considered beneficial in several maladies; and, although not potable in civilized countries, it is freely drunk by various savage tribes. Cook informs us that it is used with impunity in Easter Island; and Schouten observed several fishermen in the South Sea drinking it, and giving it to their children, when their stock of fresh water was expended. Amongst the various and capricious experiments of Peter the Great, an edict is recorded ordering his sailors to give salt water to their male children, with a view of accustoming them to a beverage which might preclude the necessity of laying in large stocks of fresh water on board his ships! The result was obvious; this nursery of seamen perished in the experiment. Russel, Lind, Buchan, and various other medical writers, have recommended the internal use of sea-water in scrofulous and cutaneous affections; but its use in the present day is pretty nearly exploded.

FIDGETS.

By fidgets we mean a general restlessness, or feeling of being ill-at-ease, accompanied with a perpetual desire to change the position of the body.

The English colloquial term *fidgets*, from *fidgety*, is most probably a corruption of *fugitive*, though the lexicographers have given us no origin of the term. Both import restlessness, unsteadiness, and perpetual change of place. The proper Latin term is *titubatio*; and, indeed, most languages have some peculiar term to express this troublesome and irritable sensation, though it has been rarely introduced as a disease into the nosological catalogue.

The actual cause seems to consist in an undue accumulation of sensorial power, which seeks an outlet, so to speak, at every pore, for want of a proper channel of expenditure. Thus every one becomes fidgety who is obliged to sit motionless beneath a long-drawn and tedious story of common-place facts totally destitute of interest; and still more so when he is eagerly waiting, and fully bottled up, as it were, to reply to an argument loaded with sophisms, absurdities, or untruths, and over which he feels to have a complete mastery. So the high-mettled horse is fidgety that, called out, in full caparison, and still restrained in his career, is panting for the race or the battle. "So the squirrel, when confined in a cage, feels," as Dr. Darwin has ingeniously observed on this disease, which he calls jactitatio, "a restless uneasiness from the accumulation of irritative power in his muscles, which were before in continual and violent exertion from his habit of life; and, in this situation, finds relief by perpetually jumping about his cage to expend a part of his redundant energy. For the same reason, children that are constrained to sit in the same place at school for hours together are liable to acquire a habit of playing with some of the muscles of their face, or hands, or feet, in irregular movements which are called tricks, to exhaust a part of the accumulated irritability by which they are goaded."

In the two last instances, this irritability is simply accumulated for want of a proper outlet, and not from inordinate secretion. In the two preceding cases, of the restrained horse and the restrained orator, there is added to this simple accumulation, for want of disbursement, an accumulation also from inordinate excitement.

It is this last source alone that can give the present affection any thing of a morbid character; and in irritable temperaments this is often the case; for there is a diseased excess of *sensorial* power produced constitutionally, which is apt, on various occasions, to show itself by a perpetual restlessness or jactitation, as troublesome to those who are of the company, as to those who are afflicted with it.

Paulini observes that worms, and Lentin that atony, (loss of muscular power,) alone is a cause; and hundreds of other sources of irksome irritation may be added to these: one of the most common of which is an obstinate and unconquerable itching, like that of *prurigo senilis*, and especially in a part of the body that we cannot conveniently get at to scratch; and hence ascarides in the rectum or pudendum, into which last organ they have been sometimes found to creep, is a most distressing, and, in some cases, a maddening cause.

A course of cooling purgatives, warm bathing, or increased exercise, will probably be found most serviceable in this harassing complaint; with an attention to the primary disease, where it is sympathetic.

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DISEASES OF THE CHEST.

No. VII.

By the Editor.

(*Continued from page* 154.)

EMPYEMA.—LODGMENT OF MATTER IN THE CHEST.

The term *Empyema* is applied to a collection of pus in the cavity of the pleura, the result of previous inflammation of that membrane. An empyema was formerly said to exist when a large vomica of the lungs (already described in the papers on Tubercular Consumption, page 2, Vol. II., No. 27,) burst into the cavity of the chest. Since Laennec inculcated more correct principles, empyema is now considered as denoting a collection of purulent fluid, caused by pleuritis. The great authority just named says, "I apprehend no one now considers empyema as the product of a vomica, which has burst into the cavity of the pleura. A softened tubercle may, indeed, discharge its contents in this manner, and may thus become the cause of a considerable effusion, by exciting a chronic pleurisy; but, in such a case, the tuberculous matter must be only considered in the light of an extraneous body, determining inflammation, and consequent effusion, by its mechanical or chemical qualities. It is also to this species of pleurisy that we must refer those histories of lungs entirely destroyed by suppuration, which we find recorded in the older writers."

The symptoms of empyema are common to it and to other diseases of the thorax as well; in fact, we may say that the diagnostic signs are equivocal. Knowing this, it is scarcely to be wondered at if the disease was, and we may add, is, constantly mistaken, or its very existence overlooked; of which so many examples are recorded in medical literature, that the only difficulty in citing them lies in the selection. The following symptoms and physical signs are those most characteristic of empyema, and when they are all combined, may be considered as diagnostic of the disease.

There is fixed pain in the side, of a heavy, though, occasionally, darting and acute character; the breathing is laborious, and generally proportionate to the degree of pressure which the lung sustains, or, in other words, to the quantity of the effusion. Experience has shown that the difficulty of breathing is extremely urgent when the empyema is formed rapidly, but that in more chronic cases the dyspnœa is generally proportionate to the violence of the fever, and the quantity of the pus thrown out. Some individuals, however, have their breathing much more easily affected than others, and accordingly, under apparently similar circumstances, the dyspnœa continues extremely urgent in some from the commencement of the disease to its termination; in others, the respiration is at first gently affected, but the dyspnœa gradually diminishes, and recurs only at intervals when the circulation is excited; whilst, in a third set, the respiration continues apparently unimpeded from the beginning to the end of the disease. The difficulty which patients affected with empyema experience from lying on the *sound* side has been noticed by all writers since the time of Hippocrates; and this in all probability arises from the load which is thereby thrown on the mediastinum (that fold of the pleura which divides the cavity of the chest into two parts), as well as from the obstruction which the muscles of respiration experience when the side which they have to dilate is placed under the weight of the body. To avoid this inconvenience, patients labouring under effusion into the chest generally lie on the diseased side, or else on the back, with a slight inclination of the body towards the diseased side. This latter position is the more general of the two, and is so very characteristic as to lead, in some cases, to a suspicion of the disease, even before any further examination has been made. In all cases, the erect position, so long as the strength of the patient will permit him to maintain it, affords the greatest relief. When the empyema is double—that is, when both sides of the chest contain pus—he can seldom lie in the horizontal position, but remains constantly seated with his body inclined forwards. If we remove the dress from a person affected with empyema, and then examine his chest, we generally perceive a marked difference in the size and shape of the two sides; that into which the effusion has taken place being considerably larger; and this difference, which is most evident at the back, is rendered still more remarkable by the altered position of the ribs, which remain immovably in the position they naturally occupy during full inspiration, and contrast strongly with the increased motion of the ribs of the opposite side. We may frequently detect *fluctuation* of the purulent fluid through the intercostal muscles—that is, in the fleshy spaces between the ribs; this is one of the least fallible signs of empyema, but yet should not be trusted to exclusively, as abscesses occasionally form in the parietes of the chest, which yield a similar sensation to the fingers; œdema, or a dropsical swelling of the integuments of the diseased side, extending sometimes to the arm and side of the face, is an occasional, but by no means a constant symptom of empyema; it sometimes occurs at an early stage of pleurisy, accompanied with pain and tenderness in consequence of the inflammation extending to the adjacent parts, and in some instances does not make its appearance before the last stages of the disease. The cough in empyema is generally short, dry, and tickling; sometimes it is altogether absent; if there be any expectoration, it is of mucus or phlegm, unless a communication is established between the effused fluid in the pleura and the bronchial tubes; in such cases, which are rare, the expectorated matters have a peculiar fetid smell, the odour of which has been compared by some to garlic, assafœtida, or phosphoretted hydrogen. There is a greater or less degree of fever invariably present; the pulse is rapid; the skin burning hot; the urine scanty and high coloured, with all the symptoms which usually attend hectic. As the disease progresses, the breathing becomes extremely difficult, with repeated fainting-fits, and the dew of a cold sweat constantly covers the throat and forehead; the cheeks and lips are of an ominous red, while the nails are livid, the pupils dilated, and the sight dim.

By the stethoscope we discover that peculiar modification of the voice, termed ægophony, but it is not nearly so distinct as in hydrothorax; the respiratory murmur is absent over that portion of the lung which is surrounded by the purulent fluid, and we frequently discover in the healthy side that the respiration has become puerile. Percussion yields a dull sound, like that when the thigh is struck by a stick; by succussion, or shaking the patient's body, we may occasionally hear the roll, rattle, or rumble, of the contained fluid, in the same manner that we may detect the presence of fluid in an overloaded stomach whilst descending a staircase or riding on horseback.

The first object in the treatment of this disease must be to moderate any febrile excitement which may arise, and to effect this we must adopt the antiphlogistic means usually resorted to in inflammation. General bloodletting is seldom, if ever, required, unless in cases of internal hæmorrhage; whenever there is great increase of pain, and the other symptoms indicate a renewed attack of inflammation in the diseased surface of the pleura, cupping or leeches may be required over the part. With regard to the general treatment of the patient, we cannot do better than quote the words of M. Broussais, who says,—"The physician cannot be too strongly impressed with the idea that, so long as any fever continues, *the more his patient eats, the shorter time*

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he lives, and that by lowering his diet he will take a more prompt and effectual method of removing the febrile symptoms than by repeated bleedings, or by covering his chest by blisters." Purgatives, according to Laennec, to be useful ought to be frequently repeated; diuretics are of little efficacy in promoting the absorption of the fluid; when employed, they require to be given in large doses, as from six to eight drachms of the acetate of potash, or thirty or forty grains of nitre daily; Quarin used to give doses of two grains of the extract of squills every three hours. Diaphoretics and expectorants have been found serviceable in some cases, where the efforts of nature manifest a tendency to produce a critical evacuation by perspiration or expectoration; in which case, the propriety of promoting the discharge established by nature is manifestly indicated. So long as any fever remains, we should resort to counter-irritants with the greatest caution; when all the febrile symptoms have ceased, a large blister may be applied with advantage over the affected side, and kept open for several days, provided it does not produce much constitutional irritation.

We now have to speak of the surgical treatment of empyema, to which we must have recourse when there exists no reasonable prospect of the effusion being removed by absorption, or evacuated by the efforts of nature; and that is *Paracentesis thoracis*, or the operation of tapping, as it is vulgarly called. This operation we have witnessed in several cases at the London Hospital; it is performed by inserting a trocar and canula into the parietes of the chest, and thus drawing off the accumulated matters; the place selected for the insertion of the instrument should be ruled by the seat of pain, or of fluctuation, when it can be felt; David advises near the sternum; and Mr. Sharp between the sixth and seventh ribs. The fluid should not be evacuated suddenly, but a small quantity allowed to escape daily. Borelli relates a case in which the patient seems to have sunk under a sudden evacuation.

Numerous cases are recorded in which the fluid has disappeared spontaneously. It has passed off by the intestinal canal, by the bladder, and by the vagina, in the form of pus. It has also been frequently carried off by an opening formed by nature, and the patient has recovered his usual health. This opening has commonly been between the ribs; most usually between the third and fourth; but in one instance, attended by M. Hurten, the abscess pointed and burst under the scapula.

In our next we shall describe ASTHMA.

SCURVY.

SCURVY is now luckily a very rare disease, both on board our vessels and in the London hospitals. That the affection no longer makes such ravages among seafaring men, we owe, as every one knows, to the unfailing effects of lemon-juice; and that the malady reigns less among the people at large is probably the result of the abundance and low price of fresh vegetables, and the better hygienic regulations in our prisons, poorhouses, &c. The miserable state of some Lascars who lately died at an English port victims to aggravated scurvy, shows, however, that neglect in providing crews with fresh vegetables, or at least with lemon-juice, if such vegetables cannot be had, will still give rise to a very severe form of the disease.

From the Registrar-General's quarterly return of deaths in London, ending September 30, 1850, we find, under the head "Purpura and Scurvy," that nine persons only died of those diseases during the quarter. In the same period, however, of 1849 there had been thirteen; the like number in 1848; and twenty-two in 1847. In the quarter above mentioned (viz., 1850) the whole number of deaths with specified causes was 11,520, and the deaths from purpura and scurvy, nine, which gives about 0.77 per cent. This per centage includes, however, both *purpura* and *scurvy;* though the two diseases are now recognised as distinct, thanks to Dr. Budd's investigations on the subject. Cazenave and Schedel, in the second edition of their work, consider the two diseases not sufficiently distinct to authorise a separation; and even in Dr. Guy's edition of Hooper's Vade Mecum, we find the following somewhat obscure classification:—"Purpura—Land Scurvy, and Purpura-Nautica—Scorbutus or Sea Scurvy." That purpura should no longer be reckoned among skin diseases is now generally acknowledged; but that purpura should be clearly distinguished from scurvy, both as it appears on land and at sea, is likewise desirable, for the following reasons, derived from Dr. Budd's researches: Scurvy occurs mostly from privation from succulent vegetables; purpura may arise when vegetables are being used. The gums are swelled and bleed in scurvy, but not necessarily in purpura. Scurvy is rendered worse by blood-letting and mercury; not so with purpura. Scurvy is cured by lemon-juice, but purpura is not generally benefited by vegetable juices, and often yields to blood-letting and cathartics. It would therefore be interesting if we were told in the returns of the registrar-general what number of deaths have taken place from scurvy and purpura *respectively*.

We were led to trouble our readers with the foregoing remarks as a genuine case of scorbutus has just been discharged from St. Thomas's Hospital. The patient is a married woman, aged thirty-seven years, who was admitted July 16, 1850, into Ann's ward, at that Hospital, under the care of Dr. Bennett. She was rather delicate-looking, and stated, that about fourteen months ago she had a very severe attack of diarrhœa, which she attributed to the use of vegetables and fruit. Imbued with this idea, she left off vegetables entirely for three months, and resumed the use of them after that period. But, as she soon had another attack of diarrhœa, she entirely gave up the habit of eating green vegetables or fruit of any kind. The patient lived very scantily all the winter, eating nothing but gruel and farinaceous food, and partaking of meat only two or three times in a fortnight. Her health was nevertheless pretty good during this period, except at the time when the catamenia should have appeared, at which periods she sometimes lost a large quantity of blood; this menorrhagic attack being occasionally accompanied by bleeding at the nose. She continued in about the same state until three months before admission, when she began to experience pain about her arms and legs; the attacks of epistaxis—bleeding from the nose—became more frequent and abundant, so much so, that she sometimes bled to fainting. Hæmorrhage now likewise came from the gums, and the latter became very tender and spongy. About this time the bowels became relaxed, and the patient subject to griping pains in the abdomen; the stools varying in colour, being sometimes almost black, and at other times of a light straw colour.

The poor woman did not seek medical advice, but tried to relieve the pain and tenderness of the gums by gargles of salt-and-water; these gave her some relief at first, but soon lost their efficacy. When these symptoms had continued for about two months, streaks of a yellowish-green colour appeared on the legs; their direction was in the long axis of the limb, and these ecchymosed lines were very tender to the touch. The gums were now gradually becoming more and more swollen and soft; they bled profusely, and the epistaxis also persisted. At the catamenial period the hæmorrhage was likewise very considerable. The patient made, meanwhile, no alteration in her diet, did not take any medicine, and had gradually grown worse up to the time of her admission, at which period she had daily an attack of epistaxis.

On careful examination the gums were found very vascular,

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considerably swelled, so as even to conceal some of the teeth from view, and they bled very frequently. The bowels had been rather constipated; the patient had a sallow anæmic appearance, and complained of great weakness. The menorrhagia had not occurred for the last five weeks, but there were pains in the loins. The legs were so painful and tender that the patient could with difficulty stand or walk, and a few greenish streaks were observed down the anterior parts of the legs, these lines being extremely painful, and the ankles rather œdematous. Patient evinced a desire for animal food; her tongue was pale and flabby, and marked with the indentations of the teeth; the pulse small and feeble, and the sleep much disturbed.

Here there were almost all the symptoms of sea-scurvy, except that the hæmorrhage was not profuse, and the ecchymosis not very considerable. From the patient's statements the cause of the morbid manifestations could be clearly made out; the absence of succulent vegetables had been mainly concerned in the development of the disease, and the causes sometimes, but rather erroneously, supposed to be connected with scurvy, were absent; such as contagion, cold and damp, impure atmosphere, and the continued use of salt provisions. The likelihood of the latter cause used to be supported by actual experiment; thus we read, in the first volume of the "Library of Medicine," p. 48, "that an excess of the saline ingredients diminishes the coagulability of the blood has been proved by experiments; hence we may derive an explanation of the state of the blood observed in that form of *scorbutus* which is caused by the long continuance of salted provisions."

Dr. Bennett ordered a drachm of compound powder of jalap to be given immediately, and prescribed the following tonic medicines; fifteen minims of the tincture of the sesquichloride of iron, and twenty of dilute hydrochloric acid, to be taken three times a day, in infusion of cascarilla. The patient had full diet, with a pint of porter daily. The purgative acted freely, and removed all griping. The food was on the second day taken without inconvenience, but the legs were very painful, particularly in the depending position, and the gums swollen and spongy. The patient was now ordered green vegetables with her dinner. On the fourth day the gums were less swelled, but still very vascular; they had bled very little since the patient's admission, and there had been no epistaxis; the legs were not so painful, save when in the erect posture; and the bowels being confined, (in spite of the green vegetables,) a purgative draught was ordered. On the eleventh day the bowels became rather relaxed, but the patient was improving in every respect; there was no epistaxis, and the bleeding from the gums was trifling. The appetite was good; but as the bowels were loose, Dr. Bennett desired the green vegetables to be omitted for a day or two.

The patient, however, soon resumed the use of the vegetables, and one month after admission she was evidently gaining strength; the gums were very much reduced in size, and less tender, though still vascular; the ecchymosed streaks of the legs had disappeared, and the patient could walk comfortably about the ward. After about seven weeks' stay in the hospital the patient was quite convalescent. She had regularly continued to take the steel and mineral acid in bitter infusion, and succulent vegetables, besides a generous diet. She was quite free from pain, and could masticate without feeling any uneasiness in the gums. No uterine hæmorrhage had taken place for the last three months; nor had the catamenia appeared during the same period. The patient was discharged in very good condition, the gums being slightly more vascular than in the normal state.

The efficacy, both of the lemon-juice and of fresh succulent vegetables, especially of the potato, seem now to be firmly established; whether these act in restoring to the blood the potash in which, according to Dr. Garrod, it is deficient in the scorbutic affection, time and further experiments will show. It is, in the meanwhile, worth noting how simple was the treatment adopted in the foregoing case. The patient had voluntarily proscribed green vegetables from her diet; these were ordered to be resumed; tonics and a generous diet were given, and the symptoms yielded in a very satisfactory manner. If we are often obliged to confess that some diseases are still imperfectly understood or treated, we certainly may congratulate ourselves upon the ready manner in which scurvy yields to the means employed; and though the actual change which takes place in the blood is not positively ascertained, we can at least cure the disease with lemon-juice or fresh vegetables, as we do syphilis with mercury, and ague with quinine.—*The Lancet.*

ANIMAL HEAT.

The animal heat has been accounted for in different ways, by several ingenious physiologists. From the aggregate of their opinions and experiments, I deduce that heat is extricated all over the frame, in the capillaries by the action of the nerves during the change of the blood from scarlet arterial to purple venous, and also whilst it is changing in the lungs from purple to scarlet. There is a perpetual deposition, by the capillary system, of new matter, and decomposition of the old all over the frame, influenced by the nerves; in other words, the galvanoid or electroid influence of the nerves, which occasions these depositions and decompositions, keeps up a slow combustion. In this decomposition there is a continual disengagement of carbon, which mixes with the blood returning to the heart at the time it changes from scarlet to purple, this decomposition, being effected by the agency of the nerves, produces constant extrication of caloric; again, in the lungs that carbon is thrown off and united with oxygen, during which caloric is again set free; so that we have in the lungs a *charcoal fire* constantly burning, and in the other parts a *wood fire*, the one producing carbonic acid gas, the other carbon; the food supplying through the circulation the vegetable or animal fuel from which the charcoal is prepared that is *burned* in the lungs. It is thus that the animal heat is kept up; on the other hand, the evaporation of perspiration keeps the surface cool; but in inflammatory fevers, when this is deficient, the body gets too hot; and, in low fevers, when the nervous influence is not sufficient to keep up the full fire, the surface gets cooler than the natural standard. This is peculiarly evident in the beginning of eruptive fevers, as scarlatina, where there is strong heat, with the arterial colour of the skin; but if the same becomes malignant and low, with deficient arterialisation, the temperature sinks, and the diminution of the charcoal combustion in the lungs is evinced by the dusky colour of the skin shewing that the carbon is not thrown off, as it ought to be; and the same phenomena takes place in typhus cases.—*Dr. Billing.*

THE POTATO FIBRE PACKING OF THE RECTUM.

The origin of the potato disease, in the plant itself, is not very clear; it appears certain, however, that at the return of the "cambium," the proper formation of starch was interfered with, and that, in addition to a few store-cells, the bulb was merely made up of its usual fibres, and cell-walls depressed and weakened to a degree that can scarcely be imagined. The poor of the South and West strove to lessen the pangs of hunger by masses of these black potatoes,—mere indigestible fibre. Examined with a microscope, as one would expect, a total absence of starch was found. Passing through the upper portion of the

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intestinal canal, the small amount of digestible matter was, of course, removed; but getting into the colon, and lower down, the aggregation of huge masses of a thing like chopped hay took place—in some fatal moment the rectum refused to act. Medicine seemed but to aggravate all the sufferings, till mechanical means, especially in women, had unloaded the cells of the rectum. The miserable creatures, the subjects of the disease, tossed about in the wildest agony; the hands pressing the lower part of the abdomen. Days and nights passed in this way without relief. Everything but aggravated their sufferings. Stuping, &c., was tried, all in vain. The rectum pressing on the bladder, new tortures were added. A horrid sanious matter escaped, and gave out the most horrible stench; tenesmus and bearing down filled up the list of horrors. The disease is quite a new one; and, as it is not impossible it may arise from other causes besides the one specified, may be worthy of recollection.

KINDRED QUACKS.

I OVERHEARD two matrons grave, allied by close affinity,
(The name of one was Physic, and the other's was Divinity,)
As they put their groans together, both so doleful and lugubrious:—
Says Physic, "To unload the heart of grief, ma'am, is salubrious:
Here am I, at my time of life, in this year of our deliverance;
My age gives me a right to look for some esteem and reverence.
But, ma'am, I feel it is too true what everybody says to me,—
Too many of my children are a shame and a disgrace to me."

'Ah!" says Divinity, "my heart can suffer with another, ma'am;
I'm sure I can well understand your feelings as a mother, ma'am.
I've some as well,—no doubt but what you're perfectly aware on't, ma'am,
Whose doings bring derision and discredit on their parent, ma'am."

"There are boys of mine," says Physic, "ma'am, such silly fancies nourishing,
As curing gout and stomach-ache by pawing and by flourishing."

"Well," says Divinity, "I've those who teach that Heaven's beatitudes
Are to be earned by postures, genuflexions, bows, and attitudes."

"My good-for-nothing sons," says Physic, "some have turned hydropathists;
Some taken up with mesmerism, or joined the homœopathists."

"Mine," says Divinity, "pursue a system of gimcrackery,
Called Puseyism, a pack of stuff, and quite as arrant quackery."

Says Physic, "Mine have sleep-walkers, pretending, through the hide of you,
To look, although their eyes are shut, and tell you what's inside of you."

"Ah!" says Divinity, "so mine, with quibbling and with cavilling,
Would have you, ma'am, to blind yourself, to see the road to travel in."

"Mine," Physic says, "have quite renounced their good old pills and potions, ma'am,
For doses of a billionth of a grain, and such wild notions, ma'am."

"So," says Divinity, "have mine left wholesome exhortation, ma'am,
For credence-tables, reredoses, rood-lofts, and maceration, ma'am."

"But hospitals," says Physic, "my misguided boys are founding, ma'am."

"Well," says Divinity, "of mine the chapels are abounding, ma'am."

"Mine are trifling with diseases, ma'am," says Physic, "not attacking them."

"Mine," says Divinity, "instead of curing souls, are quacking them."

"Ah, ma'am," says Physic, "I'm to blame, I fear, for these absurdities."

"That's my fear too," Divinity says, "ma'am, upon my word it is."

Says Physic, "Fees, not science, have been far too much my wishes, ma'am."

"Truth," says Divinity, "I've loved much less than loaves and fishes, ma'am."

Says each to each, "We're simpletons or sad deceivers, some of us;
And I am sure, ma'am, I don't know whatever will become of us."

PUNCH.

PHARMACOLOGY.

No. XXXIII.

STIMULANTS.

(*Continued from page* 158.)

Camphora,—Camphor,—the Camphor Tree,—*Laurus Camphora*,—a native of the East Indies,—yields from its wood and leaves a peculiar concrete, which by means of dry distillation affords the officinal camphor. The odour is readily recognised—it is strong, peculiar, and fragrant; the taste is aromatic and bitter, accompanied by a sensation of cold; it is volatile, white, semi-lucent, brittle, but not easily reduced to powder; it is soluble in alcohol, æther, oils, vinegar, and, in a very small degree, in water; it is also much lighter than water. The medicinal properties of camphor are many: it is stimulant, diaphoretic, and sedative; applied externally, it is anodyne. It is used in typhus, in malignant sore throat, in confluent small-pox, and eruptive fevers of a typhoid type; in atonic gout, and as an adjunct to bark and opium in checking mortification. The dose is from three grains to a scruple, made into a powder with sugar, or in a mixture with mucilage or almond confection. ☞ The effects of an over-dose are counteracted by opium. Externally, it allays the pain of rheumatism and other deep-seated inflammations, when dissolved in oil and employed as an embrocation.

Mistura Camphora,—Camphor Mixture,—is made by rubbing half a drachm of camphor with ten drops of spirits of wine, and then adding gradually a pint of water. A wine-glassful, with the addition of half a drachm of the compound spirits of lavender, is a grateful stimulus in faintings and hysterical fits. Camphor mixture is more frequently employed as a vehicle for other remedies than prescribed for its own absolute value.

Tinctura Camphoræ,—*Spiritus Camphoræ*,—Tincture of Camphor,—is prepared by dissolving five ounces of camphor in two pints of spirits of wine. It is only used externally; applied to chilblains, and in cases of chronic rheumatism and numbness, it frequently affords great relief. It is decomposed by water, which combining with the spirit, precipitates the camphor.

Tinctura Camphoræ Composita,—Compound Tincture of Camphor,—Elixir of Paregoric. See page 110.

Linimentum Camphoræ,—Camphor Liniment.—Dissolve an ounce of camphor in four fluid ounces of olive oil. This is an excellent stimulant and anodyne embrocation for indolent glandular swellings, sprains, bruises, and joints affected with chronic rheumatic pains.

Linimentum Camphoræ Compositum,—Compound Camphor Liniment,—is prepared by distilling a solution of ammonia and spirit, by a slow fire, and afterwards dissolving camphor in the distilled fluid. This preparation is used for the same purposes as the former, but is much more powerful, on account of the ammonia which it contains.

Moschus,—Musk.—This powerful and odoriferous drug and well-known perfume is obtained from the preputial sac under the belly of the *Moschus moschiferus*, a species of deer inhabiting the alpine mountains of the east of Asia. The medicinal action of musk is stimulant, antispasmodic, and diaphoretic: it is employed in spasmodic affections, as hysteria, hiccough, hooping-cough, locked-jaw, and epilepsy. The late Dr. Anthony Todd Thompson says, "I have seen it, when given to the extent of half a drachm three times a day, stop the fits in an old and confirmed case for three months." In typhus attended with sudden and irregular twitches of the tendons; in cholora it checks the vomiting; and it arrests the progress of gangrene. It raises the pulse, and excites the nervous system without heating. The dose is from two grains to half a drachm, administered in the form of pills.

Mistura Mcschi,—Musk Mixture,—is prepared by rubbing three drachms of musk, of powdered gum arabic, and sugar, in a pint of rose-water. This is a very convenient mode of exhibiting musk. The dose is half an ounce to two ounces, every four or five hours. The late Mr. White, of Manchester, found the musk mixture, combined with ammonia, spirit of lavender, and spirit of juniper, of great utility in sloughing phagedenic ulcers of a syphilitic strumous nature.

Assafetidæ,—*Assafœtida Gummi Resina*,—Assafetida.—This is a fetid gum-resin, smelling strongly of garlic, which exudes from the root of the *Ferula Assafœtida*. It occurs massive and in tears. It was used by the ancients as an article of cookery, under the name of *laserpitium*; it has also been called *opium Cyrenaicum*, or juice from Cyrene. Its medicinal action is stimulating, antispasmodic, and expectorant; when injected into the rectum, it destroys worms seated there. It is prescribed in cases of hysteria, asthma, difficulty of breathing, hooping-cough, and tympanitis, or distension of the abdomen with wind,—"dry dropsy," or "wind-dropsy."

(*To be continued.*)

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HINTS FOR HEALTH.

EAT SLOWLY.

Those who wish to enjoy health must eat slowly; for, when we eat too fast we introduce a greater quantity of food into the stomach than the gastric juice can at once combat with; the consequence of which is, that hunger may continue for some time after the stomach has received more than would be sufficient, under the circumstances, to induce satiety.

LONG FASTING.

The general effects of long fasting are highly injurious—frequently they are destructive of life. They are chiefly feelings of great debility, fear, delirium, violent passion alternating with deep despondency. In general the temperature of the body falls several degrees; the respiration becomes fœtid, the secretion of the kidneys acrid and burning, and, according to Magendie and Collard, bloody, and the stomach is found contracted after death.

TO "MINISTER TO A MIND DISEASED."

If the mind be disturbed or enfeebled by moral causes, the true remedies are to be found in the belief of what is true, and the doing of what is right. Even if the body be compelled to suffer through the mind, as it often is, still the cure to be worth having must commence on the source of the evil. Many such circumstances, to seek relief from stimulants which raise an unsubstantial happiness, or from narcotics which render the moral perceptions and powers dull and dormant, in proportion as they soothe and lull the feelings, must be considered to be amongst the greatest of criminal mistakes, even if there were no ulterior consequences, both mental and bodily, which it is plainly wrong to provoke. It is impossible to specify the exact circumstances under which it may be beneficial to take a moderate allowance of alcoholic stimulus, or to employ any artificial mode of acting on the mind. There are undoubtedly many cases of languor and depression which would disqualify for the discharge of duty, if it were not for the temperate excitement of the powers which is procured by wine or malt liquors.

HARICOT BEANS.

The White Haricot or French beans are an excellent substitute for potatoes and other vegetables, being as cheap, more wholesome, and by far more nutritious than any of the esculents in common use in this country. It is an article suitable in every respect for general use, and now that it is admitted duty free, abundant supplies may be obtained, and the poor may enjoy what has hitherto been considered a luxury on the tables of the rich. It may, moreover, be strongly recommended as a wholesome change of diet from green vegetables and potatoes, possessing in the highest degree nutritious and strengthening properties, and not subject to waste or injury from keeping in store. According to Sir H. Davy and Liebig, potatoes and other vegetables yield 8¼ per cent. nutriment. Haricot beans, by the same authorities, give 92 parts out of every 100; in fact, more nutriment than any other vegetables, pulse, or farinaceous substance known.

To cook plainly as a vegetable, the best method is to soak them over night, and boil slowly about two hours. Changing the water once or oftener will improve the colour. The increase in quantity will be about three-fold, especially if good dry old Haricot.

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

DRAWINGS OF THE HUMAN BODY,

In Health and in Disease.

WE purpose to commence, in our third volume, Jan. 4, 1851, a Series of Illustrations of the ANATOMY AND PATHOLOGY OF THE HUMAN BODY. We have obtained the valuable assistance of MR. HENNING, who as an artist enjoys an European fame, and who, for many years, was the favorite draughtsman of the late Sir Astley Cooper: his drawings will be engraved on wood by a gentleman who, in his branch of art, is second to none. Each number of the Journal will contain one or more Engravings of some important organ or structure, and will be accompanied by a description of the part delineated, and the physiology of its function; in writing which, we shall continue to bear in mind that "a technical term unexplained is a dark spot on the field of literature; explained, it is a clear and steady light."

Notwithstanding the increased expense which the Editor will incur, it is not his intention to increase the price of the Journal. May he, therefore, respectfully ask for the continued support of his present subscribers, and beg that they will, individually, introduce his periodical to the immediate circle of their acquaintance?

A SUBSCRIBER AB INITIO (Hull) must know that we do not answer communications similar to his in this column, and that we do not advise gratuitously in mischances arising from vice, folly, or indiscretion.

MARIA B.—It is a neuralgic affection, a modification of *tic douloureux*. If the pain is always referable to the same tooth, and if the tooth be in the least decayed, get it extracted.

CALEB WILLIAMS.—See answer to A SUBSCRIBER AB INITIO in this number.

ASTHMA.—We shall commence a series of papers on this disease in our next.

EPSILON (Oxford).—The origin of the word "Quack" is not ascertained. Johnson derives it from the verb "to *quack*, or gabble like a goose." Butler uses this verb as descriptive of the encomiums empirics heap upon their nostrums. Thus in "Hudibras:"

> Believe mechanic Virtuosi
> Can raise them mountains in Potosi,
> Seek out for plants with signatures
> To *quack* of universal cures.

The late Dr. Parr defined the word "Quack" to be applicable to every practitioner who, by pompous pretences, mean insinuations, and indirect promises, endeavours to obtain that confidence to which neither education, merit, nor experience entitle him.

S. T. (Edgeware Road).—So long as you despond, so long will your health suffer. "A merry heart doeth good like medicine; but a broken spirit drieth the bones."—*Proverbs* xvii. 22.

F. J. H.—"Psychology"—pronounced "si-kol-o-je"—signifies a description of the intellectual and moral faculties.

JAMES HEWLETT (Manchester).—The quack nostrum sold under the name of "Daffy's Elixir" is only the compound tincture of senna, with the addition of treacle, aniseeds, and elecampane root. Different kinds of quack trash are sold under the names of *Dicey's* Daffy and *Swinton's* Daffy; but they differ merely in some subordinate minutiæ or unimportant additions.

HENRY ROUSE.—We have read the pamphlet against the use of salt; it is the *fad* of an enthusiast. The proverb says, "If you take away the salt, throw the meat to the dogs;" and so say we.

AN INVALID (Chester).—Take, dilute nitric acid, forty drops; tincture of hyosciamus, two drachms; infusion of pareira, eight ounces. Mix. Dose, three table-spoonsful, three or four times a day.

X. Y. Z. (Gateshead).—Syphilitic eruptions are recognised by the *colour*, which is coppery; by the *form*, which is circular; and by the *situation*, which is most commonly the face, forehead, nose, the back, and shoulders. Of course the previous history of the case will confirm or refute the diagnosis. See THE DISEASES OF ERROR.

A GRATEFUL PATIENT.—We thank you for your good wishes, but must decline inserting your letter; it is rather *too* complimentary. Your gratitude is honourable to yourself, and, we hope, justice to us.

ALFRED READ (Hackney).—Read the articles on GOUT in Nos. 10, 11, 12, 13.

ROBERT W.—Sir Astley Cooper has been dead many years. His nephew, Mr. Bransby Cooper, practises as a surgeon.

AN ARTIST.—Dr. Epps is an homœopathist, a politician, and a preacher! *Utrum horum mavis accipe?*

DAVID E. F (Trowbridge) can only be answered privately.

NEVILL'S REVALENTA BISCUITS.—We beg to direct the attention of our readers to these light, digestive biscuits; they are admirably adapted to invalids and delicate children, also to sufferers from indigestion. They are an excellent article for luncheon, and as a wine-biscuit we consider them superior to Pursell's. Messrs. Nevill inform us that they may be obtained at any respectable grocer's or confectioner's, in canisters containing one, two, or five pounds.

A. T. (Clerkenwell).—In No. 7, in answer to ROBERT HAWSON, we gave the following reply, which is equally applicable to you:—"We do not profess to give advice, indiscriminately, without fee; there is a wide difference between honest poverty and poverty of spirit. The former will always meet with the utmost consideration at our hands, and our services will be cheerfully rendered. Will your lawyer preserve your property without his 'charges'? Why should a medical man who preserves your health be the only man who is expected to work, brain and hand, gratis? 'The labourer is worthy of his hire,' whether he be a baker, tailor, or doctor."

J. BRICE.—We never prescribe for those who reside within a "stone-throw" of our own house, without personally examining the invalid.

WILLIAM ANDERSON (Lambeth).—If the advice be not worth coming for, it cannot be worth having.

A CLERK (Derwend).—Such cases are within the scope of our practice. Every surgeon should be a physician, and every physician should be a surgeon. The only branch of medicine we do not practise is practical midwifery. Night attendances would send the Editor to Kensal Green Cemetery in a month.

P. (Coventry).—The symptoms are common to chronic bronchitis, as well as to consumption. If you will send to us your address, we will forward to you a few questions which will enable you, in your reply, to describe the case accurately.

A SHIPWRIGHT (Baxtergate, Whitby).—The accumulation of the filth must be most insalubrious. Have you an inspector of nuisances in your town? If so, apply to him. A scavenger's cart will be more useful than tons of "disinfecting agents."

R. T.—If you wish to know the real character of the despicable creatures who rob the unwary and the indiscreet, refer to our articles on ADVERTISING QUACKS in Nos. 2, 4, 5, 24, and 33.

A TEACHER (Bridgwater).—Take an electuary thus composed:—Flowers of sulphur, four drachms; cream of tartar, two drachms; confection of senna, two ounces; oil of cloves, four drops. Mix well together. Dose, a dessert spoonful every morning; gradually diminish the quantity. Anoint the hands with glycerine.—Second: Indigestion does not always arise from repletion or gross diet: a deficiency of food, or food insufficiently nutritious, even being "so very particular and abstemious," may cause the "tightness and fulness" of which you complain. Falstaff says, "Fasting is a windy occupation."

RICHARD STRONG (Halifax).—We certainly have heard of the toothache being cured by *smoke*, but have no personal knowledge of its efficacy. It may be tried easily in this way:—Place the bowl of a clean tobacco pipe in the fire until it is red hot; then put in it a pinch of henbane seed; invert the broad part of a common funnel over the bowl, and apply the tube against the affected tooth so that the smoke arising from the seed may be applied directly to the decayed spot.

A POOR MAN.—We published a long article on INFLUENZA in No. 5.

*** If any of our readers experience difficulty in getting "back numbers" of the PEOPLE'S MEDICAL JOURNAL, which are always in stock, or if persons residing in remote places suffer any delay in obtaining the current numbers, we shall feel greatly obliged if they will communicate directly with us, when we will employ our best exertions to remedy the evil.

THE article on DISEASES OF ARTISANS is unavoidably omitted this week, in consequence of the pressing engagements of the Editor.

HEALTH OF LONDON DURING THE WEEK ending Saturday, Nov. 9.—Deaths registered in the metropolitan districts, which in the two preceding weeks were respectively 845 and 945, numbered last week 921. The mortality from inflammation of the lungs and asthma nearly equals the average; that from bronchitis exceeds it; and though the deaths from all diseases are diminished, as compared with last week's return, those from that class of complaints of which the above are the most important, have increased. Consumption has been less fatal than usual. Fever is now the epidemic most productive of fatal results; last week 55 persons, of whom about half were of middle age, were its victims. Eleven children died of small-pox, besides a man who had nearly attained the age of sixty; 22 of measles, 23 of hooping-cough, 33 of scarlatina, 7 of croup. A boy twenty-two months old died from loss of blood caused by the application of leeches to the throat.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 48.—Vol. II.] SATURDAY, NOVEMBER 30, 1850. [ONE PENNY

ASTHMA.

No. 1.

By T. H. Yeoman, M.D.

Asthma, in familiar language, has a most comprehensive signification, as difficulty of breathing, from whatever cause it may arise, is generally described by this term. Asthma, properly so called, is confined to that condition of disordered respiration in which the difficulty of breathing is temporary, but recurring frequently, accompanied by a wheezing sound and sense of constriction in the chest, with cough and expectoration; it is, in fact, that state which is known by the vulgar phrase, *broken-wind.*

Asthma is the result of a nervous, spasmodic constriction of the bronchial tubes, which constriction extends to the muscles of respiration. This theory of asthma was for a considerable time denied, and it was then said to be caused by the infarction, or clogging up, of the bronchial tubes with a superabundant effusion of mucus. As the disease so seldom proves fatal during a paroxysm, the opportunities of examining the state of the lungs after death have consequently been rare; and when effected, little or no trace of actual disease or disorganization of the lungs has been discovered. Laennec says—"I have met with many cases in which it was impossible, after the most minute search, to find any organic lesion whatever to which the asthma could be referred." And Ferrus, who tells us that he spent fifteen years in hospitals, says he has not met with a single dissection which could be fairly considered as exhibiting the results of simple or idiopathic asthma.

If the examination of the lungs and their appendages in persons who have died of this disease has shed no light on its precise pathology, yet the minute dissection of the healthy lung has fully confirmed the possibility of asthma being a spasmodic disease, and the probability that all other theories are erroneous. Reisseissen, of Berlin, was the first who ascertained the existence of a set of complete circular fibres around the bronchial tubes, which begin at the point where the cartilaginous rings terminate, and Laennec conceives that the spasmodic contraction of these fibres prevents the transmission of air to a great portion of the lungs. The assertion of Sir John Floyer, himself an asthmatic, fully confirms this hypothesis, and furthermore that the constriction of the chest is *not* caused by the infarction of mucus. He says, "The lungs do not appear to be much oppressed with phlegm before the fit; and, at the end of the fit the straitness goes off *before* any considerable quantity is spit up." In some cases of dry convulsive asthma there is but little mucus, sometimes none, expectorated from the beginning to the end of the paroxysm; the suddenness of the attack, its abrupt departure, frequently without leaving any succeeding annoyance, must also be considered proofs of its spasmodic nature.

THE CAUSES.

Asthma is a disease of middle and advanced life rather than of youth; it attacks either sex indiscriminately, although more common in the male than the female; it pervades all classes, and is not peculiar to any particular constitution, as the robust and the weak are alike obnoxious to its invasion, but is more prevalent in those who are of a nervous temperament or plethoric habit. Certain occupations that have the effect of impeding or impairing the respiratory functions appear to exert a baneful influence in exciting the disease; amongst them may be named such as require exposure to sudden and great changes of temperature, those that require the body to be kept in a position which mechanically interferes with the free movements of the chest, and those that subject the individual to an irritating atmosphere in which there are acrid fumes, dust, or deleterious particles in minute subdivision. Persons who have to make great and frequent efforts with the lungs and vocal organs are also rendered prone to an attack, or rather series of attacks, for asthma quickly becomes habitual.

It has been stated by some medical writers, particularly by Diemerbroek and Bree, that persons who are accustomed to smoke tobacco are rendered more liable to the disease; if this be correct, what a nation of asthmatics we shall become, now that every urchin smokes his "cuba," "pickwick," or meerschaum!

The exciting causes of asthma are many; indeed they are so numerous that it is seldom we can correctly ascertain what may or what may not become an exciting or predisposing cause. To speak in general terms, I may say, that whatever creates an irritation within the chest, and whatever induces a convulsive constriction of the moving powers of respiration, are sufficient to produce that spasmodic breathing which constitutes the disease now under consideration. Willis, probably the most classical medical writer of whom we may boast, says—"Asthmatics can bear nothing violent or unusual. From excess of heat or cold, from any great bodily exertion, or mental emotion,—from change of season or weather, from errors, even of a slight kind, in the non-naturals, and from a thousand things besides, they fall into fits of dyspnœa."

First among the predisposing causes must be classed hereditary transmission; thus we frequently see several members of the same family similarly affected, and we frequently hear the remark—"My grandfather, my father was the same; they were always *asthmatical.*" Although in some families asthma becomes an heir-loom, it may be held in abeyance for an intermediate generation, the grandfather being affected, the son escaping, and the grandson suffering.

Malformation of the chest is a frequent cause; a narrow chest, high shoulders, and deformed spine are rarely unattended

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with difficulty in breathing of a spasmodic character. When the glottis—the opening of the windpipe into the throat—is of small size, or narrower than natural, when the bronchial membrane is readily irritated, we invariably find that the breathing is laborious and spasmodic; thus a neglected chronic catarrh, or chronic bronchitis, is frequently succeeded by confirmed and continued asthma.

Of all the causes, proximate or remote, protracted indigestion is the most productive of the disease. It seldom happens than an individual subject to dyspepsia is free for any length of time from difficulty in breathing; the spasmodic pains that attend this disorder are not confined to the stomach and abdomen, but rapidly extend to the lungs and the other organs of respiration. A person affected with gout is generally a sufferer from asthma during the intermissions; rheumatism also alternates with it; some affections of the skin, the sudden suppression of any accustomed discharges, as the healing of ulcers, and "bad legs," are in many instances exchanged for a violent and spasmodic difficulty in respiration. In females asthma is frequently dependent on, or caused by, certain peculiar irregularities and changes. Excessive fatness, and a plethoric state of the whole body; suppressed perspiration; sudden change of occupation, as from exercise to confinement; luxurious and sensual habits; indolence; irregularities in dress and in diet, may all become at one time or another incentives to this most distressing disorder.

Systematic writers have described asthma under several forms or varieties, but for all practical purposes the division of the disease into dry, or nervous asthma, and into humid, catarrhal, or common asthma, is the best; in fact the other types of asthma are only complications or modifications of one or other of these divisions.

DRY, OR NERVOUS ASTHMA.

Dry asthma, which is the convulsive asthma described by Willis, Hoffman, Floyer and Akenside, is usually preceded by languor, flatulence, headache, heaviness over the eyes, sickness, pale urine, disturbed rest, and a sense of straitness or fulness around the chest, with considerable anxiety.

The late Dr. Bree, who suffered severely from this complaint, thus describes the premonitory hints he experienced; he says—"When the evening approaches, the weight over the eyes becomes most oppressive, and the patient is very sleepy. Frequently, at this period, there is a tingling and heat in the ears, neck, and breast; and a motion to expel the contents of the bowels is attempted, with some violence and with great uneasiness of the abdominal muscles. When an asthmatic feels these warnings he may be convinced that his enemy is at hand." Headache of a violent character, restlessness and fretfulness towards evening, dryness of the throat and nostrils, with other symptoms that indicate some slight degree of fever, are generally noticed previous to the commencement of an attack.

The primary disturbance usually sets in towards the evening, and the patient retires to bed dispirited and apprehensive of the approaching evil; about the middle of the night, frequently during his first and soundest sleep, he awakes suddenly, and feels a most distressing tightness about the chest, as if he were bound with cords; his anxiety is inexpressible, and he labours for breath as though every moment would be his last; he starts up gasping, panting, and wheezing, and endeavours to reach a window or door whereat he may obtain that which he appears only to care for—fresh air; and regardless of cold, patients under such a paroxysm will sit for hours at an open window, even in the depth of winter.

In some cases the patient does not immediately awake, but remains in a state of half-consciousness, similar to nightmare, for some time aware of the approach of the disease, but without the least ability to make any effort to resist it; when at length the oppression is overwhelming, he throws himself into an erect posture, relieves himself of the weight of the bed-clothes, and breathes distressfully, with a wheezing sound. The apartment in which he may be appears too close and confined, and he yearns for and endeavours to obtain cold air at every risk. It is remarkable, and a fact which every physician must have observed, that a patient in this condition will bear the most sudden and severe exposure to cold without any immediate or subsequent ill consequence. The heart palpitates with violence; the pulse is small, frequent, and intermittent; the stomach and bowels are distended with flatulence; there is a sensation of sinking and faintness; the bowels sometimes become suddenly relaxed, and discharge a slimy, frothy evacuation of a greenish colour; the countenance is haggard and betrays the greatest anxiety; the face is pale, more commonly bloated and livid, or purple; the body is covered with a profuse clammy perspiration, whilst the extremities are always cold. There is a tickling dry cough, and the patient makes repeated and ineffectual attempts to expectorate without being able to spit up any thing but a little frothy mucus; after a time the cough becomes constant, and when it has continued for two or three hours relief is at last obtained by the expectoration of a tough, viscid mucus, which gradually becomes more copious, and, as it increases in quantity, so do the more urgent symptoms diminish in intensity. The expectorated matters are frequently tinged with blood, and when this happens the relief appears to be more decided and immediate; as a consequence, the after effects are then more serious.

One peculiar symptom in this form of asthma, and it occurs as well in another nervous disorder—hysteria—is the escape, and sometimes the involuntary escape, of a large quantity of pale limpid urine.

The feelings of a patient during a paroxysm of asthma are not those of pain, as the word *pain* is generally understood; but rather those of intense anxiety, and a sense of impending suffocation:—what I mean is, that he does not experience any darting, shooting, or throbbing pain, but suffers only from constriction of the chest, and inability to inspire a sufficient quantity of air; every asthmatic will, however, quickly admit that these sensations are more agonizing than those which are usually defined by *pain*.

The duration of an attack of nervous asthma seldom exceeds three or four hours, at the end of which time the constricton of the chest begins to subside, the breathing is deeper and more free, the cough becomes comparatively easy and loose, and a copious expectoration of mucus follows.

The change that now comes over the patient is most marked: from a state of appalling anxiety, he is restored to almost perfect tranquillity; exhausted by the previous exertion and gasping, he will fall into a composed and soothing sleep. On the following day some constriction and tenderness of the chest is generally experienced, and this, in some fortunate but rare instances, is the only evil arising from the preceding excitement; in others, the paroxysms make their appearance night after night for a week or longer. Sir John Floyer mentions a case in which the fits recurred for seven weeks together, during the whole of which time the patient was obliged to sit erect in a chair; and an instance occurred in my own practice in which the disease continued with very short intermission for twenty-seven days.

(To be continued.)

An apple, an egg, and a nut, you may eat after a slut.—*Old Proverb.*

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THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. VI.

Diseases caused by Sedentary Occupations.

(*Continued from page* 156.)

IRRITABLE, AND DEBILITATED BLADDER—INCONTINENCE, AND RETENTION OF URINE.

IRRITABILITY of the BLADDER, causing incontinence or inability to retain the urine (*enuresis*), may arise from mechanical causes, as stone in the bladder, particularly when lodged at or near its neck; and from laceration of the parts by the passage of stone, or gravel; or, in the female, by labour: or it may exist without organic defect, by reason of a debilitated or even paralysed state of the sphincter muscles of the bladder, or from some source of irritation within the bladder itself:—general debility, the abuse of spirituous liquors, and excesses, induce and aggravate the infirmity. Incontinence of urine occurring in persons whose occupations are sedentary is more frequently occasioned by debility and irritability of the bladder, to which causes we shall confine our present remarks.

Incontinence of urine, arising from a relaxed or debilitated state of the bladder, is one of the most distressing maladies that afflict men; as the constant escape of fluid not only irritates and excoriates the parts with which it may come in contact, but the infirmity debars the person thus afflicted from society. A form of this disease is common in young children, who have a constant desire to pass the urine during the day, and an involuntary discharge of it during the night; and old men, especially those addicted to excesses in early life, are very subject to it, the attacks being frequently preceded by retention. The bladder, at first weakened, gradually becomes more and more paralytic, emptying itself in the commencement of the infirmity very slowly, next retaining increasing quantities of urine, and at length continually discharging the overflowings by drops; in other cases, when the sphincter is considerably weakened the bladder expels the urine almost as soon as it receives it, and undergoes but little or no distention.

The treatment must obviously depend on the circumstances which induce the complaint, and when its origin can be satisfactorily traced to peculiar employment causing pressure upon the region of the bladder, a cessation from that should be our first care. It should be our aim to restore the whole system to vigorous health, so that the bladder may acquire its share of increased strength in common with the other organs, as well as from specific treatment directed to its infirmity. With this view the bowels should be maintained in a regular state; the diet should be light, unirritating and nutritious; the vegetable tonics, as calumba or cascarilla, followed by chalybeate waters and quinine, should be prescribed, and moderate exercise indulged in. The preparations of iron, especially the tincture of the sesquichloride, (tincture of steel) and cantharides are most valuable remedies in this complaint—in fact, they are those on which we chiefly depend; they should be given combined, in doses of fifteen or twenty drops of the former, which may be increased to half a drachm, and eight or ten of the latter, in a small quantity of water, every four or five hours. Cold applications to the perinæum, and dashing the loins and lower part of the body with cold water, or the use of a shower-bath, are of much service. Electricity has been tried, but we believe without any beneficial effect.

The late Mr. Samuel Cooper was a great advocate for blisters, and he has related several cases in which they were of the greatest efficacy. A man, thirty-two years of age, was attacked by this disease, accompanied by a palsy of the lower extremities, in consequence of having taken some virulent quack medicines, probably of the mercurial or arsenical kind. In twenty-four hours after the application of a blister to the bottom of the spine, he was able to retain his water for an hour; and in a week after, for two hours, In about a month he was able to retain it for five hours; and at last obtained a perfect cure. The like good effects were produced on a woman of fifty, in whom the disease had been brought on by a strain; in a young man who had been attacked with the disease after lifting a heavy load; and in many other instances which Mr. Cooper has recorded.

In incontinence of urine arising from spasm of the muscular coat of the bladder, the most effectual remedies are narcotics or sedatives, administered by the mouth, or introduced into the rectum, in the form of suppository or enema. A grain of solid opium, or half a drachm of laudanum in a starch injection, will generally succeed in relieving the spasm. In severe cases, the warm bath, cupping to the loins, or strong counter-irritant liniments, must be resorted to.

In children and idle persons, when the urine is perfectly retained during the day, and voided or dribbled away only at night, the disease may be rather the effect of habit or sloth, or the result of dreams, than of any debility of the sphincter muscles; and here it may be necessary to have recourse to other means, such as obliging the child to leave its bed about midnight, for the purpose of emptying the bladder, preventing him drinking liquid in the evening, and threatening punishment for the offence.

DYSURIA—RETENTION OF URINE.

DYSURIA may exist in every degree, from slight and momentary arrest of the flow of urine, with or without pain, to complete retention. Some degree of pain generally attends the abortive attempts to discharge the urine, and, in many cases, the suffering is intense. The causes are very numerous; such as acrimony of the urine itself, or irritation or inflammation of the coats of the bladder, whether originating in the bladder itself, or from causes external to it. Thus dysuria is one of the symptoms of gonorrhœa,* of inflamed prostate gland,† of gravel,‡ of urinary calculus, of inflammation of the bladder, inflammation of the kidneys, of inflamed piles, of the irritation caused by worms, and, in the female, of some uterine affections of pregnancy. One very common cause in persons engaged in sedentary employments is the imprudent and incautious resistance to the calls of nature, and procrastinating that which ought to be performed on the instant. *Strangury*, which is an aggravated form of retention, is produced by cantharides and other strong irritants.

We do not intend in this paper to allude to mechanical impediments to the passage of the urine, as stricture, &c., but to confine ourselves to retention caused by debility and position.

A retention of urine may either come on in a gradual or sudden manner. In the first description of cases, it begins by a kind of debility, which hinders the patient from completely emptying his bladder, so that, after having voided the urine, he still feels a desire to repeat the evacuation, and is compelled to make frequent efforts to do so. This inconvenience gradually increases; at length none of the urine can be discharged, and a painful distention and swelling takes place at the lower part of the body.

When the complaint comes on suddenly, the retention of the urine is the first symptom which the patient experiences, and his bladder becomes filled and distended, in the same manner as in the preceding case. Most frequently the swelling is at first not very painful, but afterwards it becomes acute in the extreme. Some patients make frequent attempts to expel the urine, which aggravates their sufferings; others are more tranquil.

Every case of retention of urine demands prompt assistance; but when the disorder presents itself in its complete form, the

* See Diseases of Error, pp. 5 and 13.

† See People's Medical Journal, p. 147, Vol. II. ‡ Idem, p. 155, Vol. II.

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mischief of delay is of the most serious nature. "If the bladder," says Sir Astley Cooper, "is allowed to remain preternaturally distended, it not only loses its contractile power, but is quickly attacked with inflammation and sloughing. At length, some point of it bursts, and the urine is extravasated in the cellular membrane of the pelvis."

In all cases, the first indication of treatment is to procure a discharge of the fluid through the natural passage; and if the obstruction depend on mechanical causes, or complete paralysis, the introduction of a catheter should not be delayed, and its use repeated so often (but not too often) as the urgency and continuance of the symptoms demand. Warm fomentations, or a hot bath, afford great relief, and will frequently excite the bladder to expel its contents; when there is much fever, or when inflammation has commenced, the abstraction of blood from the arm, and the application of leeches over the seat of the distended bladder, is imperative; and, as well, those remedies are to be employed which subdue ordinary inflammatory action. When there is spasm of the bladder, a full dose of opium, as forty drops of laudanum in a wine-glassful of barley-water, may be advantageously prescribed, and great care should be taken to freely empty the lower intestines. In some cases of dysuria which are caused alone by constipation, a brisk purge will remove the complaint. If the disease depend solely on debility of the bladder, the affusion of cold water to the hips, loins, and thighs, is of great service, in conjunction with the taking of the muriated tincture of iron, in doses of ten or twelve drops in water, repeated several times a day. When the urine is scanty and acrid, diuretics (see page 141, Vol. I., No. 18) and diluents (see page 76, Vol. I., No. 10) will be required, an excellent form for administering which is the following;—

Take—Infusion of Buchu, eight ounces;
Tincture of the same, and
Spirits of juniper, of each half an ounce.
Mix.—Dose, two table-spoonsful every four hours.

Or—

Take—Powdered uvæ ursi, a drachm and a half;
Dried sub-carbonate of soda, half a drachm;
Compound powdered cinnamon, half an ounce;
Confection of roses, half an ounce;
Syrup, sufficient to form an electuary. Of which the dose is a table-spoonful taken every other hour.

When all the plans and modes of treatment have proved ineffectual, then it becomes necessary to puncture the bladder—a most formidable operation, not in the performance, but in its probable result.

(To be continued.)

DEFINITION OF A PERFECTLY FORMED HAND.

To decide on the perfection of the hand as a beautiful object, it is necessary to see it in connection with the wrist and a portion of the fore-arm, but more especially the wrist. This latter part must be rounded, full, polished, smooth; no *prominent* veins, no stringy tendons, no wrinkles, no projecting bones, which above all things are abhorred; sinews and starting veins are bad enough, but those are still worse. Much has been said about making visible or concealing the extremity of the ulna, the smaller head, as it is called, and styloid process of the ulna, the point of the elbow-joint—so often, too often, seen red and projecting; the bare mention of which naturally concealed parts banishes from the acute mind all ideas of beauty—beauty! the most timid, the easiest frightened, of all our instinctive feelings. Now, the less prominent these portions of the ulna are made the better; they had better not be shown at all; in some positions of the hand they are invisible; in no one effort of the beautifully formed hand does this bone ever become distinctly prominent; if represented at all, it must be by management of light and shade, giving to it the most delicate roundness possible. Represent it as the end of a bone; bring out its anatomical character; let the mind discover that a skeleton lies under that fair skin, and every idea of beauty flies from the mind with the speed of lightning. The fingers must taper gradually to correspond with the arm, which tapers uniformly from the shoulder; not too long or short, but proportioned to the hand; the hand proportioned to the wrist, projecting but little, if at all, beyond it; there must, in fact, be no short projections, no angles from the shoulder downwards—all must taper generally, and rise or fall in gentle curves. A straight line on the inner side of the hand would destroy its appearance, however beautifully formed otherwise; so also would perfectly straight fingers.

LYING IN BED FOR FORTY YEARS.

Considerably above forty years ago, a yeoman of the neighbourhood of Keighley got entangled in the meshes of the tender passion, and suffered disappointment. Having taken to bed at that time, he has kept it ever since; neither threats nor entreaties ever once inducing him to leave it. His health is uninjured, he eats well, is conscious of all that is being done around him, and, enjoying a small competency, he resolves to end his days where he has so ingloriously immured himself for nearly half a century.—*Bradford Observer.*

SINGULAR LIFE ASSURANCE SPECULATION.

Towards the close of the last century, two gentlemen, one a clergyman, then aged about thirty years, while strolling through the streets of London, entered a Life Assurance Office, and inquired upon what terms their joint lives could be insured for the sum of £30,000, to be payable only in the event of either of the insured arriving at the venerable age of ninety. So singular a proposal was at first treated as a joke, but a pledge being given to the contrary, the two friends were directed to call again, and in the meanwhile the actuary would be consulted, as the tables of the office were not calculated to such an extent. At the appointed time they returned, and were informed that the terms would be one thousand pounds deposit, and an annual premium of five pounds. The conditions were accepted, the policy duly prepared, and the payments made with regularity. Time wore on, and long before the expiration of the allotted period, one of the friends sank into the grave; the clergyman, however, survived, and as year after year rolled round, he was left in robust health, and in the active discharge of the varied duties of Christian minister. At length the long-looked-for period arrived, and with the year that has passed away, the venerable clergyman completed his ninetieth year, and claimed the reward of his patient endurance. The demand upon the office was honourably met, and the subject of this very extraordinary notice, we are informed, still lives hale and erect, in a rural district not far removed from the great capital, with a fair prospect of enjoying with his family, for some time to come, his ample and singularly acquired fortune.

SUDDEN BLINDNESS.

Dr. Synnot mentions the case of a laundry-maid, who, while reaching to take some clothes off a line, experienced a sensation as if something had fallen into the left eye, which was followed by total and instantaneous blindness. There were not any signs of inflammation, and the iris contracted and dilated actively. She complained of deep-seated pain in the orbit, and of supra-orbital headache. Leeching, purgatives, mercury pushed to soreness of the gums, and blistering, removed the complaint, which Dr. Synnot considers to have been caused by effusion of blood either within or around the optic nerve.

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CURIOSITIES OF THE HUNTERIAN MUSEUM.

The Hunterian Museum at the College of Surgeons, Lincoln's Inn Fields, is certainly one of the most interesting, yet least visited, of the Lions of London. One of the most striking objects on entering the handsome room containing the collection, is the skeleton of Byrne, or O'Brien, the famous Irish giant, who, we are informed by Mr. Ottley in his "Life of John Hunter," died in 1783. He had been in a declining state of health for some time previously, and Hunter, anxious to procure his skeleton, set his man Howison to keep watch on his movements, that he might be sure of securing his body at his death. Byrne learned this, and as he had a horror of being dissected, determined to take such precautions as should ensure his not falling into the hands of the doctors. He accordingly left strict orders that his body should be watched day and night, until a leaden coffin could be made, in which it was to be enclosed, and carried out to sea, and sunk. Byrne died soon after, and, in compliance with his direction, the undertaker engaged some men to watch the body alternately. Howison soon learned this, found out the house where these men went to drink when off duty, and gave information to Hunter, who forthwith proceeded thither, with the view of bribing them to allow the body to be carried off. He had an interview with one of the party at the alehouse, and began by offering him fifty pounds if he would allow the body to be kidnapped. The man agreed, provided his companions would consent, and went out to consult them. He returned shortly, saying they must have a hundred pounds. Hunter consented to this, and thought the affair settled; but the men finding him so eager, soon came back with an increased demand, which was also agreed to, when further difficulties were found, and larger and larger demands made, until, it is said, they raised the price to five hundred pounds! The money was borrowed from a friend to pay them; and in the dead of night the body was removed in a hackney coach, and after having been carried through several streets, was transferred to Hunter's own carriage, and conveyed immediately to Earl's Court. Fearing lest a discovery should take place, Hunter did not choose to risk the delay which the ordinary mode of preparing a skeleton would require; accordingly, the body was cut to pieces, and the flesh separated by boiling; hence has arisen the brown colour of the bones, which in all other respects form a magnificent skeleton. This is not the only instance of the enormous sums the immortal founder of the museum gave for objects to enrich it. His eagerness to obtain rare and valuable specimens often led him to pay more than its worth for an object he desired to make his own. In his valuable contribution to the "Transactions of the Royal Society," on the Economy of Whales, he mentions the fact, that, finding it impossible to "obtain proper subjects on which to pursue his inquiries to the extent he desired, he engaged a surgeon, at his own expense, to proceed to the north in a Greenland whaler, after having given him such anatomical instruction, and provided him with such other means as would, he supposed, enable him to obtain some valuable information respecting the whale tribe. But his choice of a messenger proved an unfortunate one; for all that he got, in return for his trouble and expense, was a bit of whale's skin, with some barnacles stuck on it.

CURE FOR LISPING.

A rapid and emphatic recital of the following simple narrative is an infallible cure for lisping:—Hobbs meets Snobbs and Nobbs; Hobbs bobs to Snobbs and Nobbs; Hobbs nobs with Snobbs and robs Nobbs' fobs. "This is," says Nobbs, "the worst of Hobbs' jobs," and Snobbs sobs.

CHILBLAINS.

Chilblains depend, as their name implies, on a chill which disturbs the usual circulation of the blood in weak parts, and is followed by a weakly inflammation. The parts principally affected are the hands and feet; but, in very cold climates, the nose, ears, and lips are affected also, and the living power is destroyed as effectually as by combustion:—

—— The parching air
Burns frore, and *cold* performs th' effect of *fire*.

A chilblain, in its mildest form, is attended with a moderate redness of the skin, and a sensation of heat and itching; all which symptoms, after a time, spontaneously disappear. When more violent, the swelling is larger, redder, and sometimes of a dark blue colour; and the heat, itching, and pain, are so excessive, that the patient cannot use the part. In the third degree, small vesicles arise upon the tumour, which burst and leave excoriations. These are soon converted into ill-conditioned sores, which sometimes penetrate even as deeply as the bone, discharge a thin, ichorous matter, and generally prove very obstinate. The worst stage of chilblains is attended with sloughing.

The proximate cause of chilblains is diminution of the excitability or vital energy of the extreme vessels; and, as such diminution is most readily produced in children, or older persons of relaxed fibres, those are most subject to the disease. For, though we often meet with it also in strong and hardy boys, it will usually be found that the last, from the natural vigour and courage of their frames, have braved the cold and rigid reign of winter better than the more delicate of their school-fellows.

Chilblains are particularly apt to occur in persons who are in the habit of going immediately to the fire, when they come home in the winter with their fingers and toes very cold; they are also particularly frequent in persons who often go suddenly into the cold while warm.

The most likely plan of preventing chilblains is to accustom the skin to moderate friction; to avoid hot rooms and making the parts too warm; by adapting the quantity and kind of clothing to the state of the constitution, so as to avoid extremes, both in summer and winter; and by washing the parts frequently with cold water: taking regular exercise in the open air in all weathers; and observing particular care not to go suddenly into a warm room, or very near the fire, out of the cold air.

Although chilblains of the milder kind are only local inflammations, yet they have some peculiarity in them, for they are not most benefited by the same antiphlogistic applications which are most effectual in the relief of inflammation in general.

One of the best modes of curing chilblains of the milder kind is to rub them with snow, or ice-cold water, or to bathe them in the latter, several times a day, keeping them immersed each time, till the pain and itching abate. After the parts have been rubbed or bathed in this way, they should be well dried with a towel, and covered with flannel or leather socks.

This plan is perhaps as good a one as any; but it is not that which is always congenial to the feelings and caprice of patients; with the constitutions of some it may even disagree. In such cases, the parts affected may be rubbed with spirit of wine, camphorated spirit of wine, soap liniment, tincture of myrrh, or a strong solution of alum, or vinegar.

Keeping the feet warm by wearing worsted stockings or wash-leather socks, and encouraging the circulation by rubbing once or twice a day the parts affected with a gently-stimulating embrocation, as the following, is the best mode of managing chilblains in their first stage:—

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Take—Soap liniment, an ounce and a half;
Spirits of turpentine, two drachms;
Spirits of rosemary, two drachms.—Mix.

Or—

Take—Soap liniment, fourteen drachms;
Tincture of cantharides, two drachms.—Mix.

The itching may be relieved for a time by friction with the hand and hair powder, or by gently brushing the parts with a flesh-brush, sprinkled with dilute sulphuric acid.

When chilblains have suppurated and ulcerated,—that is, when the skin breaks, and the chilblain "bursts,"—a bread-and-milk, or a linseed-meal poultice, is the most soothing application, especially at night, and the wound should be gently stimulated during the day by lint soaked in lime water, or in tincture of myrrh, or warm vinegar. If an ointment be used,—but really we should be loth to advise greasy applications to such sores,—the best is the diluted citrine ointment. If the edges of the wound become sluggish and indolent, it may be necessary to touch the edges with pure nitrate of silver, or paint the whole surface with a tolerably strong solution of the nitrate. In persons of a scrofulous constitution, it is highly proper to pay great attention to the general health, so as to give greater tone and vigour to the system. The diet should be generous, without being stimulating, and due regard should be paid to the evacuations.

THE AGE OF MAN.

The age which man naturally attains is from seventy to eighty years; the period at which he reaches maturity differs much in different climates. In the hotter latitudes, the age of puberty, the dawn of maturity, commences very early; later in the temperate, and still later in the more northern; in temperate Europe, man is mature at eighteen or twenty; at twenty-five he has attained the fulness of manhood; the succeeding twenty-five years bring him to the borders of age; the next twenty-five years conduct him, at first by scarcely perceptible degrees, then by quicker, but still gentle steps, to decay and final dissolution; but many are cut off by diseases, by accidents, and by intemperance, before the allotted time of nature.

Maturity is attained, by the female sex, a year or two earlier than by the male. In the warmer latitudes of Europe, females are marriageable at twelve or fourteen years of age, and at Smyrna women are sometimes mothers at eleven or twelve. It is remarkable, however, that, in the hotter climates of the East, age comes on much earlier in the female sex than in the male. Women are old at thirty or forty in Arabia, Syria, Persia, &c., whereas the men retain their physical powers to an advanced period.

Instances of extreme longevity among the human race are far from being infrequent. Mr. Easton, of Salisbury, in a curious work on longevity, has collected notices of 1712 persons who exceeded their hundredth year; and, of these, many advanced considerably beyond that period.

The following are a few of the more recent instances:—

Thomas Parr,	died in	A.D. 1635	aged	152
Henry Jenkins	,,	,, 1670	,,	169
Countess of Desmond	,,	,, 1612	,,	145
Thomas Daume	,,	,, 1648	,,	154
Peter Torton	,,	,, 1724	,,	185
Margaret Patten	,,	,, 1739	,,	137
John Rovir and his wife	,,	,, 1741	,,	172, 164
St. Mongaha Kentigen	,,	,, 1781	,,	185

YOUNG men's knocks, old men feel.—*Old Proverb.*

PHARMACOLOGY.

No. XXXIV.

STIMULANTS.

(*Continued from page* 166.)

Mistura Assafœtida,—Assafœtida Mixture,—is prepared by rubbing five drachms of assafœtida in a pint of water, gradually adding the water until they are perfectly mixed. This is an extremely nauseous medicine, and is rarely used except in spasmodic and convulsive affections, when pills cannot be swallowed. The dose is half an ounce to an ounce. Sometimes it is used as an enema in worms, and the convulsions of infants, arising from irritation of the bowels during teething.

Tinctura Assafœtida,—the Tincture of Assafœtida.—Its use is the same as the foregoing. The dose is from ten drops to a drachm.

Spiritus Ammoniæ Fœtidus,—the Fetid Spirit of Ammonia,—is a useful stimulant in hysteria, atonic gout, and spasmodic asthma. The dose is half a drachm to a drachm.

Pilulæ Galbani Compositæ,—Compound Pills of Galbanum.—This pill contains assafœtida, myrrh, galbanum, and sagapenum. It is an excellent stimulant and antispasmodic in hypochondriasis, hysteria, and chlorosis. The dose is from five grains to a scruple.

Tinctura Lavendulæ Compositæ,—Compound Tincture of Lavender,—Compound Spirits of Lavender.—This tincture, first sold under the name of Palsy Drops, is impregnated with the medicinal virtues of lavender and rosemary flowers, nutmeg, and cinnamon. It is a pleasant and efficacious stimulant in faintings and chronic debility, in doses of from forty to eighty drops on a lump of sugar, or in a glass of camphor mixture.

Cardamomum,—Cardamom Seeds.—These are gratefully aromatic, and enter into the composition of many stimulating and stomachic preparations; the chief of which is

Tinctura Cardamomi Composita,—Compound Tincture of Cardamoms.—It is an elegant aid to stimulating and stomachic infusions, and to juleps, and is a good corrective to griping, or cold purges. The dose is from a drachm to two drachms.

Caryophyllus,—the Clove,—is the unexpanded flower of *Caryophyllus aromaticus*. It is a powerful stimulant and corrigent of other remedies.

Oleum Caryophylli,—Oil of Cloves,—is used to correct the griping properties of many purgatives; diluted with olive oil, it is applied to the chest in hooping-cough; and in its pure state is a remedy for toothache.

Infusum Caryophylli,—Infusion of Cloves,—is made by macerating three drachms of bruised cloves in a pint of water, and after they have stood two hours, straining the liquid. It is ordered in atonic gout, when the stomach is affected; and in flatulent colic. The dose is about a wine-glassful.

Armoraciæ,—Horseradish.—This root is better known as a pungent companion of roast beef than as a medicine; nevertheless it possesses many valuable properties, especially in rheumatism and dropsy: and in chronic hoarseness a syrup thus made is often of great utility:—Take of scraped horseradish root, one drachm; boiling water, two ounces; sugar enough to make a syrup. Dose, a tea-spoonful taken often and slowly, so that it may glide gradually over the back part of the throat and top of the windpipe.

Spiritus Armoraciæ Compositus,—Compound Spirit of Horseradish,—is a useful adjunct to infusion of foxglove in dropsies attended with much debility. The dose is from one drachm to four drachms.

Infusum Armoraciæ Compositum,—Compound Infusion of Horseradish,—is ordered to be thus made:—Take, horseradish root sliced, bruised mustard seeds, of each one ounce; boiling water, a pint. Macerate for two hours in a covered vessel, then strain, and add one ounce of the compound spirits of horseradish. It is ordered in paralysis, chronic rheumatism, dropsies occurring after remittent fevers, and in scorbutus, or scurvy.

Contrayerva,—Contrajerva Root,—*Dorstenia Contrajerva*,—a native of South America.—Its odour is aromatic and heavy; the taste bitter, styptic, and sweetish. It is employed in typhus, nervous fevers, the fever of dentition in weak children, and in dysentery. The dose is from ten grains to half a drachm.

Confectio Aromatica,—Aromatic Confection,—contains cinnamon, nutmegs, cardamoms, saffron, prepared chalk, and sugar. It is an excellent stimulant and cordial in the low stage of typhoid fevers, atonic gout, hysteria, and nervous languors. The dose is from ten grains to a drachm, administered either in the form of bolus, or in a mixture with camphor julep.

Zingiber,—Ginger Root,—is a grateful stimulant in gout, flatulent colic, indigestion, and as an adjunct to griping purgatives. The dose of the recent powdered root is ten grains; of the syrup and the tincture, one drachm to three drachms.

(*To be continued.*)

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HINTS FOR HEALTH.

CLOTHING OF OLD AGE.

Old age cannot be too warmly clothed, but care should be taken to avoid an oppressive load, too heavy for feeble limbs to carry with ease. It is therefore necessary to have, for the latter periods of life, clothes as warm, and at the same time as light, as they can be made. As after manhood the force of the circulation is considerably lessened, the clothing by day, and the covering by night, should be gradually increased, for many of the diseases of advanced life are produced by obstructed perspiration. Warm clothing, more especially bed-clothing, is proper to preserve or increase the heat of old people, and great pains should be likewise taken to keep the feet dry and warm.

TEA.

There can be no doubt that tea, if taken in too great a quantity, is a pernicious plant. Perhaps the use of it has partly contributed to the weak bodies and enervated minds of the Chinese; and it has also tended to injure the general health, and to weaken the strength of those who are too much addicted to it in Europe. But as the use of it can hardly now be abandoned, and as in moderation it may be rendered innocent, as well as palatable, it may be useful to ascertain those rules which ought to be observed in the consumption of this article.

The first rule to be adopted is, to avoid the high-priced and high-flavoured teas, which generally owe their flavour to pernicious ingredients, and abound most with those active principles whence the noxious effects of the article arise, and to prefer those which have been prepared in a simpler manner. The green teas owe their colour and flavour. either to the leaves being plucked when young, or to some noxious mode of preparation; for they disagree with numbers of people, and even a single cup will occasion sickness and other unpleasant symptoms. In a view to wholesome diet, those sorts of tea, the infusions of which are of a dark, and not of a green colour, and which go under the general name of Bohea, are certainly to be preferred; and if a small quantity of green tea is put in for the sake of flavour, by far the greater proportion ought to consist of Bohea, for the sake of health. 2nd. It is also of great importance to make the infusion properly; the water should be of the best quality, and in a boiling state when the infusion is made. 3rd. Only a moderate quantity of tea should be infused. 4th. There is nothing more essential than to have the tea mixed with such ingredients as are most likely to correct its noxious qualities, particularly with sugar, and a greater proportion of milk or cream used. 5th. Tea should be considered merely as calculated for the purpose of diluting our solid food, and assisting in its digestion. If it were never taken but either with solid nourishment, or soon after it, there is every reason to suppose that its pernicious effects would, in a great measure, be prevented. But when taken, as it is too often, without solid nourishment, it cannot fail greatly to injure the tone of the stomach, to undermine the health, and to justify the arguments which have been urged against it.

SPIRITS AND WATER.

However dangerous the occasional taking of spirits unmixed, "dram-drinking," has been accounted, yet the constant use of them with water is perhaps a more fatal practice; for the person who has got into this habit continues always to increase the proportion of spirits, until at last it will equal, if not exceed, that of water, and it becomes hardly possible to renounce a habit to which the stomach has been long accustomed.

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London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

DRAWINGS OF THE HUMAN BODY,
In Health and in Disease.

WE purpose to commence, in our third volume, Jan. 4, 1851, a Series of Illustrations of the ANATOMY AND PATHOLOGY OF THE HUMAN BODY. We have obtained the valuable assistance of MR. HENNING, who as an artist enjoys an European fame, and who, for many years, was the favorite draughtsman of the late Sir Astley Cooper: his drawings will be engraved on wood by a gentleman who, in his branch of art, is second to none. Each number of the Journal will contain one or more Engravings of some important organ or structure, and will be accompanied by a description of the part delineated, and the physiology of its function; in writing which, we shall continue to bear in mind that "a technical term unexplained is a dark spot on the field of literature; explained, it is a clear and steady light."

Notwithstanding the increased expense which the Editor will incur, it is not his intention to increase the price of the Journal. May he, therefore, respectfully ask for the continued support of his present subscribers, and beg that they will, individually, introduce his periodical to the immediate circle of their acquaintance?

WINTON (Southampton).—We inserted an article on the CAUSES of INTERMITTENT and REMITTENT FEVERS in No. 17. Refer to it.

MARIANNE (Brompton).—Use a gargle thus composed:—Take, muriatic acid and nitric acid, of each ten drops; honey of roses, one ounce; barley water, half a pint. Mix.

F. (Bolton Terrace, Hampstead Road).—There is no person of the name of "Wilton" recorded in the Medical Directory as a qualified medical man, practising in London or the suburbs.

FREDERICK H.—The symptoms you describe *may*, by good fortune, be occasioned by a disordered state of the digestive organs; on the other hand, they closely resemble those of organic disease of the heart. We dare not venture to give an opinion without a personal examination by aid of the stethoscope, &c. It will not be out of place, in answer to such a communication as yours—which is certainly far more definite and better expressed than the majority of letters addressed to us—to repeat a remark that we have before made in our Journal; namely, we never *hazard* an opinion, and never prescribe for or direct a patient through our columns, unless the history of the case furnished to us is so clear and distinct that a *doubt* as to the proper treatment cannot possibly exist.

D. M. (Eaton Place).—We really feel very grateful for your kind suggestion and promise of support, but beg respectfully to decline the offer. We are not ambitious of any public appointment, not even to an institution so useful and well supported as the one your interest can influence. The Journal and our own private practice engage all our time and thought. Believe that we decline your good offices respectfully and thankfully.

GAME.—We beg to caution our readers not to purchase game, especially partridges and pheasants, that do not appear to be "lawfully" killed; that is, by powder and shot. At our own table we have recently noticed the absence of broken legs and wings, and our teeth have not been "grated," as of yore, by the contact of a shot-corn. The reason, we now learn, is, that poachers throw down grain that has been steeped in a solution of corrosive sublimate, in the feeding-places and haunts of the birds, who are thus *poisoned*. Several persons have been made dangerously ill by eating birds purchased from those pseudo-country hawkers of game and "real catsup" who buy their hares, &c. in Newgate Market, as the Whitechapel smuggler buys his "real India, China, ma'am!" and "French brocade, ma'am!" at some *piece-shop* in the ward of Bassishaw.

THE EXPOSITION OF 1851.—There is one article of English manufacture, that will defy all competition, which we hope will occupy a prominent place in Paxton's crystal palace. We wish to see it exposed to the gaze of our human brotherhood, as Elihu Burritt would say,—not as an example to imitate, but as a pest to shun. We have seen several specimens of *the thing*, and will endeavour to describe it. In form it is like a man, the features those of a Jew; the upper lip and chin display moustache and beard; it speaks ungrammatical English; it exists by the aid of indecent advertisements inserted in venal newspapers; it feeds upon food purchased by the gold of confiding fools who believe all they see in print to be truth; its delight is to rob the unwary, to intimidate the weak, to alarm the strong, to destroy the health of all,—and to make monies. The *thing* is called AN ADVERTISING QUACK.

EDWARD AUGUSTUS (Maidstone).—Let your wife take four grains of "Plummer's Pill" every night, for a week; with two grains of the trisnitrate of bismuth, with three grains of the extract of gentian, made into a pill, twice a day. Let her avoid veal, pork, fish, salted meats, pastry, new bread, wine, spirits, and beer.

G. H. DICKENSON (Westminster).—When the residence of a correspondent is not so distant as to preclude a personal visit, we do not prescribe for or advise an invalid without the advantage of a personal examination. An article on CHRONIC RHEUMATISM appeared in No. 9.

JOHN RAWSON (Torver).—First,—There is not any periodical on Botany, "price 1d." published in London. We do not intend publishing one—our time is entirely occupied. Second,—*Professor* Holloway is a *myth*: the pills and grease known by the name are supposed to be composed of gamboge, cart-grease, aloes, pig's-fat, and powdered Bath-bricks. Sometimes the pills are "rubbed-in," and the ointment swallowed, with an equally good, or bad, effect.

JACQUES.—See answer to LE CAPET in this Number.

T. V. (Great Titchfield Street).—*Lime water* is thus made,—Take half a pound of lime, distilled water, twelve pints; first add a little water to the lime; when slacked, add the remainder of the water, and shake them together; then immediately cover the vessel, and set it by for three hours. The solution must be kept in a stopped bottle, so as to exclude the atmospheric air; it will pour off quite clear without filtering.

EDMUND CLARKE (Ongar).—As a harmless night draught, take tincture of hyosciamus, half a drachm; camphor mixture, an ounce. There must be some great cause for the constipation, uneasiness after meals, and sleeplessness; until this cause be removed all remedies will only be palliative, not curative.

T. W. D. (London Works, Birmingham).—The dimness of sight may be dependent on disordered stomach; "a severe cold" more frequently affects the appendages of the eyes, as the eyelids and *tarsæ*, or edges of the eyelids, than the organ of vision itself.

LE CAPET can only be answered privately.

WM. BARBER (Wolverhampton).—You can obtain an excellent and useful respirator for 2s. 6d. by sending that amount, and 6d. for postage, to Mr. Hallows, chemist, Islington.

EDGAR (Norwich).—See page 43 in the Editor's "People's Edition" on INDIGESTION.

ROBERT HARRIS (Woolwich).—Invest a shilling in a "day ticket" and call in Lloyd Square. 'Tis most flattering that many patients undertake journeys of huudreds of miles for the purpose of having half an hour's talk with the Editor—during the last summer we received on the same day a patient from Glasgow, one from Torquay, and another from Leeds.

AN OLD SALT (America Square).—They are secondary symptoms of the original disease. See the DISEASES OF ERROR. A medicine chest at sea may be a great benefit or a great evil to the crew. A knowledge of the "lunars" does not also infer a knowledge of the properties of "mercury."

A SUBSCRIBER AB INITIO (Hull).—We have received an intemperate letter thus signed, in consequence of our reply to a former note in our last number. We have now conducted this Journal for eleven months, and the letter in question is the second only that has not been addressed to us in the most courteous terms. We can imagine that the peculiar infirmity that affects "A SUBSCRIBER, &c." may make his temper irritable, but it should not convert a gentleman into a blackguard. Bearing in mind the well-known comparison of an anonymous slanderer to an assassin, we cannot avoid thinking that A SUBSCRIBER AB INITIO must be a dangerous, despicable dastard in private society.

A YOUNG HUSBAND (Woodford).—We have received many letters in reference to our intended illustration of the Journal. Yours embodies the spirit of them all: we therefore shall have great pleasure in inserting it in our next, and beg you and our other kind friends will accept our best thanks for the very generous interest they take in the success of our periodical.

A POOR MAN IN GREAT TROUBLE (Manchester).—You are making yourself and your home miserable without the least cause. Have every faith in your wife, and banish all such foolish notions. What you attribute to improper or unlawful causes is the dictate of nature.

HEALTH OF LONDON.—The number of deaths registered during the preceding week was 908: consumption was fatal in 125 cases; in other lung diseases, 175; typhus, 56; scarlatina, 39; measles, 24; diarrhœa and dysentery, 22. A woman died in Greenwich at the advanced age of 100 years, of paralysis; and another at the age of 101, at Limehouse. Births were—787 boys, 794 girls; in all, 1581.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 49.—Vol. II.] SATURDAY, DECEMBER 7, 1850. [ONE PENNY

THE INFLUENCE OF THE PASSIONS ON THE HEALTH.

By the Editor.

(*Continued from page* 138).

No. VI.—*GRIEF.*

Grief, under its various degrees and modifications, known as sorrow, sadness, melancholy, dejection, &c., induces powerful and serious phenomena in our bodily functions.

This passion, or emotion, may be simple, as is most common under the loss of kindred or friends; or it may be united with chagrin, or impatient and angry repinings. And, again, it may grow out of, and hence be blended with, the various malignant feelings of the heart, as envy, jealousy, hatred, revenge, all of which are more or less fraught with moral pain.

Grief may be acute and transient, or it may assume a more chronic and lasting character; in which case it is generally designated by the term "sorrow" or "sadness." Other things being equal, its violence will be proportioned to the suddenness and unexpectedness of the cause producing it.

On the first strong impulse of mental affliction, an agonising sense of oppression and tightness is experienced at the heart and lungs, accompanied with a dreadful feeling of impending suffocation. The whole chest, indeed, will oftentimes seem as though it were tightly bound by a cord. The want of fresh air becomes at the same time urgent, giving occasion to the deep and frequent sighing so commonly observed in those stricken with calamity. This act, or sighing, consists in a long-drawn or protracted inspiration, succeeded by a corresponding expiration, which, beside furnishing an increased supply of air, may, by distending the lungs, facilitate the passage of blood through them, and thus serve, in a measure, to alleviate the painful oppression felt in these organs and in the heart.

So distinct and remarkable is the suffering at the heart in deep grief, that the term "heartache" is used to express it, and its victims are said to die broken-hearted. Under its aggravated influence even sharp pains of the heart, shooting perhaps to the shoulder, are experienced, and every pulsation of this organ is attended with the most thrilling distress. It not unfrequently happens, especially in nervous females, that a sort of spasm affects the throat, producing a sensation as though a ball was rising up in it, and choking the passage of air. Hence "to choke with sorrow" is an expression in familiar use. The dryness, too, in the mouth and throat, from the diminution in their natural secretions, adds to, and may even of itself occasion, this choking sensation; and is, moreover, the cause, at least in part, of the frequent and difficult swallowing so often observed in acute grief. Speaking, owing to this defect of moisture in the mouth and throat, as well as to the embarrassment of the heart and lungs, is attended with a marked effort, and the voice is thick, husky, broken, tremulous, and weak.

The circulation, as we should naturally infer, experiences a more or less marked influence. Thus the pulse is generally weakened, oftentimes increased in frequency, and the extreme vessels of the surface contracting unnaturally, and being unsupplied with the usual quantity of blood from the heart, the skin loses its customary warmth and its ruddy tint of health. The energies of the nerves, too, becoming depressed and deranged under the morbid impulse of this passion, tremors, with various other of those disturbances which we term "nervous," are liable to supervene. The organs of the abdomen are also implicated in the general suffering. An uneasiness, in many cases quite severe, is referred to the region, or what we call the pit, of the stomach. The appetite fails, and the powers of digestion become obviously impaired and sometimes altogether suspended. Grief generally tends to diminish the action of the liver, and the consequent secretion of bile; though very intense affliction will occasionally produce a contrary effect, exciting even bilious vomitings.

In the young generally, and in a large proportion of females at whatever age, on the first impression of grief the visage suddenly becomes distorted, or drawn into a distressed and gloomy expression, as under bodily suffering, which is strikingly significant of the painful condition within. With this change in the countenance, the respiration assumes a new or modified action. Thus there takes place a deep, and often sonorous and tremulous inspiration, followed by an interrupted, or broken and imperfect expiration, conjoined with the familiar sounds so peculiarly expressive of both mental and bodily anguish, called sobbing, or crying. The secretion of tears at the same time becoming much increased, they overflow the eyes, and roll down the cheeks. Now this act of weeping, especially when the tears run copiously, serves to relieve the inward distress and oppression, as of the heart and lungs, and thus forms a sort of natural crisis to a paroxysm of grief, just as sweating does to a paroxysm of fever. Some persons can never weep under afflictions of any character, and such generally experience much sharper sufferings than those whose sorrows find a more ready outlet at their eyes. Crying, though more particularly significant of grief, yet is by no means confined to it. And, on the other hand, the most acute sorrow in some instances is borne silently, all the actions of life appear arrested, the nervous energies are paralysed, and the unfortunate subject is motionless, overpowered, and stupefied.

Under the sudden shock of grief, the heart and nervous system may become so greatly agitated and disturbed as to place the life of the individual in much peril. Here a general

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throbbing is felt throughout the body, and a distinct thrill may be perceived in all the arteries whose pulsations are sensible. The late Dr. Hope related the case of a healthy plethoric young female, who, on receiving the intelligence that her husband had deserted her, fell into a state of almost complete insensibility, "and the violently bounding, jerking, and thrilling arterial throb, together with universal flushing, heat, and perspiration of the surface, resisted every remedy, and only subsided with the wane of life."—*Dr. Hope on Diseases of the Heart.*

Sometimes the heart is completely overwhelmed, and all its vital powers instantly yield under the sudden impulse of extravagant grief.

"In the war which King Ferdinand made upon the dowager of King John of Hungary, a man in armour was particularly taken notice of by every one, for his extraordinary gallantry in a certain encounter near Buda, and, being unknown, was highly commended, and much lamented when left dead upon the spot, but by none so much as by Raisciac, a German nobleman, who was charmed with such unparalelled valour. The body being brought off the field of battle, and the Count, with common curiosity, going to view it, the armour of the deceased was no sooner taken off, but he knew him to be his own son. This increased the compassion of all the spectators; only the Count, without uttering one word, or changing his countenance, stood like a stock, with his eyes fixed on the corpse, till, the vehemency of sorrow having overwhelmed his vital spirits, he sank stone dead to the ground."—*Montaigne's Essays.*

Apoplexy, or some other equally fatal malady, is occasionally induced by sudden and poignant affliction, which may also call into action various nervous diseases, of a more or less grave and lasting character; as, for example, palsy, epilepsy, catalepsy, St. Vitus's dance, hysterics, &c., and settled mania has been known to follow upon the sudden impression of some heavy calamity.

When sorrow becomes settled and obstinate, the whole economy must ere long experience its baneful effects. Thus the circulation languishes, the body is improperly nourished, perspiration is lessened, and the animal temperature is sustained with difficulty; the extremities being, in a special manner, liable to suffer from cold. The skin, moreover, grows pale and contracted, the eye loses its wonted animation, deep lines, indicative of the distress within, mark the countenance, and the hairs soon begin to whiten or fall out. The effect of the painful passions in depriving the hair of colouring matters, is, in many cases, most astonishing. Bichât states that he has known five or six instances where, under the oppression of grief, the hair has lost its colour in less than eight days. And he further adds, that the hair of a person of his acquaintance became entirely white, in the course of a single night, upon the receipt of melancholy intelligence.—(*Anatomie Générale.*)

Dyspepsia (indigestion), and all its train of distressing symptoms, is constantly induced by protracted sorrow. Dr. Heberden remarks, "There is hardly any part of the body which does not sometimes appear to be deeply injured by the influence of great dejection of spirits; and none more constantly than the stomach and bowels, which hardly ever escape *unharassed* with pains, an uneasy sense of fulness and weight, indigestions, acidities, heartburn, sickness, and wind, in such an extraordinary degree, as to threaten choking, and to affect the head with vertigo and confusion."

Chronic inflammation, and even cancer of the stomach, will sometimes succeed the deep and prolonged influence of grief. Laennec remarks that the depressing passions, when long continued, seem to contribute to the growth of cancers, and the various other accidental productions, which are unlike any of the natural structures of the body.—(*Traité de l'Auscultation.*)

Bonaparte died of an extensive ulceration of the stomach, which the physicians who inspected his body pronounced to be cancerous. Now, that his malady was originated or excited by the sorrow and chagrin arising from his painful reverse of fortune, and his confinement on the Isle of St. Helena, is, to say the least, far from being improbable. The father of Napoleon having fallen a victim to cancer of the stomach, many have thought that a predisposition to this disease was inherited by the emperor. Admitting such to have been the fact, we can then only regard his complaint as developed and hastened, not as generated anew, by the depressing passions which tormented the latter period of his existence.

The sleep of the afflicted is generally diminished, broken, disturbed by gloomy and terrifying fancies, haunted and distressed by a revival, in new and modified forms, of their waking sorrows; thus, even the limited solace of a few hours' oblivion to their sufferings is rarely granted to them. Repose is oftentimes almost a stranger to the couch of misery:—

> Tired nature's sweet restorer, balmy sleep,
> He, like the world, his ready visit pays
> Where fortune smiles; the wretched he forsakes;
> Swift on his downy pinion flies from woe,
> And lights on lids unsullied by a tear."

The depression of sorrow conduces to the action both of contagion and of epidemic influences, and is also, like that of fear, unfriendly to the restoration of health in all diseases and injuries of the body. Every one knows that the danger of sickness becomes essentially aggravated by mental afflictions. And what judicious surgeon but would feel diminished confidence in the success of an important operation, where the spirits of the sufferer were borne down by the pressure of grief?

In all cases of long-continued sorrow, the nervous system becomes depressed, the frame is shattered, the mind and its noble faculties are weakened; and, in the end, the energies of both sink, unable to sustain the afflictive burden.

(*To be continued.*)

ASTHMA.

No. II.

CATARRHAL, OR COMMON ASTHMA.

By T. H. Yeoman, M.D.

(*Continued from page* 170).

Catarrhal asthma is the more frequent form in which this disease presents itself; it is thus characterised—the paroxysm comes on gradually; the constriction across the chest is heavy and oppressive; the cough is severe; the expectoration commences early, and is at first scanty and viscid, afterwards it is copious and then affords considerable relief.

Like dry catarrh (see page 3, Vol. I. No. 20,) it sometimes appears without any obvious cause; in the majority of cases, however, the person affected suffers from an habitual catarrh, which predisposes him to an attack upon the least exposure to cold, or any aggravation of the more simple and original disorder. We frequently see individuals who are so susceptible of cold, and liable to "catch cold," that they are seldom, if ever, free from some discomfort at the chest; any alteration in the dress, the least draught of cold air, a damp boot, standing for an instant on a cold or wet pavement, in fact any thing that may cause a sudden chill, is an all-sufficient cause for cough, irritation and difficulty of breathing. Now, invalids thus circumstanced—and really the amount of such disturbance of the system justly merits that the term *invalid* should be applied to them—too

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frequently take no heed of a cough which has been their constant companion for several years; like the visit of an old friend, the return of the "old cough" is received without ceremony, without preparation, or any intention to hasten its departure. Sometimes an old friend, taking advantage of our kindness and hospitality, ventures to bring with him a rude, boisterous acquaintance of his own, who soon revels in the library and drawing-room, and scatters confusion and riot throughout the house:—in like manner the "old cough" introduces a disreputable hanger-on, named *Asthma*, who rapidly and permanently disarranges the economy of the whole system, and banishes all ease and comfort. The old proverb, "too much familiarity begets contempt" may be thus parodied, "too much carelessness begets disease."

Common asthma is generally a symptom of, or the sequel to, protracted indigestion, gout, hypchondriasis, syphilis, and hysteria. There appears to be in many persons a natural predisposition, or idiosyncracy, for this disease; the most powerful exciter of asthma, under such circumstances, is ipecacuan, which in some instances has the property of causing cough, constriction, and spasmodic breathing immediately it is exposed to, or inhaled by the individual so predisposed; the effluvia from hay has a similar effect. A noble duke is a great martyr to the disease thus produced, and is compelled to reside on the coast during the hay season. The smoke of sealing wax, the fumes of chlorine, carbonic-acid gas, &c., occasionally act in the same manner.

The symptoms of common asthma closely resemble those of nervous asthma; the attack, however, is generally of longer duration, and occasionally more severe; the real paroxysm of spasmodic breathing is slow in its progress, and does not so instantly seize the patient, whose breathing is constantly laborious and wheezing. A paroxysm of catarrhal asthma is always attended with dyspnœa of an aggravated kind; each inspiration is performed with an effort, in which the whole body has to assist, the shoulders are drawn up, the ribs elevated, and the abdominal muscles as well as the diaphragm are also called into action. The cough is frequent and distressing, and sometimes so rapid and convulsive as to threaten suffocation. The secretion of mucus within the bronchial tubes is considerable, but it is so impacted within them that the patient cannot obtain relief by expectoration; after a time a small quantity is discharged, and as it increases the more urgent symptoms of the paroxysm subside; after some hours of great suffering the patient feels less anxiety, he breathes more leisurely, and with less labour; and as the expectoration becomes more profuse and easy, so does his tranquillity return.

A person who suffers from a particular disease, and who has the ability to describe his feelings, possesses greater advantages in writing the history of the complaint than he who watches or visits a patient so afflicted; I therefore quote the following admirable and correct remarks from the writings of the late Dr. Bree, who, like Sir John Floyer, suffered constantly and acutely from asthma. He says—"even on the second day," after a paroxysm, "no change of posture is made with impunity, a particular distress affects the patient if he engage in the fatigue of dressing whilst the stomach is empty. During the day, if no particular hurry occur, the breathing generally becomes more free till the evening; an inexperienced asthmatic even flatters himself that his disease is leaving him; but he finds, at the approach of night, that he must sustain a new attack. The paroxysm recommences with the usual symptoms, and the night is passed nearly as the former; but the sleep is more perfect, and productive of more relief. The third day the remission is more complete, there is some additional expectoration, and bodily motion is performed with less distress, but still with great inconvenience. After the paroxysm has been renewed in this manner for three nights, the expectoration becomes free; but there is no certain termination of the fit at a fixed period. However, except in particular cases, it generally goes off in a few days. As the daily remissions become more perfect, the urine is higher coloured, and in smaller quantities; the expectorated mucus is more copious and digested; strength of the pulse and vigour of action increase; and good humour again enlivens the mind."

By the aid of the stethoscope, we invariably discover a low, hollow murmur, when the patient inspires, and during respiration, a loud, hissing rhonchus, or sound like a person snoring, which may sometimes be detected by the naked ear, like "the sighing of wind through crevices;" sometimes it is a continuous wheeze of a graver sound, not unlike a moan. Except towards the termination of an attack, we seldom detect the passage of air through accumulated mucus; indeed, the sounds always resemble the *wheeze* caused by air passing through a tube of very small calibre, rather than the *rattle* caused by air passing through fluid.

Asthma cannot easily be confounded with, or mistaken for any other disease by those who have had frequent opportunities of watching the affection. In women, who are subject to hysteria, we frequently observe an attack of dyspnœa, almost convulsive, that closely resembles nervous asthma; but in such cases the paroxysm is of very short duration, and the natural breathing is restored without the employment of those means which are serviceable in asthma. Young children occasionally suffer from a suffocating affection of the throat, which in intensity equals an attack of violent asthma. Some severe cases of bronchitis may be mistaken for asthma, but if it be borne in mind that in the latter the invasion of the disease, in its violence, is in nineteen cases out of twenty sudden and always unattended with fever, the real character of the affection may be detected. Difficult breathing, arising from certain diseases of the heart or large blood-vessels, frequently similates asthma, but there are so many diagnostic signs specifically characteristic of each that the distinction may be readily drawn by the practitioner.

The treatment of Asthma will be detailed in our next.

REMARKS ON A COMMON DEFORMITY OF THE FOOT.

The human foot like every other part of the body, is liable not merely to great variety in form or shape, still confined within natural bounds and a strictly human form, but also to a number of deformities congenital and acquired. The deformity to which I allude is that peculiar dislocation of the great toe, or change in its direction, from a straight line with the inner plane of the foot (or even arched inwards,) as it once was, to that of an angle, more or less acute, with the metatarsal bone supporting it, until at last it produces a plaiting, as it is called, of the toes, the large toe passing either under or over the second. This plaiting leaves exposed the distal, large, rounded end of the metatarsal bone, which some surgeons mistake for a tumour, and treat as such, calling it a bunion; the internal lateral ligaments give way; they spread out, in fact, become lacerated, and reduced slowly, but surely, to mere shreds; occasionally, a small bursa or two forms just over these ligaments; at last, the bone appears, which the surgeon next attacks as an exostosis, and morbid growth, the anatomist knowing all the time that the whole of this surgical view is a delusion, an inconceivable error; that the metatarsal bone, is, in fact, in its place, and that nothing whatever has happened excepting a slow but constantly increasing change in the direction of the great toe, merely producing a plaiting of the toes, a stretching of the lateral ligaments, much uneasiness and positive pain; and, should the dislocation proceed so far as to expose the joint, it produces much suffering. In respect to the internal condition of the joint, I may here briefly remark, that the carti-

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lages of incrustation disappear from the surface of the bones, which become smooth and not unfrequently take on an ivory polish.

Here, then, is one cause for the destruction of the cartilages of the joints, but seemingly not abrasion; these cartilages have disappeared, not by too much friction exercised on a part, but rather by too little, a cause just as effectual in causing absorption or disappearance of cartilage from the extremity of bones, as the opposite; it may indeed be laid down as an axiom in regard to the diarthrodeal cartilages, that they are affected, more or less, by every change of the joint, whether the change refer to an alteration of the mode of leverage, or to the mere exercise of the individual parts.

The dislocation outwards of the great toe I have just described, sometimes in one foot, sometimes in both, is one of the most common deformities met with in the human foot.

A SURGICAL REMARK APPLICABLE ALSO TO OTHER JOINTS.

I have never seen it in any savage race, but so far as I can judge, (and in Scotland opportunities for observing the naked foot at all ages are by no means infrequent,) the deformity is quite common amongst all ranks and every age, with the exception of the very young. It seems to me to arise from a congenital predisposition; everything I have seen, everything I have observed, and all the dissections I have made, are in my mind, subversive of the theory of Mr. Key, and others, who maintain that it may be traced to tight and short shoes, to too much standing erect, aided by age and corpulency.

Thus all I have seen during the last twenty years convinces me that the deformity in question is not caused, generally at least, by the use of tight shoes (theory of Mr. Key, and of all shoemakers,) nor by the instructions of the dancing-master directing us to turn our toes outwards in walking, nor by ill-made shoes generally, but arises mainly, if not solely, from a congenital tendency or disposition in the foot of some persons to assume this form; and that—

First, it occurs at nearly all ages, often at five or six.

Secondly, in males and females indiscriminately, whether heavy or light made, and whether they have worn shoes or not.

Thirdly, it may be confined to one foot, or found on both.

Fourthly, it leads to an atrophy or disappearance of the cartilages of incrustation, and of the synovial membrane; and as this cannot be by pressure, nor inflammation, nor apparently by ulceration, it must originate in the altered form of the joint, and the non-use of the cartilages themselves.

Before returning from this digression on a pathological condition of the human foot, I shall take the liberty of adding a few remarks in respect to a point or two which, to me, seems not well understood. It is well known that a short shoe or boot, although always unpleasant, may be put up with so long as the person remains seated or laying-down; but let him walk about, then the distress becomes insupportable with a rapidity dependant on the shortness of the "chaussure." Now, how is this? Anatomy explains it perfectly. The arch of the foot is not a solid osseous arch, unyielding and inelastic; but, on the contrary, possesses within itself the power of elongating itself (when the weight of the body is on the arch,) by means of the calceo-scaphoid ligament. The elongation may amount to nearly half an inch. The elongation is due to the elasticity of this ligament. Now, if the shoe merely fit the foot *at rest*, it cannot fit it *in action*; for under the weight of the body, the arch, by means of the ligaments, will lengthen about half an inch; this it is which so speedily renders the short shoe unsupportable.—[We extracted the foregoing article from some medical periodical a short time since, and omitted to copy the name of the author—which we much regret, as it a valuable communication.—ED. P. M. J.]

QUACKERY ACCORDING TO LAW.

WE were struck, on reading the recent address of the King of Prussia to the Prussian Chambers, with the circumstance, that the policy and organisation of the medical profession was referred to as one of the great questions of national welfare to be discussed by the two Chambers of Representatives. The King's words were—"the draught of a law regulating the practice of medicine will shortly be laid before you."

Without question, this is taking a right view of the national importance of medical affairs. But when shall we hear any reference to such vulgar matters as Physic and Surgery from the lips of our own gracious Sovereign, on meeting her two Houses of Parliament? When will the Lords and Commons of England be recommended to take the state of medical legislation in this country into their serious deliberation? We would commend these questions, and the considerations to which they give rise, to the reflections of those in authority. In Prussia, at a time of unparalleled warlike agitation, questions of medical government are still thought worthy of even royal notice. And it is not that the Prussian medical code is affected by any of the monstrous wrongs and inconsistencies which are rife in our own professional regulations.

We do not hesitate to declare that the present laws relating to medicine in this country are a national disgrace. England has now been blessed with thirty-five years of uninterrupted peace, yet the medical profession, essentially a profession which might be expected to flourish in such an epoch, is at the present time in a state of injurious anarchy. Practically speaking, all the laws relating to medicine are suspended. Thousands of mercenary and uneducated pretenders live by preying upon the health of the community. Murder by the quack is the only kind of murder tolerated and excused by the forms and principles of our courts of law, as now reduced to practice. Great Britain in 1850, is the only civilised country under the sun in which the Government at once takes a revenue from quack medicines, and permits the most ignorant knave to prostitute medicine for purposes of gain, and with murderous results, without let or hindrance. Such a state of things would be a disgrace to a semi-barbarous country. The millions ruled by the knout are protected from such a state of things. The rights of life and health are the only rights not protected in this country. Let any pretender attempt to enter a pulpit, and he would be removed by the police without much ceremony. Let any man appear in our courts of law as a solicitor or barrister without a just qualification, and he goes straight to prison as a reward for the intrusion. But any fool or vagabond may take the place of the regular practitioner at the bedside of the dying, and administer the most hazardous medicines in perfect ignorance, and with perfect impunity. The false maxim of our laws, as at present interpreted, is, that he is no more criminal than a CHAMBERS or a BRODIE when death ensues. Conscience and property are abundantly protected; life, human life, is the only thing not worth caring for, in its grosser violations, by the state.

Against cholera, which has visited us twice in this century, the whole kingdom was in agitation; but against quackery, a greater destroyer, and always with us, governments have palsied limbs and tongues, and the laws are really dead. Immense preparations are made, and very properly, to prevent disease, but none to defend its victims against the ignorant empiric. Sewers may not emit their odours, nor chimneys their smoke, on account of the public health; but Coffinites, Morrisonians, and all the genus of quacks, may pursue their pestilent steps unmolested and unpunished.

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How long are these things to continue? Surely some virtuous minister will arise, who will not think the concerns of the health of our population, and the defence of the sick, unworthy of his care. Something more than a civil reception of deputations, and smooth answers to addresses, is necessary, before this great question can be settled. Its adjustment would make the fame of any minister, and entitle him to the gratitude of this and succeeding generations. It cannot be said that the profession of medicine is unworthy of such a boon, as the restriction of medical practice to properly qualified persons would prove. The calls upon us, in the public service, and in the vast machinery of charitable ministration of the profession to the sick, should alone entitle us to such reform of the laws relating to medicine. More than this, the rights of the lives of the sick poor to legal defence demand it. Glad indeed shall we be if, at the next meeting of the British parliament, our gracious Sovereign should echo the words of the King of Prussia, and tell her assembled lords and commons, "The draught of a law regulating the practice of medicine will shortly be laid before you."—*The Lancet.*

THE CENSUS OF 1851.

The schedule, intended to be left at every house in Great Britain, to be filled in on the 31st of March next, has been completed and approved by the Secretary of State.

The following are the general instructions :—

This schedule is to be filled up by the occupier, or person in charge of the house; if the house is let, or sub-let, to different persons or families, in separate stories or apartments, the occupier or person in charge of each such story or apartment must make a separate return for his portion of the house upon a separate householder's schedule.

The instructions for filling up the column headed "Rank, profession, or occupation," are as follows:

The superior titles of peers and other persons of rank to be inserted, as well as any high office which they may hold. Magistrates, alderman, and other important public officers to state their profession after their official title.

Army, Navy, and Civil Service.—Add after the rank "Army," "Artillery," "Royal Navy," "Marines," "East India Company's Service," as the case may be—distinguishing those on half-pay. Persons in the civil service to state the department to which they are attached after their title or rank; those on the superannuation list to be so distinguished. Chelsea, Greenwich, and other pensioners to be clearly designated.

Clergymen of the church of England to return themselves as "Rector of ——," "Vicar of ——," "Curate of ——," &c., or as not having cure of souls. They are requested not to employ the indefinite term "clerk." Presbyterian ministers and Roman catholic priests to return themselves as such, and to state the name of the church or chapel in which they officiate. Dissenting ministers to return themselves as "Independent Minister of —— Chapel," "Baptist Minister of —— Chapel," &c. Local or occasional preachers must return their ordinary occupations.

Legal Profession.—Barristers to state whether or not in actual practice; officers of any court, &c., to state the description of office and name of court. The designation "attorney" or "solicitor" to be confined to those whose names are actually upon the roll. Persons in solicitors' offices should distinguish whether "solicitor's managing, articled, writing, or general clerk."

Members of the medical profession to state the university, college, or hall, of which they are graduates, fellows, or licentiates —also whether they practise as physician, surgeon, or general practitioner, or are "not practising."

Professors, teachers, public writers, authors, and scientific men, to state the particular branch of science or literature which they teach or pursue; artists, the art which they cultivate. Graduates should enter their degrees in this column.

Persons engaged in commerce, as merchants, brokers, agents, clerks, commercial travellers, to state the particular kind of business in which they are engaged, or the staple in which they deal.

The term farmer to be applied only to the occupier of land, who is to be returned—"Farmer of [317] acres employing [12] labourers;" the number of acres, and of in and out door labourers, on March 31st, being in all cases inserted. Sons or daughters employed at home or on the farm, may be returned—"Farmer's son," "Farmer's daughter."

In trades the master is to be distinguished from the journeymen and apprentice, thus—"Carpenter—(master employing [6] men;") inserting always the number of persons of the trade in his employ on March 31.

In the case of workers in mines or manufactures, and generally in the constructive arts the particular branch of work, and the material, are always to be distinctly expressed if they are not implied in the names, as in coal-miner, brass-founder, and wool-carder, silk-throwster. Where the trade is much subdivided, both trade and branch are to be returned, thus—"Watchmaker—finisher;" "Printer—compositor."

A person following more than one distinct trade may insert his occupations in the order of their importance.

Messengers, porters, labourers, and servants to be described according to the place and nature of their employment.

Persons following no profession, trade, or calling, and holding no public office, but deriving their incomes chiefly from land, houses, mines, or other real property, from dividends, interest of money, annuities, &c., may designate themselves "Landed Proprietor," "Proprietor of Iron Mines," "Proprietor of Houses," "Fundholder," "Annuitant," &c., as the case may be. Persons of advanced age who have retired from business to be entered thus—"Retired Silk Merchant," "Retired Watchmaker," &c.

Almspeople and persons in the receipt of parish relief should, after being described as such, have their previous occupations inserted.

Women and Children.—The titles or occupations of ladies who are householders to be entered according to the above instructions, The occupations of women who are regularly employed from home, or at home, in any but domestic duties to be distinctly recorded. So also of children and young persons—against the names of children above five years of age, if daily attending school or receiving regular tuition under a master or governess at home, write "Scholar," and in the latter case add "at home."

ON THE DANGER OF TYING UP THE LOWER JAW IMMEDIATELY AFTER SUPPOSED DEATH.

Various well-known practices are resorted to by the public immediately after the supposed death of their relatives or friends, such as placing shillings on the eyelids, a plate containing salt on the abdomen, touching the body, closing the nostrils, and tying up the lower jaw. Some of these peculiarities are harmless enough; but the two latter may be the means of destroying life, either wilfully or through ignorance.

C. ——, an infant, aged two months, was brought to me at the London Dispensary on a Friday, a short time since, by its mother. It became atrophied soon after birth, and continued in that state for two months. The mother having taken away the child, returned with it in a few minutes, told me that it was dead, and asked for a certificate. I examined the neck, and found the lower jaw tied up so tightly, as to prevent its being

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moved. I immediately set the jaw free, and asked why she had fastened it up so quickly? She replied that a woman at the dispensary seeing the jaw fall, and thinking the child was dead, had done it up. I declined giving a certificate then, but kept the mother in conversation for a minute or two, in order to see if any change took place in the countenance of the child, when the right eyelid began to move, and soon after the infant was restored to its usual state, and did not die until the following Monday.

It is very probable that the child would have been destroyed on the Friday had I left the dispensary before the mother's return; and it is also probable that in another case, with more stamina in the constitution, life might have been preserved for a longer period. It is true that air would gain access to the lungs through the nostrils, though the mouth be firmly closed, but not sufficient to keep a very weakly child long alive, especially when we consider the pressure frequently made against the larynx on binding up the lower jaw, and the effort required to fill the lungs with sufficient air merely through the nostrils. Is it not, then, obvious that the public should wait until a medical man has seen the body, or at least for a few hours after death, without precipitately tying the lower jaw, and incurring the risk of committing murder?—*C. J. B. Aldis, M.D.*

TO THE EDITOR OF THE "PEOPLE'S MEDICAL JOURNAL."

Woodford, Nov. 23, 1850.

SIR,—It was with great pleasure I read your announcement in the last number, of the intended "Drawings of the Human Body." Now, *all* will understand so completely the wonders of their own structure, that "Quack Doctors" can no longer exist. Your publication has done, and is now doing, so much to destroy the *mystery*, not the *science* of medicine, that humbug must explode. It is only where great ignorance is that Quacks can thrive. You can have no idea how your Journal is finding its way through the whole of the reading community, and when once you teach by the eye (as plates or drawings do), knowledge is soon acquired. I am a teacher of mathematics, therefore speak from *experience*. There can be no doubt of the Journal taking care of itself; good publication will always be read. People will read; and now education is within the reach of all, they prefer good to trash. The "———," if now in existence, has little circulation, and no one owns to reading the "———" or "———," merely because we have better works at the same price. So, pray, Sir, have no fear of the Journal opening a debit side; and, even if it does not at first bring quite so much "grist to the mill," remember the good you are doing both to the world and to the medical profession. So, again, many thanks for your good and benevolent deeds. I beg to subscribe myself as one much indebted to you,

A YOUNG HUSBAND.

FATAL ACCIDENT FROM A PEA.

A youth, the son of Mr. Richard Bolton, of Great Horton, Yorkshire, was playing a few days since with a juvenile companion, who was pretending to place a pea in his ear and to make it come out of his mouth. Bolton, believing the feat to have been really performed, was induced to make the attempt himself, and thrust the pea so far into his ear that it could not be got out. In a vain endeavour to extract it, made by a medical man, it was sent further in, and the poor boy died four days afterwards from the effects.

PHARMACOLOGY.

No. XXXV.

STIMULANTS.

(*Continued from page* 174.)

Strychnos Nux Vomica,—Nux Vomica.—This poisonous drug is void of smell, and of an intensely bitter taste. Its efficacy as a remedy depends upon a peculiar alkali, named strychnia, combined with igasuric acid. Its operation is stimulant and tonic; and when taken in large doses, it produces tetanic spasms. It is employed in indigestion, gout, rheumatism, and especially in paralysis of the lower extremities. The dose is from two grains to ten. ☞ The symptoms of an over-dose are—sensations of inebriety; giddiness, spasm or twitchings, with stiffness of the arms and limbs, alternating with sudden jerkings of the tendons; extreme difficulty of respiration, with excruciating pain under the cartilage of the breast-bone; suffocation and death. The treatment should be to evacuate the stomach and bowels, and then dilute freely with vinegar and water, and other acidulous drinks.

Strychnia,—Strychnia,—prepared from the above:—is employed as a tonic in pyrosis (water-brash—heartburn with an eructation of a watery fluid), passive diarrhœa, and leucorrhœa; and in cases of partial paralysis not depending on organic disease, especially when caused by carbonate of lead. The dose is from the tenth part of a grain to half a grain. It requires the greatest possible caution in prescribing it, and the most careful vigilance in dispensing prescriptions which contain it.

Oleum Terebinthinæ Purificatum,—Rectified Oil of Turpentine.—The odour of turpentine is well known and easily recognised; the taste is hot and pungent; it is colourless, limpid, and lighter than water; it is volatile and sparingly soluble in alcohol. Its operation in medicine is stimulant, diuretic, sudorific, and as a remedy against worms: applied externally, it acts as a rubifacient, producing redness and counter-irritation without blistering. Turpentine is employed in chronic rheumatism, lumbago, and sciatica; and in passive uterine hæmorrhages; dropped in the ear in deafness from defect of wax, it is sometimes of great utility; it is a proper stimulant for many indolent tumours; and, in the form of an embrocation, it is useful in rheumatism, lumbago, and bruises. It is given in very large doses, alone, or united with honey, against the tænia solium, or tape-worm, which it brings away entire, dead, after two or three doses. The dose in rheumatism is from ten drops to a drachm; but for the expulsion of worms the quantity may be increased to an ounce or more.

Linimentum Terebinthinæ,—Turpentine Liniment,—is made by melting soap and camphor in oil of turpentine. This is a powerful stimulating application, and was at one time in great favour as a remedy for burns, for which accident it was greatly advocated by Dr. Kentish of Newcastle.

Cantharis,—*Cantharis Vesicatoria*,—the Blistering Fly,—Spanish Fly,—Blister Beetle, a coleopterous insect, native of the South of Europe. The body is oblong, of a green and gold shining colour; the odour is fœtid, and the taste slightly acrid. They retain their acrimony for many years, if kept dry. Their medicinal operation is stimulant, diuretic, rubifacient, and vesicant, or blistering. Both their internal use and their external application are apt to produce strangury (see No. 48, page 171). They are used internally in dropsies, obstinate gleet, and leucorrhœa; in retention of urine owing to want of action in the bladder, and in incontinence of urine from debility of the bladder (see No. 48, page 172); and lepra. The internal use demands the greatest caution. The dose is from half a grain to a grain, in the form of a pill with opium, or the extract of henbane and camphor, twice a day.

Tinctura Cantharadis,—Tincture of Spanish Fly,—is prepared by macerating four drachms of bruised flies, in two pints of spirits of wine. Its action is similar to that of the flies—namely, stimulant and diuretic—having a certain, perhaps a specific, action on the urinary apparatus. The tincture is prescribed in gleet, dropsy of the ovaries, and leucorrhœa; but it is chiefly used as an external application, united with soap or camphor liniment, against rheumatic and other pains. Dr. Anthony Todd Thompson says: "I have found it a useful application in that peculiar species of mortification of the extremities which sometimes takes place without any apparent cause, and to frost-bitten parts." The dose is from ten drops to a drachm.

Acetum Cantharadis,—Vinegar of Cantharadis,—is prepared by dissolving two ounces of the powdered flies in a pint of vinegar. It is seldom used internally; the dose, however, is stated to be from five to sixteen drops, as a diuretic. Applied externally, it forms an immediate blister.

(*To be continued.*)

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HINTS FOR HEALTH.

OFFENSIVE DISCHARGES FROM THE NOSE AND EARS,

Are sometimes sources of much annoyance in children, not only from the fact of their offensive character, but also from their being very often extremely intractable. It is necessary to determine, if possible, the causes which originate them and this can only be done by competent skill. In discharges from the ears early attention is the more necessary, because, by neglect, the organs of hearing may be utterly destroyed, and the sense for ever lost. Pain in the ear is generally much too little attended to by parents, when complained of by children; and there are an infinity of mothers who would feel indignant at being charged with a disregard of cleanliness, who yet seldom, more than very superficially, inspect their children's ears. Wax becomes accumulated and hardened, and is a source of irritation and much mischief; the simple remedy is the use of a small syringe and tepid water, gently thrown thereby into the ear.

FROST, OR INTENSE COLD.

In many of the more northern countries, the cold is so intense during the winter season as frequently to stop the circulation and to destroy life; in such parts of the body as are most exposed to it, as the fingers, the toes, the nose, and the ears, mortification of the parts affected is the usual consequence, more especially if heat is suddenly applied to them. To prevent such disagreeable consequence, the lost warmth must be restored in the most gradual manner, by rubbing the numbed parts well with snow, or washing them for some time in cold water, (the temperature of which may be gradually raised by small quantities of warm water,) and continuing the washing, until the parts affected have regained their natural degree of heat; the skin being anointed with cold oil, a flesh-brush may then be used with advantage. As soon as the signs of life appear the patient may take a little warm tea or wine, and may then be put to bed.

SORE EYES IN INFANTS.

Sore eyes may be of great importance. A peculiar inflammation of the eyes often arises about the end of the second, or commencement of the third day after birth; the eyelids seem gummed together, and matter soon begins to be discharged from them. This disease runs its course very speedily, and sometimes with most destructive effects, for the eyeballs may become disorganised, and the sense of vision utterly lost. This kind of inflammation is supposed to derive its origin and malignity from the discharges of the mother coming in contact with the eyes of the babe while being born; but soapy water, the rays of heat and light from the fire, or currents of cold air, may produce it. This disease requires prompt and most efficient aid. Meantime tepid sponging and syringing, so as effectually to cleanse the eye, may be had recourse to.

TO PREVENT THE TOOTHACHE.

Rub well the teeth and gums with a hard tooth-brush, using the flowers of sulphur as a tooth-powder, every night on going to bed; and if it is done after dinner it will be best. This is an excellent preservative to the teeth, and void of any unpleasant smell.

MARMALADE FOR A COUGH.

Stone six ounces of Malaga raisins, and beat them to a paste with as much sugar-candy. Add one ounce of conserve of roses, twenty-five drops of oil of vitriol, and twenty of oil of sulphur. Mix the whole well together, and take about the quantity of a nutmeg night and morning.

ADVERTISEMENTS.

NEVILL'S PATENT FLOUR of LENTILS, an Arabica Food for Invalids and Infants, possessing natural restorative properties for Indigestion, Constipation, and all derangements of the Stomach, Liver, Intestines, &c. By this pleasant, nutritious, and agreeable Food, which never distends or turns acid on the delicate stomach of Invalid or Infant, health is preserved without medicine, inconvenience, or expense. Sold by Chemists, Grocers, &c., in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s. Manufactured and sold Wholesale by Nevill and Co., 12, Liverpool Street, King's Cross, London. A 12 lb. Canister sent carriage FREE 100 miles for 10s.; and to any part of the Kingdom for 11s. A full Disclosure and Analysis of Du Barry's Revalenta is now published.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, Back-boards, Dumb-bells, Wooden Legs, Crutches, Supports for Weakened Legs, and all Instruments and Apparatus for the Cure of Deformities.

Mrs. Smith attends on Ladies.

THE TEETH.—MR. SMARTT, DENTIST AND CUPPER, 25, Sun Street, Bishopsgate, London, invites attention to his IMPROVED ARTIFICIAL TEETH. They are fixed without extracting the roots of the previous Teeth, no pain is caused, they defy detection by the most scrutinising observer, and are guaranteed to answer all the purposes of mastication, filling up the void produced by the loss of the natural Teeth, thereby restoring facial beauty, and enabling the patient to speak with fluency and comfort. Irregularities and deformities of the Teeth removed when practicable. MR. SMARTT attends at 25, Harmer Street, Gravesend, every Friday.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE INDEX AND TITLE-PAGE to Vol. I. were published with No. 26, and are now on sale.

A YOUNG FOOL.—The old tale, alas! Follow the advice tendered to A SHOPMAN in No. 17.

B. R. S. (Arbour Square).—You require a convex glass. Glasses are of two kinds, concave and convex: convex glasses are for the use of those who have what is commonly called an old, or long sight, and are unable to read or see small objects near them; concave glasses are for the use of those who are short-sighted, to enable them to see distinctly objects at the same distance at which they wore able to perceive them before they became short-sighted.

B. THOMAS (Ratcliff Cross—query Battle Bridge?).—We must see you.

A SUBSCRIBER (Nottingham).—Yes.

THIRST (Chatham).—See the Editor's work on BRONCHITIS, INFLUENZA, &c., or purchase the numbers of the Journal in which they are reprinted; namely, from No. 1 to No. 11 inclusive.

JOHN HOPE (Leith).—See the Editor's small work on INDIGESTION, p. 19.

DELTA (Canterbury), as "a Constant Reader," should know that we do not reply to such questions in the Journal. How is it possible that we can print such instructions as your case requires, in a broadsheet that is read by all classes, all ages, and both sexes?

H. W. M. (Blackfriars Road).—Read the Editor's small work on INDIGESTION. We never prescribe for a patient, without examining for ourselves, when the residence of the applicant is so near to our own as is your's. How can we tell that you are correct in diagnosing the complaint?

ALFRED B. (Sudbury).—Peas for issues are made of tow, or flax, rolled up with gum-water and wax; to which are sometimes added, powdered savine, cantharides, or verdigris; orange peas, from the unripe Curaçoa oranges, are also used. Moxa is a small mass of combustible vegetable matter, prepared from moxa-weed, a Chinese plant, and is used as an actual cautery. "German tinder"—well known to smokers—will answer the same purpose.

A READER (High Holborn).—You will find the information you seek for in article THE INFLUENCE OF MARRIAGE ON LONGEVITY, published in No. 14 (page 105, Vol. I.)

CARSHALTON AND WOOLWICH SCHOOLS.—We have received many letters on this most painful subject. We dare not introduce the question in our pages. We are glad, however, to see a journal that seldom takes the right view in any case, a journal that delights in pampering to a libidinous taste, the only journal that inserts "Matrimonial advertisements," is in this important instance on the right side. *The Sunday Times* is *now* advocating the cause of justice and mercy. Let it pursue this course, and it may reject obscene police reports, and augment the number of its respectable subscribers.

RICHARD HARRIS (Oxford).—Salt, common salt, (the muriate of soda) is an excellent tonic purgative, and expeller of worms (anthelmintic). As a condiment with fresh animal food, it is essential to health: in large doses it will destroy intestinal worms: as an ingredient to glysters, it is a safe remedy in constipation; and added to water it forms a bracing and stimulating bath.

T. D. (High Street, Poplar).—This is an easy, cheap, and correct mode of making COLD CREAM. Take, eight ounces of oil of almonds; one ounce of white wax. Melt them together and pour into a warm mortar or basin; then add gradually, and stir or "whip" during the time of adding, four ounces of distilled rose water.

QUACKERY ACCORDING TO LAW.—We beg to call the especial attention of our readers to an admirable article on this subject, which we have extracted in this number, from our able contemporary *The Lancet*.

A POOR CLERK (Wootten Street).—See answer to H. W. M. in this No.

D. (Tetbury).—The person you name, residing in the low locality of Liquorpond Street, is the youthful son of a notorious old quack, who for many years has subsisted by extracting the hard-earned monies of the poor, unwary artisan. He professes to cure the itch, and other congenial complaints, and announces his avocation by papering obscure walls with indecent little bills.

A COUNTRYMAN.—First: The name of "Peede, Liquorpond Street" does not appear in the list of qualified medical practitioners in the London Medical Directory. Second: See the letter of VICTIM in No. 2, and our articles exposing the pretensions and extortions of ADVERTISING QUACKS.

MARION (Cheltenham).—We must endeavour to insert an article on LEUCORRHŒA (the whites), but the subject is a delicate one.

ALLEGED CHARGE OF PROCURING ABORTION.—John Wakeman Edwards, a surgeon, charged with producing abortion (see No. 46), was brought up at the Central Criminal Court, Nov. 27th; but the prosecutrix not having appeared, he was discharged.

HENRY (Highgate).—Black pitch ointment is made by melting four ounces and a half of black pitch, the same quantity of yellow basilicon, and eight ounces of olive oil. When melted strain through a cloth.

A YOUTH (Loughborough), a boy of seventeen, writes for advice in a case which is "worse when he drinks rather more"! *Proh pudor!* We decline advising until the cause be removed.

HAROLD.—*Muscæ volitantes* are specs or motes floating before the eye: it is a nervous disease, and depends in many cases on a deranged condition of the stomach. The patient should first remove whatever may be a cause of the complaint; he should attend to his general health, breathe a pure air, take out-of-door exercise, live on plain but wholesome food, give rest to the affected eye or eyes, and enjoy a little cheerful society: above all things he should guard against constipation.

ESTHER (Loughborough).—We thank our Leicestershire friends for the kind interest they take in the success of our Journal. The demonstration of their good-will is rendered more grateful in being conveyed to us by one who, as a mother and an Englishwoman, so well merits the respect and the honour such titles will always obtain from her countrymen.

MARIA B. (Dublin).—Lunar caustic will—perhaps we should say *may*—destroy the nerve of a decayed tooth. The cavity in the tooth should be thoroughly cleansed, and the caustic applied to the very bottom of it;—the stick of caustic should first be ground to a fine point. The pain would be trifling. We only answer your query—we do not advise the trial.

A QUERIST (Snerston, near Nottingham).—1. Scrofula more frequently attacks the glands; but every glandular affection is not of necessity scrofulous. 2. Such a change of diet is most likely to induce scrofula, if it be hereditary. 3. A local scrofulous attack may be cured, but the scrofulous taint may still remain in the system, awaiting a fresh exciting cause to call it into action again.

GEORGE THRIFT (Bold Street, Liverpool).—The "Legacy to the Afflicted," advertised as prepared from the prescription of the late estimable Sir Astley Cooper, is a quack *doo*. Have none on't.

RICHARD B. (New Buildings, Whitby).—Take, ipecacuanha powder, six grains; nitrate of potash (saltpetre), thirty grains; powdered myrrh, twelve grains. Mix carefully and divide into six equal doses; of which take one every four or five hours. Get the prescription prepared at Robinson's.

N. S. (Lambeth).—Visitors are admitted to the Hunterian Museum through the personal introduction of a member or trustee. The days are Mondays, Tuesdays, Wednesdays, and Thursdays, from twelve till four o'clock. A written application, with a reference, addressed to the secretary, or to one of the conservators,—Mr. Owen, or Mr. Queckett,—might procure you a card of admission.

HORACE (Park Lane).—"Lateritious" (from *later, lateris*, a brick) is a term applied to the *red sediment* deposited from the urine in some stages of fever. "Fufuraceous" (from *furfur*, bran) is applied to branny or scaly deposits in the urine.

HEALTH OF LONDON.—The present return exhibits a sudden increase of deaths, and greater mortality than in any week since the beginning of April. The deaths registered in the two previous weeks were 921 and 908, but rose in that which ended Saturday, Nov. 23, to 1,016; and they now exceed the actual average for the ten corresponding weeks in 1840-9, which is 977, but fall short of the average as corrected for probable increase of population, by which it is raised to 1,066. The present increase, as might be expected from the season of the year, is observed to proceed from diseases of the organs of respiration, with the exception of phthisis. Inflammation of the lungs was fatal in the preceding week in 56 cases, last week in 94, of which 69 were children: but it has not yet attained the average. Bronchitis was fatal in 77 cases, of which nearly two-thirds were among persons of mature years, and it continues to exceed the average. On the other hand, consumption, which numbers 111, has declined on the previous week, and does not show the same disposition, with other affections of the respiratory organs, to be aggravated by atmospheric changes. Intemperance was fatal in the week to three persons; in two cases by producing *delirium tremens* or other disease; and in one, by means of a fall received in a state of intoxication. The births of 708 boys and 673 girls, in all, 1,384 children, were registered in the week. The average of five corresponding weeks in 1845-9 was 1,320.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

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THE DISEASES OF ARTISANS.

BY THE EDITOR.

Diseases caused by Sedentary Occupations.

(Continued from page 172.)

No. VII.—ANEURISM.

An Aneurism may be briefly explained as a dilation of, or a pulsating tumour of, an artery, containing blood, and communicating with the interior of the artery. There is one exception, however, to this definition, and that is when aneurism, as sometimes happens, takes place in the heart itself.

Aneurism, according to the modern and restricted acceptation of the term, implies a condition of an artery which will permit a part of the blood to be withdrawn from the usual channel of circulation; it, therefore, as far as the artery is concerned, only involves a certain morbid change, or lesion, of the vessel, of such a nature as will allow of the escape of blood. But this blood may be placed under different circumstances; and the condition it is in, and the position it occupies, form very important features in the nature and treatment of the disease. Thus, although still retained within the limb or part, and in the immediate neighbourhood of the vessel from which it flowed, the blood may be coagulated, incapable of ever re-entering into the circulation, and, in many respects acting as a foreign body; or it may, by a fortunate and fortuitous accident, pass into an adjacent blood-vessel, and continue to circulate, though not in the channel originally intended.

In the consideration of any disease, nothing can be more important than that part of its natural history which treats of the causes of its production, and the diseased changes in the structure of the parts implicated thereby induced. True, when an aneurism is formed, a knowledge of its exciting cause will give us but little assistance towards its removal; but it may be of great value in determining on the possibility of a cure being effected, and the selection of the means to be adopted with that view; thus, if it is occasioned by a wound, the presumption being that the remainder of the arterial system is sound, the probability of recovery will be greater, and the means to be employed may be milder. But if it is idiopathic—that is, an original disease—a contrary train of reasoning will be legitimate; the presumption is that the artery is diseased, and that an operation, if anything, may be required.

The following facts bearing upon this disease are worthy of being remembered:—

First.—It is a disease unknown to early life, not, as far as our knowledge extends, having been observed before the age of puberty; and although old age is not absolutely and completely free, it is comparatively rare at that period: therefore it is a disease of middle life.

Second.—It is much more frequently met with in males than in females.

Third.—Arteries are liable to aneurism with a frequency nearly in proportion to their size: thus the most common seat of all is the aorta: and, again, particular parts of these are more liable than others, aneurisms usually having their seat where the arteries are curved or bent, or where a branch may happen to have been given off.

Seeing, then, that aneurism is at least negatively subject to certain laws,—that it is not met with in the human subject before the age of puberty, and rarely in the female at any age, and that it prevails in the larger arteries, we must seek some explanation of its existing cause that will be consistent with these facts. But first, it may be necessary to make a few remarks on the causes usually assigned. It is said that certain laborious trades and occupations predispose to aneurism, but this opinion cannot be supported. If it be meant that persons thus employed are more exposed to injury, and that direct violence may sometimes rupture an artery, this is as easily understood as that a person working in the neighbourhood of a steam-engine will be more likely to be entangled therein, and have a limb torn off, than a person at a distance from it. But this is only accidental, and by no means a particular liability to disease. It is our opinion that not any degree of labour, or exertion, or exposure, predisposes to the occurrence of aneurism; first, because the most laborious people in society—sailors, blacksmiths, and porters—are not a whit more liable to the disease than any other classes in the community; secondly, because women in the lower ranks of life are, in many instances, obliged to undergo more labour, in proportion to their strength than men, and boys and girls infinitely more so—yet we have seen the exemption these classes enjoy; and, thirdly, aneurism is not more prevalent among the poor and laborious than among the rich and idle, in proportion to the relative numbers of these classes respectively. Again, it has been stated that particular trades and callings, chiefly such as oblige their followers to keep their limbs in a bent position, predispose to aneurism; and this is explained by the idea of the blood being forcibly impelled against the side of the vessel, in consequence of such position. Hence the prevalence of the disease amongst coachmen, jockies, horse soldiers, &c. But there can be little doubt that other persons are equally, if not more exposed to such influences, in whom the disease does not prevail; for example, studious persons, and the higher order of females: but with reference to trades, we must recollect that tailors and shoemakers spend most of their time in a very contracted position; and the occurrence of aneurism in five cases known to us, in persons thus employed, during the last four years, has impelled us to class aneurism amongst those afflictions capable of being induced by sedentary occupations.

When a person, having experienced a sensation as if something had been torn or given way within the part, or perhaps, without any such previous warning, perceives a pulsating tumour

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situated on the course of one of the arterial trunks, the probability is that an aneurism has been formed; and this probability will be increased if the pulsation is observed to correspond exactly with that of the heart, or of the pulse of the wrist. If it is increased, as well as the fulness and firmness of the tumour, by exercise, passion, and the use of internal stimulants—if it is diminished by rest, abstinence, the application of cold or other sedatives—and if it disappears on the occurrence of fainting,—the existence of an aneurism can be scarcely doubtful.

If pressure be made, on the side nearest to the heart, on an artery in which an aneurismal tumour is suspected, the tumour will collapse, and the pulsation will cease, if aneurism be present. This pulsation, as it is the great characteristic of aneurism, should be observed with attention; it varies according to the situation of the tumour, and the condition of its contents, and thus other affections may happen to be mistaken for it, and it for them. It would be fearful to subject a patient to the pain and danger of an operation, if the disease was only an enlarged gland, situated on the course of an artery, and receiving an impulse from it; and it would be a dreadful error to plunge a lancet into an aneurism under the impression of its being an abscess: yet such casualties have occurred. A mistake on such a point as this could never be pardoned—and, happily, it may easily be avoided. We may thus distinguish the one from the other:—a gland or other tumour, receiving an impulse from an artery, is merely lifted up, and the pulsation is only felt at the apex: an abscess receives only an undulatory thrill from an artery, perceptible in the line of the vessel, but fading away and becoming indistinct in the more remote parts of the tumour; but the expansion of an aneurismal sac is equal in every part and every direction, and the pulsation can be felt at the base as at the side or top. On applying the ear or a stethoscope to an aneurismal tumour, a a peculiar sound, termed by the French the *bruit de soufflet*, or bellows-sound, is often, indeed generally, heard. It conveys the impression as if a rush of air took place in the aneurismal sac, or dilatation of the artery, at each pulsation; but it is impossible to describe the exact character of the sound by words—practice in the examination of such cases alone can make us familiar with it.

Another symptom, occasioned by the presence of blood within the dilated vessel, is the pressure it inflicts on the adjacent organs, a pressure so injurious as to be always troublesome; this is often the principal subject of the patient's complaints, and occasionally the sole cause of his dangers. Pain, numbness, coldness, when the aneurism is seated in an artery of a limb—difficulty in breathing, difficulty in swallowing, loss of voice, paralysis, &c.—are the leading signs of aneurism of the large blood-vessels of the trunk: to which disease we shall refer in our next.

TO EXTRACT FOREIGN BODIES FROM THE EAR.

To the Editor,

SIR,—You relate the melancholy death of a youth at Great Horton, Yorkshire, caused by a pea getting fixed in the tube of the ear; a familiar accident, and generally relieved by means of the syringe or suitable forceps. A case occurred to me many years ago, when a clergyman's daughter, about four years of age, got a seed of Indian corn into the tube of the ear. Her father, in attempting to extract it with a needle, not only pushed it farther out of sight, but also lacerated the parts by his vain attempts. The child being rolled up firmly in a sheet, a powerful four-ounce syringe was diligently used by myself and another practitioner; various efforts were made with two different kinds of forceps to no purpose, and the case must have terminated as the one you have recorded, had not the idea struck me of trying an iris-hook that I had used in making an artificial pupil, and with this we instantly extracted the seed. This hook is admirably adapted for all such cases, and will never fail in the hands of any person having a knowledge of the anatomy or position of the parts.

December 3. Your obedient servant, MEDICUS.

SIMULATION OF DISEASE.

SOME diseases or disabilities, such as deafness or stammering, are much more easily feigned than others, and, consequently, the imposture is more difficult to detect. In all diseases of which the symptoms are obscure, periodic, or intermitting and uncertain, much care should be taken not to come to a wrong conclusion. "Melancholy instances," says Mr. Malcolmson, "have come to my knowledge where men have died in making exertion above their strength, after having been looked on as malingerers." Some diseases are not indicated by a change of the pulse, or by any remarkable alteration of the body, or evident derangement of its functions; and it ought to be recollected that patients suffering under real disease are apt sometimes to exaggerate their lesions. A malingerer is constantly prone to overact his part; but the inventing of symptoms is a much more difficult operation than frankly to state the feelings. Two soldiers were transferred to the hospital in Dublin, to be discharged, in consequence of alleged incurable disabilities. The designation of a disease was affixed to each name; but the appearance of the men indicated little, if any, derangement of the body. The medical officer made them stand up together, and requested one of them to describe his complaint, which he did very minutely. By his account, it appeared that he suffered under disease from the head to the foot. The other man was then asked, "What is the matter with you?"—"*The same as this man*," was his reply. He was evidently not prepared with a set of symptoms, and, without perceiving the trap, instinctively availed himself of the ingenuity of his fellow-impostor. They were sent back to the corps; "but I have no doubt," says Mr. Marshall, relating to the anecdote, "that each of them succeeded eventually in *working out* a discharge."

THE DRUNKARD.

Drunkard (says Professor Wilson,) stand forward, that we may have a look at you, and draw your picture. There he stands! The mouth of a drunkard, you may observe, contracts a singularly sensitive appearance—seemingly red and rawish; and he is perpetually licking or smacking his lips, as if his palate were dry and adust. His is a thirst which water will not quench. He might as well drink air. His whole being burns for a dram. The whole world is contracted into a caulker. He would sell his soul in such extremity, were the black bottle denied him, for a gulp. Not to save his soul from eternal fire would he, or rather could he, if left alone with it, refrain from pulling out the plug, and sucking away at destruction. What a snout he turns up to the morning air! inflamed, pimpled, snubby, and snorty, and with a nob at the end on't, like one carved out of a stick by the knife of a schoolboy—rough and hot to the very eye—a nose which rather than pull you would submit even to be in some degree insulted. A perpetual cough harasses and exhausts him, and a perpetual expectoration. How his hand trembles! It is an effort even to sign his name; one of his sides is certainly not by any means as sound as the other; there has been a touch of palsy there, and the next hint will draw down his chin to his collar-bone, and convert him, a month before dissolution, into a slavering idiot. There is no occupation, small or great, insignificant or important, to which he can turn, for any length of time, his hand, his heart, or his head.

BLOOD-LETTING.

HERE old Burton speaketh—he who wrote our glorious tome, the *Anatomy of Melancholy*. In letting of blood three main circumstances are to be considered,—"who, how much, when." That is, that it is to be done to such a one as may endure it, or to whom it may belong, that he be of competent age, not too young, nor too old, over-weak, fat, or lean, sore laboured, but to such as have need, are full of bad blood, noxious humours, and may be eased of it.

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ASTHMA.

No. III.

THE TREATMENT OF ASTHMA.

By T. H. Yeoman, M.D.

(*Continued from page* 179).

The treatment of asthma must be conducted in reference to the state of a patient during a paroxysm, and to the state of the constitution after the paroxysm has ceased: we must relieve the patient's sufferings during the fits—prevent their recurrence, by the removal of the predisposing and existing causes, improve the general health, and give tone to the system.

During the paroxysm we must depend for relief on the employment of one or more of the following remedies, modified according to the exigencies of each individual case.

Emetics and nauseating medicines have been found highly useful in both species of asthma; and when we have reason to apprehend that the stomach is much loaded, an emetic should always commence the treatment: they also act by depressing the vital power, and consequently relaxing the convulsive or spasmodic action, we may, therefore, place considerable confidence in them during the intensity of the fit.

In strong and otherwise healthy persons full doses of tartar-emetic, ipecacuan, or the tincture of lobelia inflata, may be given with great advantage. Strange as it may appear, ipecacuan, which in some instances has the property of exciting the disease, is found most beneficial in the cure of it in others: Akenside—who was not merely a poet, but also a medical writer of no mean order—was a great advocate for its use; he says, that after it had produced the emetic effect "it failed not to give great and immediate relief." Squill, used for the same purpose, has been lauded by men well versed from personal experience in all the remedies for asthma—Floyer and Bree. In practice I have found a combination of ipecacuan, squills, and antimony, productive of the most instantaneous and continued relief, commencing with such doses as will in the first instance produce an emetic, and afterwards continue a nauseating effect. By such means we relax the spasm, induce a mucus secretion and facilitate its expectoration. Oily and mucilaginous expectorants are not proper, as the stomach of an asthmatic is generally too much disordered to admit of their exhibition.

Blood-letting in some extreme cases in which there is reason to apprehend congestion, or in which the pulmonary circulation is much impeded, may be necessary in persons of a full plethoric habit, but should never be resorted to as an habitual remedy; when, as occasionally happens, there is great disturbance in the head, with lividity of the countenance and stupor, cupping will be of the greatest utility in removing the immediate cause of danger, but it should never be persisted in after the chief indication for its employment has ceased. Much mischief has been incurred by the indiscriminate use of the lancet in asthma; frequent bleeding may permanently injure the constitution and lay the foundation of dropsy. "I have repeatedly," says Dr. Bree, "directed bleeding; but I have never had reason to think that the paroxysm was shortened an hour by the loss of blood. In old people, who have been long used to the disorder, it is certainly injurious."

Several of the fœtid gums have obtained some fame; the gum ammoniac, in particular, often effects considerable benefit, in the common asthma of elderly persons it certainly is a valuable and useful remedy whenever there is a comparative healthy state of the stomach, and digestion is good, but should the latter be impaired, it can seldom be employed without increasing the dyspepsia; assafœtida has occasionally been employed with much benefit, but as it is highly stimulating and heating, and apt to irritate the bowels, it can only be employed in such cases as are entirely free from all irritation or inflammatory action: when used it should always be conjoined with some saline medicine, as the carbonate of potash, or liquor potassæ. Musk, camphor, opium, æther, and other anti-spasmodics are of great utility in nervous asthma; they should, however, be administered with much caution and in the smallest doses, until we are assured of the good impression they make on the disease, and the effect they produce on the system. Onions are frequently eaten to some extent by patients who habitually suffer from this disease; they certainly are a useful esculent when there is not any irritability or quickness of pulse.

Strammonium was, at one time, considered the "matchless specific," and when introduced into England by Dr. Sims, it was pronounced by asthmatics to be the "divine stramonium," and from many recorded cases, and some that have come under my own observation, it certainly is a remedy which must not be slightly passed over. The manner in which it is employed is by smoking during a paroxysm, the same as tobacco; its effects are heat in the chest, a copious expectoration, and some giddiness and nausea. Tobacco has also the merit of affording relief, but as those who resort to it are generally confirmed smokers who only continue an ordinary habit, its curative effect is less noted; when, however, a novice in the pipe makes trial of tobacco, and the full nauseating and expectorating properties of "the weed" are produced, a still greater benefit may be expected. I am constantly asked by asthmatics, "May I smoke?" Certainly they may; if it is the constant custom of the patient, it can do no injury; if not habituated to it, it may, by assisting or increasing expectoration, afford some respite from suffering.

Medicated inhalations have been and are strongly advocated by many physicians; my own opinion is adverse to their use. It is impossible that any fluid so pure, so bland, so natural, can be supplied artificially to the lungs as the atmosphere by which we live, and in our attempts or experiments to discover any gas or compound vapours likely to be of service, we may commit a decided injury. The vapour of tar, naptha, oxygen, chlorine, and many other gases have been recommended, and, alas! too frequently recommended only to compel the purchase of some expensive *inhaler*. "A pipe of tobacco" is the only medicinal inhalation I advise, as we know the extent of mischief likely to be incurred should it prove hurtful.

A most innocent, and in some cases a most effectual means of relief, is obtained from the medicinal acids, particularly the vegetable acids. Their precise mode of action is doubtful; by some they are said to act as sedatives, and thus allay irritation or spasm; by others that they act as tonics, and thus invigorate the bronchial exhalents; we must however, be content with knowing that they act beneficially, and that it is seldom, if ever, that their administration is injurious. The most frequent, and in every way the more preferable mode of employing the vegetable acids, is in the form of acetic acid, or vinegar, and many popular remedies familiar to every asthmatic have this for their chief ingredient. When combined with a diaphoretic, as a small dose of ipecacuan, the remedial power of each is augmented; after one or two doses the patient will frequently find the constriction of the air-passages lessened, and a tolerably free expectoration of mucus follow: the vinegar of squills—the basis of the well-known oxymel and syrup of squills—has been a common and safe remedy during several generations, and still retains its popularity amongst those who have no other means of judging of the propriety of its use than its efficacy in previous attacks. I have frequently prescribed, with marked advantage, nitric acid in the manner advised by Dr. Bree, that is, three or four grains of the extract of henbane, with five, six, or eight drops of nitric acid, in a wine glassful of water, every three hours during a paroxysm. A per-

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sonal friend, an asthmatic, has these remedies constantly in his chamber, and resorts to them with confidence whenever threatened with a paroxysm.

Purging, as an active remedy, is rarely beneficial except when the attack can be distinctly traced to an overloaded stomach and intestinal canal, or a disordered liver: when the asthma is the original disorder, and not dependent on other malady or functional derangement, especially in persons of an advanced age and infirm constitution, a powerful purgative will increase the exacerbation at the chest rather than retard or diminish its severity. It is, nevertheless, expedient in all cases to keep the bowels moderately and regularly open, and if this can be accomplished without aperients so much the better.

A simple, pleasant, and accessible remedy is coffee, which formerly had a considerable reputation for its curative or alleviating properties. Sir John Pringle says that "Floyer, during the latter years of his life, kept free from, or at least lived easy under his asthma, from the use of a very strong coffee." In many cases I have found it useful as an adjuvant, but never sufficiently energetic to be relied on alone. It should be drank very strong, made of the best Mocha coffee, newly roasted, in the proportion of an ounce to half a pint of boiling water, infused, not boiled, and taken every half hour without milk or sugar.

Remedies termed *derivants*, or those which excite an artificial irritation or determination remote from the actual seat of the disease, as blisters, mustard poultices, are in general use on the continent, especially by the French physicians; the application of blisters to the calves of the legs, mustard poultices to the soles of the feet, or the feet immersed in hot water in which a considerable quantity of mustard has been mixed, will now and then prove useful.

I have yet to speak of a remedy on which I place the greatest dependence,—I could almost term it the sheet anchor of an asthmatic—that is lobelia inflata, which appears to exert a peculiar influence on the bronchial mucous membrane. It may be assumed that it diminishes any spasmodic constriction that exists, and at the same time causes a secretion of mucus of a demulcent and soothing character. The dose ranges from twenty drops to a drachm of the tincture, in a wine-glassful of the decoction of senega, every three or four hours.

I have now recited the chief remedies that are available during the paroxysm, and it must be admitted that they appear indefinite and even opposite; in their employment we must be guided in our selection alone by the state of the patient at the time he is seized, and the good or bad effect which the experience of every asthmatic will award to each individual remedy. It has been justly remarked that "it remains yet to be proved if, in the majority of cases of asthma, medicine possesses any resources superior to those found most useful in simple catarrh."

In our next we shall detail the management of asthmatics during the intermission.

DISEASES OF WOMEN AND CHILDREN.

No. VII.

By the Editor.

(*Continued from page* 146).

AMENORRHŒA.—SUSPENDED MENSTRUATION.

"A woman," says the late Dr. Gooch, "may have passed over that period of life when chlorosis (see No. 6, page 43, Vol. I.) is likely to occur, and menstruation may have been established very regularly for months or years, when, from certain causes, its return at the usual period may be prevented, or the discharge may be suddenly checked when it has actually taken place." This retention, occurring independent of pregnancy or organic disease of the uterus, constitutes the disease now under consideration.

Amenorrhœa may be the cause or the consequence of constitutional debility; or, perhaps, to speak more correctly, the suspension of the menstrual discharge is in some cases the first of the train of symptoms constituting nervous and general debility; whilst in other instances it makes its appearance when symptoms of constitutional debility have already existed for a considerable period. In either case, the existing malady is strongly indicated by the appearance of the countenance, which is either pale and transparent, as if from mere loss of blood; or waxen, sallow, and muddy, as occurs in well-marked cases of chlorosis. If the retention of the secretion be the cause of the general derangement of the health, it is invariably induced either by mental emotion or the application of cold: chronic inflammation of the womb, and its neck, may also occasion the interruption; but happily such cases are not so frequent as the advocates for the speculum would wish us to believe. The effect of mental emotion, especially fear or grief, in arresting the secretions and changing their character, especially those of the breast and uterus, is well known. Sometimes a nurse is suddenly deprived of milk by some depressing passion or trouble; or if the milk is still secreted, and the child sucks under such circumstances, it will be rejected by the infant in a curdled state, or if retained, the child will be griped, sometimes convulsed. The effect of cold, especially damp feet, during the period of menstruation, or about the time of its occurrence, is a matter of familiar experience; and it is to this influence that the suppression of the menses is, perhaps, the most frequently to be imputed.

The general symptoms of this complaint are, languor, which extends over the whole system, and affects the mind as well as the body; and hence, while the appetite is feeble and capricious, and shows a desire for the most unaccountable and innutritious substances, the mind is fickle and variable, often pleased with trifles, and incapable of fixing on any serious pursuit. The heat of the system is diffused irregularly, and is almost always below the point of health; thus the patient feels chilly, her feet are invariably cold, whilst her cheeks burn. The pulse is quick but low, the breathing attended with labour, the sleep disturbed by unpleasant dreams; the face is pale, wax-like, and careworn; the lips white, the nostrils dry and pinched up, the bowels are constipated, the urine pale and limpid, and the feet and ankles swollen and puffed, as though dropsical. There is also, sometimes, an irritable and distressing cough, so that the patient is thought to be on the verge of a decline, or, perhaps, to be running rapidly through the several stages of confirmed consumption.

In some instances there is an occasional discharge of blood, or a blood-like fluid, from some remote organ (vicarious menstruation), as the nose, the ears, the nipples, the lungs, the stomach, or even from the tips of the fingers, or from ulcers of the skin.

All these symptoms indicate that retained menstruation is a disease of debility; and there can be little doubt that debility is its primary cause—a want of energy in the sicernent vessels of the uterus, that prevents them from fulfilling their office, till the increase of irritability, from the increase of general weakness, at length produces a sufficient degree of stimulus, and thus momentarily supplies the place of strength.

Suppression of the secretion may exist equally in a robust and plethoric habit, as in the delicate, the over-tasked, and the poorly fed. If a young unmarried woman of full habit, with a red face, lusty and robust in person, be exposed to the causes

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of amenorrhœa, to which we have already alluded, the consequent cessation of the discharge is followed by pains in the head and back, a sense of weight, pain, and tension about the region of the uterus, which is also tender on pressure, together with a hot skin and rapid pulse. Here the attack seems to be of an inflammatory nature. But when females of a delicate habit, having an irritable nervous system, are subjected to a similar influence, the consequences are, irritation and spasm of the uterus, rather than inflammatory disease; for the pain is not continued, the uterus is not tender on pressure, the pulse is neither rapid nor full, and the skin is not hot; on the contrary, there is a general sense of chilliness, especially of the extremities.

The treatment of this disease must be adapted to the variety of it under which a patient suffers. If it occur in a person of full habit of body, and is of an inflammatory character, which will be denoted by the presence of feverish symptoms, together with continued pain and tenderness in the lower part of the body, it may be necessary to abstract blood generally, from the arm, and locally, by the application of leeches. The bowels should be freely acted upon by some of the aloetic purges, especially the pill with aloes and myrrh (see page 205, Vol. I., No. 26), which may be taken in eight or ten-grain doses every other night, either alone or conjoined with two grains of calomel, and one drop of the oil of cloves, to prevent pinching. The warm hip-bath is of the greatest service, and its use, especially at and about the period when the indisposition may be anticipated, is of real benefit. The diet should be regulated according to the intensity of the inflammatory action and the previous habits of the patient, so that the extremes of stimulation and insufficient nutrition may be avoided. When all active feverish symptoms have yielded to proper treatment, we should then employ those remedies which have a peculiar action on the uterine appendages, especially the preparations of iron, as the compound iron mixture, the muriated tincture of iron, the sulphate of iron, or the citrate of iron. (For the preparations of iron, their doses, &c., see page 55, Vol. II., No. 33.) The following prescriptions are applicable to amenorrhœa after inflammatory action has subsided, as well as to that form of the disease which arises from debility:

Take, Compound mixture of iron, six ounces;
Compound decoction of aloes, two ounces.
Mix. Dose, two table-spoonsful three times a day.

Or,

Take, Tincture of the sesquichloride of iron, six drachms;
Tincture of ginger, two drachms.
Mix. Dose, twenty to thirty drops, in water, three times a day.

Or,

Take, Sulphate of iron, twenty-four grains;
Extract of gentian, half a drachm.
Mix, and divide into twelve pills, of which take one three times a day.

When the obstruction, retention, or suppression of the catamenia is caused by debility, or a deficiency of blood, or an impoverished condition of what little there may be (anæmia),—in fact, such a condition as closely approaches chlorosis,—the treatment must be directed to promote an increase of blood, especially of the red particles, and to render it of a more nutritive character. To effect this, we must mainly depend on iron, which should be given in full doses, as three or four grains of the dried sulphate, with the same quantity of extract of hops, made into two pills, which should be taken twice or three times a day. If the yellowness, or sallow appearance, of the skin continue, two or three grains of the hydrargyri cum cretâ—mercury with chalk—may be added to each pill with the best effect. The bowels should be gently excited by a wine-glassful of the compound decoction of aloes, taken early in the morning. The diet should be generous and nourishing, consisting of animal food once or twice a day, with a very limited quantity of cooked vegetables; if the stomach is not irritable, and a small quantity of good malt liquor does not induce any flatulence or flushing of the face, a glass of beer with dinner, and half that quantity at luncheon, may be taken with prudence. Exercise in the open air should be taken daily, so long as it does not produce fatigue. A warm hip-bath should be employed nightly, and the loins and lower part of the body should be afterwards well rubbed with a horse-hair glove, flesh-brush, or coarse towel.

Some practitioners advocate the use of the powerful remedies included in the class Emenagogues, the chief of which are savine, hellebore, and ergot of rye, which act specifically, powerfully, dangerously, and too often criminally; that is, they are used for criminal purposes: it is in very few cases that their employment is admissible.

Electricity has been recommended, tried, and failed: in many cases one, two, or more leeches have been applied to the immediate neighbourhood of the organs implicated, with a better result; they act by coaxing—if we may use the expression—a determination of the sanguineous fluid to the parts whence the desired secretion flows.

It may, in some cases, be prudent to suggest to the friends of the invalid, with all the delicacy such a communication demands, that celibacy may be a cause of the malady, and that marriage may be its remedy.

Sometimes the suppression is of a spasmodic character; it will then be necessary to give warm diluent drinks, to place the patient in a hot bath, and to give antispasmodics, as five grains of Dover's powder and three grains of camphor, every four hours until the symptoms subside. A great authority on female diseases says, "The injection of antispasmodic remedies, such as laudanum or assafœtida, by an enema, will sometimes act like a charm,—in the latter I have great faith: let two drachms of assafœtida be rubbed down with the yolk of an egg, and mixed with six ounces of warm water; this mixture should be gradually injected into the rectum, which being done, a napkin should be closely applied to the part, and every means made use of in order to secure its retention. If you use laudanum, let the vehicle be small in quantity; an injection of this kind may consist of fifty or sixty drops of laudanum in three ounces of water (we prefer starch, or arrow root). It is a great error to suppose the benefit is to be in proportion to the quantity of fluid injected: this may be true to some extent of purging injections, but the quantity of those of the anodyne description should be small, both because the active ingredient is less diluted, and the injection is the more likely to be retained. The spasmodic affection having yielded, and the nervous irritation being allayed, menstruation generally ensues."—*Dr. Gooch.* We copy this extract with some diffidence, but we hope the time is not far distant when the utility of lavements as a domestic remedy for many diseases will generally be admitted and employed.

When, as very frequently happens, the amenorrhœa is the *result* of debility or other disease, not the *cause*, we must not expect to restore the natural and healthy secretion until the original malady be checked or entirely removed, and the health of the whole system restored. Suppression of the periodical purgation is an effect or leading symptom of so many diseases, even in remote organs, that we must refer our readers to those complaints, especially consumption, which we have already described, and to those which we purpose to detail hereafter.

(To be continued.)

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MEDICAL ANECDOTES.

A LADY, whose fondness for generous living had given her a flushed face and carbuncled nose, consulted Dr. Cheyne. Upon surveying herself in the glass she exclaimed, "Where, in the name of wonder, doctor, did I get such a nose as this?" "Out of the decanter, madam—out of the decanter," replied the doctor.

ARBUTHNOT was distinguished as a wit; and, as a successful dramatic writer, During his time, *Gulliver's Travels* made its appearance, and he relates several amusing instances of the effect which this celebrated piece of satire had on the public mind.

Dr. Arbuthnot says, that Lord Scarborough (who was no inventor of stories) told him, that he happened to be in company with a master of a ship, who said that "he was very well acquainted with Mr. Gulliver; but that the printer had made a mistake, for it was at *Wapping*, and *not at Rotherhithe*, that the Captain lived."

In another place, Dr. Arbuthnot says: "I lent *Gulliver's Travels* to an old gentleman to read; who, putting on his spectacles, went very deliberately to his map to look for "*Lilliput.*"

THE celebrated Charles Fox, during a residence at Cheltenham, had frequent intercourse with Jenner. His mind had been a good deal poisoned as to the character of cow-pox by his family physician, Moseley. In his usual playful and engaging manner, he said one day to Jenner, "Pray, Dr. Jenner, tell me of this cow-pox that we have heard so much about:—what is it like?" "Why, it is exactly like the section of a pearl on a rose-life." This comparison, which is not less remarkable for its accuracy than for its poetic beauty, struck Mr. Fox forcibly.

THE celebrated Dupuytren was more successful in obtaining his fees than Dr. Gregory. He was often cheated by his patients, until he had recourse to the following ingenious device:—

He had a faithful servant, who was stationed at the door of the hall. Dupuytren had two bells fixed over the porter's head, communicating with his consulting-room. On bowing the patient out, Dupuytren rung one of the two bells. If the fee was paid, one particular bell was rung, and the servant understood that all was right, and the patient was allowed to depart without any interruption. If the patient forgot the baron's fee, the "no pay" bell was tingled, and the servant understanding the signal, addressed the patient very politely in the following manner:—"Mille pardons, Monsieur, I think you have forgotten to give the baron his fee." "*Mon Dieu!*" exclaims the patient, "*quelle negligence! le voici avec mille apologies au baron.*" Notwithstanding Dupuytren's immense wealth, he lived in quite a different way from what persons of his rank do in this country. He occupied only one suite of apartments—a floor as we call it—and it was owing to this circumstance that he had it not in his power to prevent a ball from taking place in the room immediately over his head a night or two before he died; and which, it is said, greatly disturbed his dying moments.

DR. THOMPSON, who was a celebrated physician in his day, was remarkable for two things—viz. the *slovenliness* of his person, and his dislike to *muffins*, which he always reprobated as being very unwholesome. On his breakfasting one morning at Lord Melcomb's, when Garrick was present, a plate of muffins being introduced, the doctor grew outrageous, and vehemently exclaimed, "Take away the muffins!" "No, no," said Garrick, seizing the plate, and looking significantly at the doctor, "take away the *ragamuffins*."

PHARMACOLOGY.

No. XXXVI.

STIMULANTS.

(*Continued from page* 182.)

Emplastrum Cantharidis,—Plaister of the Blistering Fly.—Blisters should be carefully prepared. Heat destroys the acrimony of the flies, and therefore this plaister fails when incautiously made. It should be spread on leather, with the thumb, and never with a hot spatula: perhaps the most certain mode of raising blisters would be to sprinkle the finely powdered flies on some farinaceous paste, as recommended by Parmentier. In using this plaister, the part which it is to cover should be bathed with vinegar, and a piece of thin gauze pressed down on the surface of the plaister, interposed between it and the skin; by which means it is easily and cleanly removed, and the risk of strangury diminished. It requires to remain applied twelve hours to produce a perfect blister.

Ceratum Cantharidis,—Cerate of the Spanish Fly,—is used for keeping up a discharge from a blistered surface; but few constitutions can bear the irritation it induces.

Unguentum Cantharidis,—Ointment of Cantharides,—is a milder preparation than the former, and is employed to keep open issues and blisters.

Copaiva Balsam,—Balsam of Copaiba,—is a powerful stimulant, acting especially on the mucous membrane of the bladder, &c. We have already described its action, preparations, doses, &c., in No. 20, page 157, Vol. I.

Cubeba—Piper Cubeba.—Cubebs in like manner act on the mucous membrane of the urinary organs. See No. 19. page 149, Vol. I.

Ergota,—*Secale Cornutum*,—the Ergot of Rye—Spurred Rye.—This is supposed to be a parasitic fungus growing on the rye and other species of grass plants. It is a long, black, or deep violet-coloured substance, whitish within, like a horn or "spur" formed on the rye. It is a stimulant, acting chiefly on the muscular coats of the uterus. It is employed in parturition, when the pains languish, the labour is protracted, and the uterine action has become torpid; provided always that the os uteri be fully dilated and the membranes ruptured. It has also been prescribed in leucorrhœa: we know nothing of its efficacy in the latter complaint. It is employed in lingering labours as follows:—Take one drachm of the ergot; three ounces of water, boil quickly down to half that quantity: of which the dose is a tea-spoonful every twenty minutes, for three or four doses in succession.

Creosoton,—Creosote,—an oily, colourless, transparent liquid, discovered first in pyroligneous acid, and now prepared from the oil of wood-tar. Its name is derived from its preventing the putrefaction of meat or fish. It is a powerful stimulant, and is sometimes given, in doses of one or two drops, in some stomachic affections. It is applied externally in rheumatism and neuralgia, and in cases of *porrigo scutulata*—an eruption of pustules leading to thin scabs, and eventually becoming *ringworm*, which affects the whole scalp with a *scutulum*, or little shield. It is now a popular remedy in toothache.

Unguentum Creosoti,—Ointment of Creosote,—made by rubbing a drachm of creosote in an ounce of lard, as an application for ringworm.

Sinapis,—Mustard.—This grateful condiment possesses also medicinal properties of great value; it is stimulant, diuretic, emetic, and rubifacient. Mustard seeds swallowed whole, or bruised, were considered almost a specific for rheumatism and a torpid state of the bowels, a few years ago; they are now out of "fashion." In chronic dyspepsia, attended with a torpid state of the bowels, the domestic mustard should be freely partaken of; or an infusion thus made is an excellent stimulating draught. Take, flour of mustard, scraped horse-radish, of each two ounces; barley water a quart. Infuse for twelve hours in a covered vessel, then strain and add spirits of peppermint two ounces. Mix.—Dose a wine-glassful twice or three times a day.

Cataplasma Sinapis,—Mustard Cataplasm,—or Sinapism.—Mustard poultice is thus directed to be made by the College:—Take flour of mustard, powdered linseed, of each half a pound; warm vinegar, sufficient to form a paste. This stimulating poultice may be made also with equal parts of mustard and oatmeal, or with mustard only. The late Mr. Liston used the mustard as ordinarily prepared for table, spread on slices of bread, and applied to the parts required. A mustard poultice is one of the best, as it certainly is the safest and more easily obtained, of all stimulating applications; it will frequently remove some deep-seated pain, when more violent counterirritants would be tardy in their action, and most irritating to the patient; applied to the pained part in rheumatism it will afford great relief; in the delirium, coma, and sinking state of typhus they should be constantly applied to the soles of the feet or to the calves of the legs.

(*To be continued.*)

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HINTS FOR HEALTH.

SEX.

The constitution of the male differs materially from that of the female, and this difference is strongly marked in the diseases to which each sex is liable, irrespective of those which attack the organs of generation, or which spring out of the peculiar functions that the female has to perform. In the constitution of the male there is more tone, more strength, more rigidity, and, as a natural consequence, a greater proneness to inflammatory affections; females, on the other hand, have more sensibility and excitability, and a more lax and delicate fibre, with a strong tendency to nervous affections, and to diseases of debility. The sexual functions of menstruation, child-bearing, and nursing, and their cessation, exercise a very marked influence upon the health of the female, especially in the production of nervous disorders.

STAR-GAZING.

Reading by moonlight, or gazing steadfastly on the moon for any considerable length of time, is a common practice with many young people, but one which cannot be too strongly censured. Even total loss of sight has sometimes been the consequence of astronomers pursuing their observations of the moon for too long continued a period, without sufficient intervals of repose; and in all cases the sight is more or less dimmed and weakened by exposure to such influences. It may not be amiss here to caution naval officers, in their desire for the promotion of science and for the effective performance of their arduous duties, against too-frequent and long-continued straining of their sight by looking through powerful glasses at the moon and other celestial objects; many have in this way so seriously injured their vision as greatly to have prejudiced their usefulness to their country; and others, from mere uncautiousness in this respect, have frustrated the object upon which they were most intent, and for which they would cheerfully have sacrificed their lives.

NATURAL WATER PURIFIERS.

Mr. Warrington has for a year past kept twelve gallons of water in a state of admirable balanced purity by the action of two gold fish, six water snails, and two or three specimens of that elegant aquatic plant known as *valisperia sporalis*. Before the water snails were introduced, the decayed leaves of the valisperia caused a growth of slimy mucus, which made the water turbid, and threatened to destroy both plants and fish. But under the improved arrangement, the slime, as fast as it is engendered, is consumed by the water snails, which reproduce it in the shape of young snails, whose tender bodies again furnish a succulent food to the fish; while the valisperia plants absorb the carbonic acid exhaled by the respiration of their companions, fixing the carbon in their growing stems and luxuriant blossoms, and refreshing the oxygen (during sunshine in visible little streams) for the respiration of the snails and fish. The spectacle of perfect equilibrium thus simply maintained between animal, vegetable, and inorganic activity, is striking and beautiful; and such means may possibly hereafter be made available on a large scale for keeping tanked water clean and sweet.—*Quarterly Review.*

TO BOIL RICE.

Into a gallon of boiling water throw a pound of rice, add an ounce of salt, and let it boil twenty minutes: then pour it on a seive; when it has drained a little, dish it by throwing it up with two forks, which will make it light. It is remarkable how many persons who profess to cook can boil neither rice nor potatoes well.

ADVERTISEMENTS.

NEVILL'S PATENT FLOUR of LENTILS, an Arabica Food for Invalids and Infants, possessing natural restorative properties for Indigestion, Constipation, and all derangements of the Stomach, Liver, Intestines, &c. By this pleasant, nutritious, and agreeable Food, which never distends or turns acid on the delicate stomach of Invalid or Infant, health is preserved without medicine, inconvenience, or expense. Sold by Chemists, Grocers, &c., in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s. Manufactured and sold Wholesale by Nevill and Co., 12, Liverpool Street, King's Cross, London. A 12 lb. Canister sent carriage FREE 100 miles for 10s.; and to any part of the Kingdom for 11s. A full Disclosure and Analysis of Du Barry's Revalenta is now published.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

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Volume I., price 4s., in strong and elegant cloth,

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Now Ready, price 4d.; by post 6d., the

DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

OUR ILLUSTRATIONS.—We have received from the artist, Mr. Henning, the drawings for the first six numbers of the third Volume, and they are now placed in the hands of the engraver. So pleased are we and all our friends—medical and artistical—with the beauty and truth of Mr. Henning's drawings that we cannot resist anticipating the universal approval of our readers, and in these few lines tendering to him our best thanks.

JANUARY 4, 1850.—The number of the PEOPLE'S MEDICAL JOURNAL issued on this day will be ILLUSTRATED.

DERRYNANE (Belfast).—We answer your question in the words of Dr. Roget: "The only final cause," says the learned Ex-Secretary to the Royal Society, "which we can assign for the series of phenomena constituting the nutritive functions of vegetables, is the formation of certain organic products calculated to supply sustenance to a higher order of beings. The animal kingdom is altogether dependent for its support, and even existence, on the vegetable world. Plants appear formed to bring together a certain number of elements derived from the mineral kingdom, in order to subject them to the operations of vital chemistry, a power too subtle for human science to detect, or for human art to imitate."

ANTI-QUACK.—*The Times* is making noble efforts to do away with "legal jargon." It is the mission of the PEOPLE'S MEDICAL JOURNAL to do away with *medical jargon*. Our aim is to teach the people; our motto,—Health, Strength, and Peace; and the text that directs us in every line we write is "a technical term unexplained is a dark spot on the field of literature; explained it is a clear and steady light."

SAGAPENUM (Cheltenham).—First and second, Yes: Third, No: We are not "physic doctors"—we conjoin moral, dietetical, and medical treatment. Fourth—One Guinea; or Five, for the direction of the case for so long a period as it may require medical supervision.

EDWIN (Reading).—When the bowels are relaxed, a wine-glassful of the decoction of logwood, with a drachm of compound tincture of cinnamon. When constipated, two tea-spoonsful of castor oil. The age of your mother demands the greatest caution, so that you, or her medical attendant, avoid all violent remedies.

A. B. (Borough).—The lameness may be caused by rheumatism, gout in the toe, or incipient paralysis: we cannot advise without seeing you. The prescriptions you have enclosed are harmless.

C. P. N. (Knightsbridge).—There is not any hospital that would receive such a case as an "In-patient." See answer to H. W. M. (Blackfriar's Road) in last number.

A. B. (Blandford Square), is anxious to know who are the proprietors of many patent or quack medicines: We really know little about the matter. If we were very anxious to learn to whom "Parr's pills" belonged, we should ask the proprietors of the *Illustrated News* for information; if our curiosity extended to "Kay's Worsdell's pills," we should direct our inquiry—with an order for a pound of coffee—to *John Cassell*, parent of a numerous progeny of small publications; if "Brande's enamel" and "Brande's sedative solution," excited our wonder, we should write a polite note, in a lady-like hand, (in the six-lesson-for-one-guinea style,) on perfumed paper, and send it by a page clothed in a showy livery, with a double row of buttons, and white Berlin gloves, to the editor of the *Family Friend*. If these gentlemen did not answer our questions, we should be compelled to give up our search for knowledge in despair.

A CLOCK-FACE ENAMELLER.—The symptoms may be those of asthma, but we are inclined to think, in consequence of the continuance of the affection, and its wanting the paroxysms—that is, the accession and intermission of the attack—that the complaint is chronic bronchitis. If you will call, we will examine you.

FANNY (Cheltenham).—When it is desirable to stop "bleeding from the nose," the application of cold, as vinegar and water, or ice, to the nose, and to the sides of the neck, near the angle of the jaw, will, in the majority of cases suffice; snuffing up powdered alum and violet powder may be also tried. The patient should be kept quiet and cool.

W. BARBER (Portland Place, Wolverhampton).—"A constant perspiration" must depend on some constitutional cause—great debility, or it may be incipient consumption. The acids are the best remedies in either case.

A CHORISTER.—Use the following linctus:—Tincture of capsicums, two drachms; dilute sulphurtic acid, two drachms; syrup of red poppies, one ounce. Mix. Allow a teaspoonful to *glide* down the throat several times a day. Bathe the neck and throat with cold water daily.

CURIOSITY.—We have received the following prescription! from a patient who was under the treatment of a wonderful homœopathic globulist. Many legitimate medical men write almost in hieroglyphics, but this surpasses all we ever saw.

"R Mer c c or viii Jiv M 1
12 pars pro dosi 2
R Veral viii Ju No. 2 12 peus
Oct. 18. pro dos 2 J. E."

WILLLIAM WILLIAMS (Merthyr Tydfil).—In all probability the alveolar process of the jaw, forming the socket of the tooth, is also caried, otherwise the abscess would have healed before this. You had better submit your mouth to the examination of a surgeon in your own town. A small portion of bone may be detached, and require removal.

MARK ANTONY.—All animal bodies are in a state of electricity, or contain within themselves free electricity. As a general rule, the electricity is positive, but in the female more frequently negative than in the male; it is more abundant in persons of a sanguine temperament than in the lymphatic; greater in the evening than in the morning; greater when the temperature of the body is high than when it is low; it is increased by spirituous liquors, and reduced to zero in rheumatic affections.

A DOCK LABOURER.—You must wear a truss. Apply to Mr. Smith, 1 High Holborn.

ANNA BLAKE.—You will find a long article describing the different stages, and the appropriate treatment for INFLUENZA, in No. 5. The first eleven numbers of the Journal contain an account of those maladies which may be termed WINTER DISEASES.

D. (Belfast).—We exclude all such complaints from our pages; our Journal is a *Family Journal*. You will find the information you ask for in THE DISEASES OF ERROR.

ELSIBETH (Yarmouth).—You will find much information adapted to your case in the present number, in the article DISEASES OF WOMEN.

ROBERT (an old patient).—Obtain a piece of litmus paper, dip it in recent urine; notice the change, describe it to us, or send the paper.

A CLERK (Bucklersbury).—We well know your position; you have to assume the habits and dress of a gentleman, on the income of a porter. Such cases always obtain our best consideration.

A PAINTER (Derby).—We have advised the following in cases of TAPE-WORM, with much success; try it, and do us the favour to communicate the result:—Take, two drachms of the powder of the solid part of the *male fern root*, early in the morning; two hours after take a scruple of jalap, and "work off" the effects with warm green tea.

RICHARD P. (Vauxhall Road).—Certainly; a fistula may have more than one opening; sometimes there are several sinuses, or canals, all communicating with the gut. The man you mention is a fearful quack.

WHITBY.—Every thing that can conduce to the prosperity of this town, and to the welfare of its inhabitants, must and ever shall obtain our earnest sympathy. The managers of the "Whitby Master-Mariner's Mutual Life Assurance Association" have just forwarded to us a copy of their regulations, which appear admirable. We sincerely recommend the association to our seafaring friends. It will be an immense consolation to them to know, in the hour of peril, that those dependent on them for bread will not be left destitute, even if the good ship sink.

W. K—All our arrangements are complete; we cannot adopt your suggestion.

A GOVERNOR OF THE ORTHOPŒDIC HOSPITAL.—The severe and merited castigation of the *Lancet* on "this individual" is directed to *the* surgeon, Mr. Tamplin. We little thought in the years 1832-33, when this person dissected with us, that he ever would rise to be of sufficient importance for the *Lancet* or ourselves to notice him. A *Little* brother-in-law has raised him—from we don't know what—to his present position.

THE HEALTH OF LONDON.—The following numbers show the fluctuations in the returns during the four weeks of November:—921, 908, 1016, and in the week ending last Saturday, 861; which, if corrected for increase of population, are less than the corrected average of deaths by 303. The young, the middle-aged, and persons of advanced years, all now participate in an improved state of health. Deaths from epidemic diseases remain nearly the same: in affections of the respiratory organs, the number, which rose to 201, has now fallen to 160. The deaths from small-pox, last week, amounted to 14, all amongst children. Measles carried off 25 children, and it is stated to have broken out in St. Pancras Workhouse. Scarlatina carried off 30, and 47 persons of various ages died of typhus. Diarrhœa has now declined to 13; and no case of cholera has been registered. The births of 773 boys and 709 girls, in all 1482 children, were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 51.—Vol. II.] SATURDAY, DECEMBER 21, 1850. [ONE PENNY.

THE INFLUENCE OF THE IMAGINATION ON THE HEALTH.

No. VII.

(Continued from page 172.)

An ill-regulated and unbridled imagination, associated, as it necessarily is, with strong and varying emotions, must be inimical to the health both of mind and body. In regard to their effect, it matters, in truth, but little whether the passions have their incentive in the creations of fancy, or the sterner truths of reality.

We are all, at one time or another, subject to the tyrannic sway of the imagination, and innumerable are the diseases that arise from its busy workings. Under this mighty influence man displays energies which lead him boldly to dare danger and complicated sufferings, or he is reduced to the most degraded state of miserable despondency. These diseases are the more fearful, since they rarely yield to physical aid; and it is seldom that moral influence is sufficiently persuasive to combat their inveteracy. It is idle to tell the timid hypochondriac that he is not ill; the mere circumstance of his believing himself sick constitutes a serious disorder. His constant apprehensions derange his functions until an organic affection arises.* The patient who fancies that he labours under an affection of the heart, disturbs the circulation, which is ever influenced by our moral emotions, till at last this disturbance occasions the very malady which he dreaded. These aberrations of the mind arise from various causes,—mental emotions, constitution, climate, diet, hereditary disposition, education. Tertullian called philosophy and medicine twin sisters; both may become powerful agents in controlling our imagination.

The ancients have variously endeavoured to determine the seat of this faculty. Aristotle placed it in the heart, which, from the sense of its oppression observed in acute moral sufferings, he considered the origin of our nerves, or sensorium. Avicenus and other philosophers located imagination in the anterior portion of the brain, which he called the *prow;* memory in the back part, which he denominated the *poop;* and judgment in the centre of the organ, or what mariners would term *mid-ship*. The notions of the phrenologists, Gall and Spurzheim, had long since been anticipated by philosophers and physicians, both in regard to the cerebral organ, and the external appearance of the cranium, which denoted their preponderancy. That temperature exercises a powerful influence over our mental faculties is evident. In warm climates we find a greater exaltation of the mind, more enthusiasm and vivid emotion, than in northern latitudes. The East is the land of fancy, illustrated by their wondrous tales of fiction, and their vivid and fantastic imagery, displayed in the chimeras and the arabesques of their palaces and temples. In these regions all the passions are uncontrollable and wild. In northern climates, on the contrary, every thing is cold and calculating.

When the feelings are unduly excited, as they necessarily must be, by the wild dreams of the imagination, they react with a morbid influence on the various functions of the body; and if the habits are at the same time sedentary and retired, a train of moral and physical infirmities, generalised under the name of nervous temperament, will be the probable result. The subjects of this unhappy temperament are commonly irresolute, capricious, and morbidly sensitive in their feelings. Their passions, whether pleasurable or painful, are awakened with the greatest facility, and the most trifling causes will often elate them with hope, or sink them in despondency. A deep enthusiasm generally marks their character, and they not unfrequently display a high order of talent, and a nice and discriminating taste, yet mingled with all those uncomfortable eccentricities which are so apt to be associated with superior endowments. The poet, the painter, the musician—for their pursuits have all a kindred nature, and all work on the feelings and imagination—are more especially the subjects of this peculiar temperament.

The physical functions in this temperament are almost always weak, and pass very readily into disordered states. Its subjects are particularly liable to indigestion, and to sympathetic disturbances in the nervous, circulatory, and respiratory systems. Thus, under sudden excitements, palpitations, flushings of the face, tremors, embarrassment in the respiration, with difficulty of speaking, are apt to occur, and even syncope or fainting will sometimes take place. The body, moreover, is generally spare and feeble, with great weakness in the spine, which causes the individual to stoop forward; the face is pale and sickly, though, under excitement, readily assuming a hectic glow, and its expression is usually of a pensive character.

The most melancholy nervous affections, as epilepsy, for example, have sometimes been brought on through the workings of a morbidly exalted and ungoverned imagination. And, in turn, the most enravishing conceits of fancy have at times been experienced by persons labouring under such disorders. It is in fits of epilepsy and ecstatic trances that religious enthusiasts have had their celestial visions, which their distempered minds have converted into realities.

The imagination, then, exercising so decided an influence on our moral feelings and conduct, and, by a requisite consequence, on our health and happiness, we perceive how important it is that this faculty be wisely disciplined, or regulated according to the standard of nature; that it be maintained in strict obedience to the judgment and will, and those delusive fancies in which the human mind is so prone to indulge be carefully suppressed;

* Indigestion, Nervousness, and Low Spirits.—By T. H. Yeoman, M.D.

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since not only do they withdraw us from the rational ends and particular duties of life, thereby rendering us less useful both to ourselves and to society, but tend also to break down the physical energies, and prepare the constitution for the ingress of disease and for ultimate dissolution. The mind, as well as the body, let it be remembered, may be feasted too voluptuously. The delights of a fantastic paradise have little harmony with our present nature, and such day-dreams, such "castles in the air" should be checked and discouraged. The spirit,—

> "—— whilst this muddy vesture of decay
> Doth grossly close it in,"

must forego the raptures of imaginary scenes, or visions, and must accommodate itself to its material relations, to the circumstances and necessities of every-day life, and to the capabilities of our earthly dwelling-house.

We unfortunately meet with some writers who, being themselves subject to this fanciful disposition, or temperament, would persuade us to seek enjoyment in the cultivation of morbid sensibilities, to the exclusion of the more wholesome realities of life. Thus, says that popular and exquisitely sentimental author, Zimmerman, "To suffer with so much softness and tranquillity; to indulge in tender sorrow without knowing why, and still to prefer retirement; to love the lonely margin of a limpid lake; to wander alone upon broken rocks, in deep caverns, in dreary forests; to feel no pleasure but in the sublime and beautiful of nature, in those beauties which the world despise; to desire the company of only one other being to whom we may communicate the sensations of the soul, who would participate in all our pleasures, and forget every thing else in the universe,—this is a condition for which every young man ought to wish, who wishes to fly from the merciless approaches of a cold and contentless old age."—*On Solitude.*

Now, this sentence of the sentimental Zimmerman must be admitted to be "very pretty writing," but in fact, and in practice, if practised, his teachings would be most injurious, if not destructive, to health and morality.

Among the best securities against this prejudicial ascendancy of the fancy over the realities of life, and those uncomfortable nervous infirmities which so generally accompany it, active employment, directed to some laudable, interesting object, must ever stand as the first antidote. Occupation is necessary to the health and contentment of the human mind, at least in its cultivated state; to know and to act upon the knowledge, that we have some prominent and determinate purpose to fulfil,—that our duty towards our GOD, our neighbour, and ourselves, commands that we should exert those faculties of the mind with which we are endowed, and those energies of the body with which we are strengthened, for the benefit of our own health and the advantage of mankind, is, and ever will be, the best preventive against an enthusastic, morbid, or unhallowed imagination.

A sound mind in a sound body—in effect, the perfection of mental and physical existence, depends wonderfully on our own conduct; as we sow, so we reap. Let us endeavour to cultivate a contented spirit, confining our wishes and expectations within the limit of reason; let us, cheerfully perform the duties of our respective stations; let us, by temperance and virtue, preserve in its strength that frame which is so wonderfully made; and, more especially at this season, let us remember WHO made us, WHO protects us, and WHO has promised to save us.

That contentment, health, and hope may cheer and brighten the Christmas hearth of all who read these lines, is the honest prayer of THE EDITOR.

ASTHMA.

No. IV.

MANAGEMENT OF ASTHMATICS DURING THE INTERMISSION.

BY T. H. YEOMAN, M.D.

(*Continued from page* 188).

THE treatment *during the intermissions*, when the patient is free from the paroxysms, merits the best care of the medical attendant, as well as that of the person liable to a return of the disease; the means to be employed must be regulated by such peculiarities as each case presents, our chief aim being to remove any irregularity or disorder of the system which may act as an exciting cause, and so to invigorate the frame as to give it the power of resisting noxious influences. As frequently happens, the asthma is complicated with a "bad stomach," which must be corrected by the means applicable to indigestion in all its protean forms; the food should be light and nourishing, without being in the least degree stimulating; a dry diet of animal food, with little or no vegetables; not any fish, salted meats, or pastry; and the smallest possible quantity of all kinds of fluids, taken cool, will best agree with the stomach, and materially protract the invasion of the paroxysms. The state of the bowels should be carefully attended to, so as to produce regular evacuations without violent purging; for this purpose moderate doses of the compound rhubarb pill, or aloetic pill may be taken occasionally.

When the disease succeeds to some suppressed discharge we must endeavour to restore the accustomed evacuation, or artificially to excite some other, and probably more innocent outlet.

When the state of the stomach does not forbid the employment of tonics, their use is of much service, for at the time that they give energy to the whole frame, they also enable the respiratory organs to resist such influences as have heretofore proved injurious. It is a sadly mistaken notion that these remedies are proper in all cases which are termed debility; until the cause of the debility be removed they cannot possibly be of the least service, and in many instances they add to the mischief already incurred; they are, therefore, only secondary remedies, to be used to restore strength after active disease has been removed.

Many of the vegetable bitters will agree with the stomach when more powerful tonics would become irritating; cascarilla, calumba, quassia, and gentian, I am induced to rank in utility according to the position in which I have placed them; and, in treating convalescents, such as are asthmatics during the intervals of attack, I invariably commence a tonic course by an infusion of one or other of these drugs. As the stomach acquires greater power, quinine or iron may be prescribed without a risk of exciting so much irritability as would prohibit their continuance. The preparations of iron, as the tincture of steel, the sulphate and citrate of iron, are especially proper for persons of a lax habit, pale countenance and languid circulation; some of the chalybeate waters are in high repute as prophylactics, and as far as my own observation extends, those of Tunbridge Wells are the most appropriate.

When the asthmatic attacks return at regular intervals similar to the ague, or when it is complicated with ague, we must then employ quinine with the same perseverance as in the latter disease: we have the authority of Laennec for such a plan of treatment; he says—"When the paroxysms bear a strongly-marked periodic character, quinine often diminishes their frequency, and sometimes stops them altogether." At the present time I have several patients who by the use of quinine have had the return of the disease protracted to a longer period than they have before experienced.

Blisters, setons and issues are useful "drains or revellants."

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I have seen numerous cases in which asthma was absent so long as a discharge was freely kept up; for this purpose an issue may be conveniently made on the upper part of the arm or shoulder, and frequently irritated by mezereon or savine.

Cold bathing and the shower-bath are amongst the most valuable means to be employed in all cases in which we wish to regain hardier habits, and in this disease should never be dispensed with; in the absence of a general bath, the chest should be freely sponged with cold water every morning, and afterwards dried well with a coarse towel, to induce a healthy reaction or glow.

DREAMS.

Several philosophers have asserted, that our dreams consist of nothing but the repetition of ideas which have already passed through the mind, though they may exist under new combinations. This, as Gall properly observes, is an error. Man may exercise the faculties of invention during his sleep, as in his waking hours; for the internal sources of his thoughts and feelings are the same, whether he sleeps or wakes. Cabanis relates of the illustrious Dr. Franklin, that he had on several occasions in his dreams been informed of the issue of affairs in which he was engaged at those times. His vigorous mind, otherwise entirely free from prejudice, says this author, could not quite guarantee him from a superstitious notion with respect to these premonitions. He did not take into consideration that his profound prudence and his rare sagacity, still directed the action of his brain during sleep. It is also related of Condillac, that whilst writing his Cours d' Etudes, he was frequently obliged to leave a chapter already prepared but incomplete, in order to sleep, and that on awaking he found it, on more than one occasion, finished in his head. Voltaire relates, that on several occasions he made verses in his sleep which he remembered when awake, and the same thing is told of Augustus Lafontaine. Alexander formed the plan of a battle while in the same state; and Tartini, a celebrated performer on the violin, composed his Devil's Sonata from the inspiration of a dream, in which his satanic majesty appeared, and challenged him to a competition on his own fiddle. These facts abundantly prove, that all the powers of the imagination and intellect may be active in dreams. Another remarkable instance, is the case of that distinguished poet, Mr. Coleridge. In his works, a poetical fragment, entitled Kubla Khan, is prefaced as follows:—

"In the summer of the year 1707, the author, then in ill health, had retired to a lonely farm-house between Porlock and Linton, on the Exmoor confines of Somerset and Devonshire. In consequence of a slight indisposition, an anodyne had been prescribed, from the effects of which he fell asleep in his chair at the moment that he was reading the following sentence, or words of the same substance, in Purchas's Pilgrimage:—'Here the Khan Kubla commanded a palace to be built, and a stately garden thereunto; and thus ten miles of fertile ground were enclosed with a wall.' The author continued for about three hours in a profound sleep, at least of the external senses, during which time he has the most vivid confidence that he could not have composed less than from two to three hundred lines; if that indeed can be called composition in which all the images rose up before him as *things*, with a parallel production of the correspondent expressions, without any sensation, or consciousness of effort. On awaking he appeared to himself to have a distinct recollection of the whole, and taking his pen, ink, and paper, instantly and eagerly wrote down the lines that are here preserved. At this moment he was unfortunately called out by a person on business from Porlock, and detained by him above an hour, and on his return to his room, found, to his no small surprise and mortification, that though he still retained some vague and dim recollection of the general purport of the vision, yet, with the exception of some eight or ten scattered lines and images, all the rest had passed away like the images on the surface of a stream into which a stone had been cast, but, alas! without the after-restoration of the latter."

ALCOHOLIC LIQUIDS.

Alcoholic liquids, whether in the form of wine, malt liquor, or spirits, increase the necessity for oxygen in a remarkable degree. If it be supplied in due quantity, and the individual be healthy, the spirit is for the most part consumed in the lungs, and the result is an augmentation of animal heat. This passes off with a rapidity proportioned to its facility of generation, and of course requires, for its renewal, a repetition of the cause—that is, more spirit must be taken. The consumption of it, in the process of respiration, is sometimes so complete, that large quantities may be taken without intoxication following. People who are travelling, especially in clear frosty weather, when the atmosphere is of the greatest specific gravity, and more oxygen is taken into the lungs at a single inspiration than in hot or hazy weather, will drink as much spirit with impunity as would intoxicate them five or six times over, were they sitting in a confined room. It is not an uncommon thing for a man, whose maximum of whisky toddy is a couple of glasses, to find, after having ascended Ben Lomond, that he has unknowingly swallowed a whole bottle of undiluted Glenlivat. The Highlanders are proverbial for the quantity of whisky they drink, and for the little injury it does them. Many of them habitually drink a wine-glassful of raw spirit directly upon rising in the morning. To them it is a "cup that cheers but not inebriates." They are not intoxicated by it for the moment, nor do they suffer in any marked degree from the usual remote consequences of drachm drinking. They are not like the tavern-frequenter and spirit-tippler of the crowded city—jaundiced, consumptive, impotent, imbecile, or paralysed, dying before his time. They are hale, cheerful, and vigorous, despite their practices. And wherefore this marvellous difference? Fresh air and free exercise are the foundation of it all. The practice of spirit-drinking, under any circumstances than those of necessity, is both unhealthy and unnatural. But the poison is disarmed of half its virulence when taken under the mitigating circumstances that we have mentioned. Under opposite circumstances, there is no limit to its mischief. The system cannot throw it off. It wanders with the corrupted blood; tires and taints every organ.

> And then what woes remain!—Life rolls apace,
> And that incurable disease, old age,
> In youthful bodies more severely felt,—
> More sternly active,—shakes their blasted prime;
> Except kind Nature, by some hasty blow,
> Prevent the lingering fates.

TWO CHILDREN KILLED WITH GODFREY'S CORDIAL.

An inquest was lately held by Mr. Carter, at the "Rose" public-house, Camberwell, to inquire into the death of two infants, the children of a man and woman named Buckley, who resided in Edmund Street, Camberwell. The father was a journeyman carpenter. A few days since, the children being very restless, the mother sent for a pennyworth of Godfrey's Cordial, and administered about a third of a teaspoonful to each. They soon fell into a deep sleep, and remained so until the mother became alarmed and sent for Mr. Flowers, a surgeon, who stated that they were suffering from the effects of a narcotic. He administered the usual antidotes, but notwithstanding every effort the children expired. The jury returned a verdict, "That the children died from the effects of Godfrey's Cordial, administered by the mother inadvertently." They also strongly condemned the use of this medicine.

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WHITLOW

As most people know from experience, is a very painful swelling upon the last joint of the finger, which more or less quickly runs on to the formation of matter. It arises oftentimes without any known cause; at other times, from a hag-nail which has been teased; sometimes from the finger having been bruised, or having been brought to the fire when very cold; not unfrequently from a needle or a splinter running into the finger; and, among laundresses, it is not uncommon from any little crack or wound in the finger becoming irritated by the impure soda or pearlash they use in washing.

There are several kinds of whitlow.

The most common and slightest form occurs generally at one side of the root of the nail, beginning with a little inflammation and throbbing, and by degrees a whitish half-transparent bladder is formed, extending more or less round the nail, the whiteness depending on the thickness and clearness of the skin. If not opened, it continues separating the scarf-skin from the true skin beneath, till it find some crack or thin part in the scarf-skin through which it bursts, discharging the matter, and sometimes there the business ends, new scarf-skin being formed below, and the old bulging, like the skin of a blister, may be picked off. But if the matter have been pent up for a few days, it frequently ulcerates the true skin, and when it has escaped or been let out, a little red body sprouts up through the hole, and, spreading, assumes a cauliflower appearance, the unyielding scarf-skin girting it tightly. This is generally excessively tender, and can scarcely bear touching.

TREATMENT.—As soon as the blister rises distinctly above the neighbourhood, a pretty large piece should be snipped out, so that the watery matter may readily escape, and continue to flow out as fast as produced. A bread-and-water poultice should be put on, and in the course of a day or two the cure is completed. But when the little red body of proud flesh, as it is called, has shot forth, it is more troublesome and painful to manage, as all the scarf-skin must be cut off with a pair of scissors, to free it entirely from the narrow hole. The pain of this removal must be borne, for otherwise the proud flesh will continue increasing, and become more and more tender the longer it is delayed. Generally after poulticing a few days, and binding up lightly with some mild ointment, this sore also gets well. Not unfrequently, in both cases, if the whitlow have run completely round the root of the nail, the nail is destroyed, and slowly pushed off as another is formed at the quick or root, and continues to grow.

The second kind of whitlow is formed in the bulbous front of the end of the finger; this is much more severe, as the matter is formed deeper, and the scarf-skin being tougher, will not give way to the matter which desires to escape. The pain extends sometimes into the hand and arm, and the matter occasionally burrows up the finger.

TREATMENT.—Cut through the skin freely and deeply with a knife, in the direction of the length of the joint, and put on a poultice, which will afford almost immediate relief from agony.

This, when very severe, will occasionally run into

The third kind of whitlow, which is worst of all, and may also occur independent of the former. In this case, the sheath which contains the tendons of the finger inflames, the finger swells, and unless quickly attended to, the inflammation spreads into the hand, and the tendons and one or more of the bones of the finger are destroyed; or at best the finger becomes shrivelled and stiff.

TREATMENT.—Leeches should be frequently applied; warm bathing of the whole hand, which should be wrapped up in a bread-and-water poultice. If the doctor can be had, let him make a free cut down to the bone, at latest, after twenty or thirty hours have elapsed from the beginning of the attack. It will give greater relief from the severe pain, and be more likely to check the mischief at once, than if the cut be delayed, which must be made at last.

ON THE TREATMENT OF RHEUMATISM BY LEMON JUICE.

By G. O. REES, M.D.

ALTHOUGH the treatment of rheumatic diseases by lemon-juice has received a considerable amount of favourable notice from the profession, I am still inclined to believe that it has scarcely gained the credit it deserves. This would appear to depend in some degree on its use in cases which experience has now shown me are but ill adapted for its exhibition, and which are in all probability improperly placed by our pathology in the same category with those forms of the disease in which early benefit is derived from the administration of the remedy. There is much indeed in the history of those conditions designated rheumatic to lead us to hope, that as medical science advances, important distinctions will be made where none are as yet recognised.

From the experience I have had in the use of the remedy, I feel I have sufficient evidence before me to justify the opinion, that there are certainly two forms of rheumatic disease which cannot be benefited by the administration of lemon juice.

The first of these is generally observed in cachectic subjects, (persons of a bad habit of body) and for want of a better name I shall call it cachectic rheumatism. It occurs in all classes of life, but more commonly I believe among the lower orders. It is more frequent in females than in males. The swelling and redness of the parts affected are less marked than is generally the case in acutely painful rheumatism. The pain is, however, very severe, and occasionally partakes of the neuralgic character. The patient is sometimes anæmic (deficient in the quantity of blood —bloodlessness,) and on inquiry we may perhaps discover a history of long mental or physical suffering. The skin is perspirable; the pulse weak and rapid; the tongue varies, being sometimes moist and white, and sometimes clean and less moist than natural. In cases of this description I have not succeeded in relieving the patient by the exhibition of the juice; and if occasional relief has been obtained, the disease has shown a tendency to relapse, and become unmanageable under a continuance of the remedy. It may perhaps be well to mention, that in these cases I have derived the greatest benefit from the exhibition of opium in full doses at frequent intervals. The other form of rheumatism in which I have failed to obtain relief by the administration of the juice is that attendant on syphilis. In all the cases in which I have made trial of it among the female out-patients at Guy's Hospital, it has failed to exert any beneficial influence. The nature of the disease, so distinct from that of ordinary rheumatism, never indeed gave me any great hope of success. If we except the diseases above described, and cases simulating rheumatism, but really connected with ordinary dyspepsia, or, as is sometimes the case, with the existence of Bright's disease, my continued experience has but the more persuaded me of the great value of lemon-juice as a remedy for rheumatism. Its action is sometimes most remarkable, causing cessation of pain and decrease of swelling and redness, such as we can rarely obtain with colchicum, even when administered in large and hazardous doses. That lemon-juice sometimes fails to effect this rapidly is certainly true, and that too with respect to cases apparently identical with those in which early benefit has been observed; but the history even of these less favourable instances will generally bear comparison with the results obtained by the ordinary plans of treatment; and it is my full conviction, that since lemon-juice has been introduced at Guy's Hospital as a remedy for acute rheumatism,

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the period during which it has become necessary to confine patients so affected to bed has been very materially lessened.

I am anxious now to direct attention to a class of chronic rheumatic cases, in which I have used lemon-juice with very great advantage. I allude to such as are connected with deposit of lithate of soda in and about the smaller joints, and which partake more or less of the gouty character. I have met with great success in this form of disease by the continued use of lemon-juice in combination with small doses of the tincture of the sesquichloride of iron, and in several instances have effected absorption of deposits which have resisted all other plans of treatment. A case of the above description was lately reported to me, in which like success attended the administration of the lemon-juice alone. The patient, a lady, had been a cripple for several years, and was eventually restored by persevering in the use of the remedy for six or eight weeks.

Lastly, with respect to the dose in which the juice ought to be administered. Experience has shown me that it should be larger than I was at first inclined to consider necessary. In acute rheumatism, from one to two ounces should be given every four or six hours; and should pain be felt in the bowels, or diarrhœa occur, which is very rarely the case, four or five minims of tincture of opium may be added to each dose of the remedy.—*The Lancet.*

SPONTANEOUS DISLOCATION.

Dislocations or luxations, from whatever cause they may have occurred, form a very important subdivision in the various lesions which the surgeon is called upon to treat; and it is acknowledged on all hands that the reduction of displaced bones often entails a vast deal more trouble and anxiety to the practioner than some bad wounds or fractures. In private practice, and in the country, it is sometimes extremely difficult to secure intelligent assistants and the proper apparatus; but such obstacles do not exist in hospitals, and failures in these institutions are almost always owing to the old date of the luxation, or to some complication of unusual occurrence. Yet even with dislocation of old standing, the surgeon may succeed in his efforts at reduction. We recollect, in this respect, the case of a woman, about sixty years of age, whose humerus (upper arm) had been dislocated into the auxilla (the arm-pit) for three months. She was placed under the influence of chloroform at the Middlesex Hospital, and Mr. De Morgan and Mr. Moore succeeded, by the judicious use of the pulleys, and subsequent traction from below upwards, in reducing the luxation. The patient remained several weeks in the hospital, and ultimately did well.

Dislocations of long standing are, however, less amenable to reduction in such a powerful joint as the hip. We remember having seen the best efforts fail of effecting reduction, at King's College Hospital, in a strong girl, about twenty years of age, where the displacement had existed for about the same time as in the case just mentioned.

But it is not only in cases similar to the above that difficulties are encountered; spontaneous luxations will sometimes prove very troublesome, by entailing upon the patient a liability to the frequent repetition of the displacement. Paralysis of the muscles of a joint, looseness of the ligaments, destruction both of the latter and the cartilages, by disease, may cause what is generally termed spontaneous, and still more justly *gradual*, dislocations. These will require various methods of treatment, according to the remote cause of the displacement; but certain luxations of this kind may occur, when different circumstances, among which the age of the patient has great weight, will prevent the surgeon from making any continued attempts in re-establishing the normal relations of the articular surfaces. We noticed, a short time ago, a case of this description among the patients of Mr. Holt, at the Westminster Hospital, the particulars of which are of a very peculiar character.

The subject is a thin spare woman, seventy years of age, who was admitted July 25, 1850. She has mostly resided in a healthy neighbourhood, near Dalston, where she was engaged for many hours in the day in making waistcoats. The patient is a widow, and has had one child; she never suffered from any uterine affection; her offspring is perfectly healthy, and she has always been able to supply herself with a sufficiency of wholesome food. For the last thirty-five years she has been troubled with tic douloureux in the thighs, legs, and feet, this affection presenting the usual intermittent characters, for it begins generally in the middle of the day, and leaves her towards the evening. As is usual with these nervous affections, the general health did not suffer; although the pain was, and is at this moment, excruciating, and causing her to cry aloud with agony. The tic would, however, sometimes leave her altogether, but the longest time she ever was without it was one month. Patient found no difficulty in walking when the fit was not upon her; she slept well, and did not perceive for the long space of time above mentioned that either the knee or ankle-joints of either leg were especially suffering from the persistence of the tic. About two years since, whilst walking in the street, she felt something give way on her right knee, and was forced to sit down on a step. Though she did not experience a great amount of pain, she was unable to walk, and was first driven in a cab to her friends', and subsequently to the Westminster Hospital.

On admission, Mr. Holt found the left knee much swollen, but pressure on the joint did not give particular pain, and when the œdema (a dropsical swelling) had been dispelled by appropriate means, it was found that the tibia (shin-bone) was slightly dislocated inwards. The reduction was effected without any difficulty, and the joint well secured by long cylindrical pads on either side. When the apparatus was taken off a little time afterwards, the luxation occurred again immediately; it was reduced as easily as before, and the leg put up in splints. The patient remained between five and six months in the hospital, but the ligaments did not regain their former power, for the knee was just as liable to displacement, and as easily reduced, as in the first instance. Mr. Holt therefore directed a gutta-percha box to be prepared for the knee; this apparatus allowed tolerably easy walking, and the patient was discharged.

She remained at home for four months, and after this lapse of time, during which she had suffered from tic as usual, she came to the hospital for the purpose of paying a visit to the nurse who had previously taken care of her. Whilst the patient was in the ward, it was discovered that she had erysipelas of the right leg; this was immediately attended to. She remained in the house, and four days after this second admission, Mr. Holt, in examining the leg, found that the right ankle was now likewise dislocated. This second displacement had happened without the patient being aware of it, without pain, and, according to all appearance, whilst she was *in bed*. The inflammatory attack soon subsided, and no doubt was left concerning the luxation which had occurred in the ankle, the joint being just as easily dislocated and reduced as had been the case with the knee.

No direct mechanical means were used, except gutta percha casing for the knee, and tight bandaging for the ankle; the former of these joints, when last examined, presented the following appearances:—The patella (knee-pan) is drawn upwards, and rests on the lower third of the femur, (thigh-bone) the tibia is dislocated inwards; the two articular surfaces of this bone are very prominent in front, and the internal one projects considerably inwards, having slipped from the internal condyle of the

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femur. Both joints are now fixed and unyielding; there is no pain on pressure, and the patient complains principally of her tic, which is troubling her now as much as it ever did.

Now, it might fairly be asked, whether the last-mentioned disease has had much, or any, influence on the production of the above-named dislocations? Without venturing to decide the question, we would suggest that a purely nervous affection is not likely to engender or excite a pathological change in joints, and that gradual alterations, both in the structure of the synovial membranes and ligaments, have had a large share of influence on the occurrence of the two luxations. We are aware that this is not looked upon as a common cause, and we firmly believe that this case could not be easily classed among the spontaneous dislocations mentioned by authors.—*The Lancet.*

SCENE IN A MILITARY HOSPITAL DURING THE PENINSULAR WAR.

MR. GUTHRIE, the celebrated army surgeon, thus describes a fearful scene, the equal to which we hope may never again occur. He says :—" A painter could not have had a better subject for a picture illustrative of the miseries which follow a great battle, than some of the hospitals at Salamanca at one time presented. Conceive this poor man, late at night, in the midst of others, some more seriously injured than himself, calmly watching his blood—his life flowing away without hope of relief, one man holding a lighted candle in his hand, to look at it, and another a pewter wash-hand basin, to prevent its running over the floor, until life should be extinct. The unfortunate wretch next him with a broken thigh; the ends lying nearly at right angles, for want of a proper splint to keep them straight, is praying for amputation or for death. The miserable being on the other side has lost his thigh; it has been amputated. The stump is shaking with spasms; it has shifted off the wisp of straw which supported it. He is holding it with both hands in an agony of despair. You may think I am exaggerating; I assure you I am not."

THE INFLUENCE OF DIET ON " PLUCK."

IT ought to humble a man's pride, and, at the same time, make him very cautious of excess, when he reflects how much of his virtue and moderation depends simply on the diet which he makes use of. Behold this man talking calmly and sagely of the shamefulness of vice and passion. See him enter a tavern, and, after a few draughts of wine, the victim of those very passions which he a few minutes before condemned! See the coward converted into a hero, not by moral arguments, but by a draught of brandy, or, as among the Turks, a dose of opium! The Brahmins and Hindoos are the mildest of men, not from any original superiority in the structure of their minds or passions over their notions, but merely because their diet is vegetable. Propose a manly or daring deed to a man feeble in body, delicate in his manner of living, or after a course of purgatives or bleeding, and he will shrink in apathy from the enterprize.

EQUAL USE OF THE EYES.

IT is common, though we are unconscious of it, for the eyes to wear unevenly; the left lags behind, and leaves his fellow to perform the work. All who use a single glass, and always apply it to the same side, especially artisans, who, like watch makers, pass hours in this position, are in a particular manner exposed to the defect. The idle eye, enervated and not preserved by indolence, is sure to be the worst. Moderate action is essential to the health of every part of the body; and the dislocation of a limb upon the rack would not be more destructive than protracted repose. Both methods are tried upon the eyes; the right is racked with labour, and the left is depraved with ease. —*Quarterly Review.*

PHARMACOLOGY.

No. XXXVII.

(*Continued from page* 190.)

EMMENAGOGUES.

EMMENAGOGUES are those medicines which promote the menses, catamenia, or monthly secretion from the uterus. This class of medicines includes tonics, especially those containing steel, myrrh, and aloes; also many articles which act in improving the general health, and increasing the flow of blood to the uterus or its neighbourhood. There are, perhaps, some articles that act specifically on the uterus in promoting its monthly secretion; but as they may be abused it would be improper to notice them in a publication intended for popular perusal. When the uterus does not perform its monthly office, the invalid will find some great advantage in following the directions pointed out in the ARTICLES ON THE DISEASES OF WOMEN, especially the one on CHLOROSIS in No. 34 of our Journal.

ANTHELMINTICS, OR VERMIFUGES.

Anthelmintics are medicines which cause the expulsion of worms from the stomach and intestines. They may be arranged into three classes:—1. Those which act mechanically, as the filings or granulations of tin, iron filings, cowhage, or cow-itch. Whether these articles act on the worms themselves, or on the internal coat of the alimentary canal, so as by irritation to occasion it to throw off slime which affords a lodgment for them, or otherwise detach them, is doubtful. They probably act in both ways. The iron filings very likely act both mechanically and chemically; a solution of it, which is formed in the stomach, as is evidenced by the black appearance of the alvine evacuations, being a powerful poison to worms. The second class acts chemically on the worms, as the rectified oil of turpentine, bark of the pomegranate root, preparations of mercury, Indian pink, the worm-seed, tansy, and the essential oil and extract of wormwood. These operate most powerfully when combined with a purgative, or when a cathartic is administered a few hours after a dose. In the articles on PURGATIVES (Nos. 27, 28, pages 5, 13, Vol. II.) and on INTESTINAL WORMS (Nos. 13, 14, 15, 16, 17, pages 102, 108, 118, 125, 132, Vol. I.) we have so minutely detailed this class of medicines, that we need only to refer to those papers.

EPISPASTICS, INCLUDING RUBIFACIENTS AND ESCHAROTICS OR CAUSTICS.

Epispastics may be defined to be those substances which, when applied to the different surfaces of the body, cause either inflammation, a discharge of serum, or pus, or a destruction of the textures to which they are applied, according to the various states of dilution or concentration in which they are employed. The actual cautery, which was much used by the ancients, is a red-hot iron or actual fire, which has been revived under the name of *Moxa*, and acts by igniting a piece of German tinder and applying it to the part where the counter-irritant effect is required. By means of the actual cautery, after the destroyed part has been thrown off, an ulcer more or less deep remains, which by beans, peas, or other mechanical means, is kept open: this secretes a considerable discharge, and is called an issue. The potential caustics—as pure potass, pure soda, lunar caustic, the muriate of antimony, nitric acid, &c.—are applied for the same purpose, and also for destroying warts and other excrescences, luxuriant or unhealthy granulations, poisoned parts, and for removing the unhealthy surfaces of ulcers.

Argenti Nitras,—Nitrate of Silver,—Lunar Caustic (see No. 33, page 54, Vol. II.),—is a most valuable application in sluggish ulcers, indolent wounds, and also to check profuse granulations: perseveringly employed to warts, it will remove them; applied to venereal chancres, it will improve their condition, and cause them to heal readily; two grains dissolved in two ounces of water is a good injection in fistulous sores, and as an application to spongy gums. A solution of half a drachm in an ounce of distilled water is highly useful when pencilled over the surface in erysipelas.

Potassa,—Potassa Caustica,—Fused Potassa,—is a solid substance, of a grey colour, and readily dissolves when exposed to the air; when rubbed between the fingers, it gives the sensation of being soapy, owing to its dissolving the skin. It is powerfully escharotic, and is used for forming issues.

Potassa cum Calce,—Calx cum Kali Puro,—Potash with Lime,—is prepared from lime and potash mechanically mixed; its action is the same as the former, but it is more manageable, and does not so readily decompose by exposure to the air.

Acidum Nitricum,—Nitric Acid. (See No. 34, page 62, Vol. II.).—Strong nitric acid is a powerful escharotic, and immediately destroys the parts with which it may come in contact; it changes the skin to a yellow colour. It is advantageously employed to touch the surface of cancers, *noli me tangere*, and *lupus*; also to improve the edges of some scrofulous sores.

(*To be continued.*)

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HINTS FOR HEALTH.

NURSING INFANTS.

Few customs are so injurious to infants as constant confinement in the arms of a nursery-maid; it compresses the chest, cramps and distorts the limbs, and very often gives a twist to their body, if great care be not taken to carry them, alternately, on either arm. In consequence of constant confinement, too, in the arms, the infant either has too much or too little exercise, or is exercised at a time when it is indisposed to have it.

MANAGEMENT OF THE SKIN.

The clothes which are directly in contact with the skin absorb a great part of the perspiration, moisture, and greasy matters that are constantly exuding from it; therefore, as far as mere superficial cleanliness is concerned, the oftener the body linen is changed the better. When that comfort is not enjoyed, the other means of personal cleanliness are neglected, a very foul varnish forms on the skin, which, if it were to become really impervious, would speedily destroy life. It is worthy of being noted, that the skin is not warmer for being coated in this undesirable manner. The experiment has been tried, of spreading a perfectly waterproof composition upon the skin of animals, and their temperature is found to fall rapidly; they die quite as much from the loss of animal heat, as from any other effect. The reason is, that all action is suspended, and the changes which occur in the minute molecules or pores of the skin, in the formation of perspiration, are arrested, and the evolution of heat which would attend its generation is prevented.

EXERCISE IN CONVALESCENCE.

Persons recovering from sickness are apt to be alarmed at the pain and trouble which often accompany their first attempts to take exercise, at least to any extent. They ought, at the commencement, to desist as soon as they begin to find themselves fatigued; but every day they will feel enabled to bear it longer; and the more they persevere, the stronger they will become. Convalescents experience such surprising relief from gentle exercise, and good air, that their friends and medical attendants ought to insist on the trial being made, disregarding all the objections to the contrary, which the languid state of the patients' mind and body may cause him to offer.

A NAP AFTER DINNER.

The friends to the custom of taking a nap after dinner, tell us, that the wholesomeness of the practice is dictated by nature, provided it be not carried too far, since all animals appear sleepy after meals. It has been also urged that numbers of persons, who have enjoyed perfect good health, have always been in the habit of sleeping an hour or two in the afternoon. "Most of the religious orders in Spain," say Sir John Sinclair, "follow this practice, and yet are not in worse health than laymen." Sleeping after dinner is certainly not to be recommended, unless where nature seems to require it, and even then, it should only be indulged in for a short time, and in the sitting posture, as that has a tendency to prevent it being carried to any excess.

VENTILATION OF CHURCHES.

Churches should be thoroughly ventilated at the close of each service, and the windows and doors thrown wide open for several hours. The same also should be done on the Saturday. Even pure air shut up in a close room soon becomes poisonous, and unfit for use: it lacks the principle also of life, vigour and elasticity. It induces dullness, drowsiness, deadness, and renders the services comparatively barren and unprofitable. For this reason, there should be a constant and free circulation of pure fresh air during the exercises of the sanctury.

ADVERTISEMENTS.

NEVILL'S PATENT FLOUR of LENTILS, an Arabica Food for Invalids and Infants, possessing natural restorative properties for Indigestion, Constipation, and all derangements of the Stomach, Liver, Intestines, &c. By this pleasant, nutritious, and agreeable Food, which never distends or turns acid on the delicate stomach of Invalid or Infant, health is preserved without medicine, inconvenience, or expense. Sold by Chemists, Grocers, &c., in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s. Manufactured and sold Wholesale by Nevill and Co., 12, Liverpool Street, King's Cross, London. A 12 lb. Canister sent carriage FREE 100 miles for 10s.; and to any part of the Kingdom for 11s. A full Disclosure and Analysis of Du Barry's Revalenta is now published.

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London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

DRAWINGS OF THE HUMAN BODY,

In Health and in Disease.

WE purpose to commence in our Third Volume, Jan. 4, 1851, a Series of Illustrations of the ANATOMY AND PATHOLOGY OF THE HUMAN BODY. We have obtained the valuable assistance of MR. HENNING, who as an artist enjoys an European fame, and who for many years was the favourite draughtsman of the late Sir Astley Cooper: his drawings will be engraved on wood by a gentleman who, in his branch of art, is second to none. Each number of the Journal will contain one or more Engravings of some important organ or structure, and will be accompanied by a description of the part delineated, and the physiology of its function; in writing which, we shall continue to bear in mind that "a technical term unexplained is a dark spot on the field of literature; explained, it is a clear and steady light."

Notwithstanding the increased expense which the Proprietor will incur, it is not his intention to increase the price of the Journal. May he therefore respectfully ask for the continued support of his present subscribers, and beg that they will, individually, introduce his periodical to the immediate circle of their acquaintance?

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear, we hope, in the number for January 25.

THE INDEX AND TITLE-PAGE FOR VOL. II. will be published with No. 52, Dec. 28.

VOLUME II., bound in strong and elegant cloth, gilt lettered, uniform with Vol. I., which is now on sale, price 4*s.*, and Cases for binding, price 1*s.* 3*d.*, will be ready for delivery January 1.

TO THE TRADE.—Booksellers and news-agents can be supplied with prospectuses, show-cards, bills of contents, &c. on application to our publisher; and we shall be grateful to them for their valuable assistance to extend the circulation of our Journal.

ALEXIS (Lamb's Conduit Street).—"Malaria" is derived from the Italian, *mala aria*, and signifies bad air. It is a term generally employed to designate certain effluvia or emanations from marshy ground. Some fevers thus produced are called *marsh-fever*, in Europe; *jungle fever*, in India.

PAUVRE JEAN (Golden Square).—See the article on COLD IN THE HEAD in No. 1.

W. X. Z. (Devon) can only be answered privately.

AN APOTHECARY'S BILL.—We have recently had an opportunity of examining a licensed pepper-seller's bill—and really the "license to practise" of the Apothecaries' Company is, in fact, only a license to *sell* pepper, mustard, and rhubarb—for his attendance on the wife of a respectable tradesman, from the last week in September to the first in December: the case was paralysis. The amount is £76 5*s.* 6*d.*, and the items are made up of a daily supply of "six draughts; box of pills; embrocation; powder for poultice; mixture for lotion; aperient mixture; night-draught." The poor lady survives this cruel physicing! her servant has bought a new dress, and absolutely a set of furs, with the produce of her perquisite—the empty bottles! The apothecary has had a cheque for the amount, and has received a hint that when illness again occurs in the family his services will be dispensed with, inasmuch that his "attention" was too great, too constant, and too expensive, and that an occasional fee to a physician—occasional only when necessary—will be more economical and more agreeable than the Italian warehouse system of an apothecary calling every morning for orders.

NICOTINE.—The Pharmaceutical Society is a most useful, necessary, and respectable institution. We wish the time had arrived when every person who compounds medicines was *compelled* to submit to an examination by the Board. Do not "*think* of becoming a member," but present yourself for examination and become one.

DISEASES OF WINTER.—Articles on the Treatment of Coughs, Colds, Bronchitis, and Influenza, appeared in our first eleven numbers. In answer to many correspondents, we beg to say it is not our intention to reprint them in the Journal.

DEATH FROM A PRACTICAL JOKE occurred on Tuesday, at Colne, near Blackburn, to John Riley, a labourer. Whilst in a stooping position a companion suddenly jumped upon his back, and so injured him that he died the following day.

A POOR SHOEMAKER (Northampton).—Your history of your case and symptoms is too indefinite.

ANXIOUS COPTHALL.—Calomel and cleanliness; a warm bath, and better society.

SARAH FRY (Bethnal Green).—See answer to H. W. M. (Blackfriars Road) in No. 49.

THE HAIR.—Since we commenced our Journal, a week has not passed that has not brought to us at least half a dozen letters asking "What will cure baldness?" "What will prevent the hair turning grey?" "How to prevent the hair falling off?" "What will remove scurf?" "Can you tell me any means to make my hair curl?"—To these questions we, at first, referred our correspondents to their barbers, and afterwards took no notice of their communications. For so doing this was our reason—total ignorance of the subject. The question, however, appeared to affect the curiosity, the comfort, and the well-being of so many of our subscribers, that we have "read-up" the subject; we have "gone through" Rayer, Bateman, Willan, and other authorities; and we purpose to give the result of our reading, we candidly confess not of our experience, in two or three papers, in early numbers of our third volume.

F. G. F. (Lisson Grove).—The Glossary which we intend publishing will supply your want.

A CONSTANT READER (Barnsley).—The DISEASES OF ERROR.

MARKWICK'S RESPIRATORS.—We have daily evidence in our practice of the great utility of these economical health preservers. We wear them ourselves with the greatest comfort.

S. W. (Brighton).—The symptoms you describe lead us to suppose you suffer under a stricture of the rectum. This complaint is far from being uncommon, and many cases have been improperly considered to be obstinate constipation, which, in fact, depended on an organised obstruction in the gut. We must see you.

A GOVERNMENT CLERK (Purfleet).—We are compelled to be professionally "at home" on Sundays.

ONE WHO LIVES BY HIS EYES.—By cataract is meant an opacity of the crystalline lens, or its capsule. There are four kinds of cataract: viz. the hard or firm, which is known by its amber colour and size; the milky or fluid cataract, in which the eye has a flocculent appearance, from specks or streaks, consisting of solid particles moving up and down, according to the position of the head; the soft or caseous, in which the eye is opaque, and the cataract white and of the consistence of firm jelly or cheese; and the membranous, or capsular cataract, which is not connected with the lens, but with the capsule itself.

G. WRIGHT (Walsingham).—We are obliged by your letter, but cannot comply with the request contained in it: your application is too late.

J. ROBERTS (London).—You will find a notice on SQUINTING in an answer to EMMA D——N, in No. 39, page 104, Vol. II.

W. G. F. (Preston).—There *was* such a publication; it was discontinued some months since.

C. R. (Hoxton).—Refer to VEGETABLE TONICS in Nos. 35 and 36. You will there find the mode of preparing several "bitters."

J. W. (Chester).—We decline occupying our space with a translation of a private prescription which any druggist's apprentice ought to be able to give you.

REGINALD (Ipswich).—Disease of the liver is a common cause of dropsy; it is also the result of local irritation from enlargement of the abdominal viscera; it likewise proceeds from debility arising from fever, and debilitating courses of mercury, the use of ardent spirits, &c. DISEASES of the LIVER will form a series of articles in the ensuing volume of our Journal.

D. E. L. (Ilford).—Take syrup of white poppies, syrup of squills, of each, four drachms. Dose, a tea-spoonful when the cough is troublesome. Rub the chest with almond oil, every night.

HENRY BARFORD (Bow).—If you will call in Lloyd Square, we will put you in the way of obtaining a card of admission to the library of the British Museum.

HANNAH C. (Gooch Street).—The child has the croup, a fearful complaint in the windpipe of young children, distinguished by the peculiar crowing-like sound of the cough. If you have not obtained immediate advice, bring the child to us without delay.

A DUPE OF QUACKERY.—See the Exposure of Quack Advertising Surgeons, in the letter of VICTIM, published in No. 2.

W. C. (Clerkenwell).—You will find an article on CHILBLAINS in No. 48.

HEALTH OF LONDON.—1004 deaths were registered last week, being a great increase on the preceding weeks. Consumption carried off 160; other chest diseases, 208; small-pox, 27. The births of 789 boys, 769 girls—in all 1558 children—were registered in the week.

London: Printed by CHARLES ADAMS, at his Printing Office, 8 St. James's Walk, Clerkenwell, for the proprietor, T. H. YEOMAN, Lloyd Square; and published by GEORGE VICKERS, 28 and 29 Holywell Street, in the parish of St. Clement Danes, Strand.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 52.—Vol. II.] SATURDAY, DECEMBER 28, 1850. [WITH A SUPPLEMENT, PRICE TWOPENCE.

RESPIRATION.

To all animals, the respiration of carbonic acid is destructive in the direct ratio of the quantity respired, and to all animals a certain amount of oxygen is necessary. Some require more than others. Thus, if a bird be confined in a close atmosphere for a sufficient length of time, it will die from a vitiation of the air; in this air, however, a dormouse will live for another period, and then it perishes; a frog will next respire it for a time, after which it will still support the existence of a snail. Man, from his physical and intellectual condition, requires more oxygen, in proportion to the area of his lungs, than any other animal. He will consume, if it be supplied to him in fitting proportion, from thirty to thirty-six ounces daily. If he consume less than this quantity, that is, if it be withheld from him, he will suffer in a degree proportioned to the deprivation. The necessity for oxygen, the *besoin de respirer*, varies according to circumstances. As a rule, the more healthy and energetic the individual, the greater is his need of oxygen, and the more is he injured by want of it. A man in "first-rate condition" from training for prize-fighting or running, will consume much more oxygen than another man in less vigorous and florid health. And if he be removed from the pure air in which he has been trained, to an atmosphere less salubrious, he quickly loses his activity and energy. They do not subside, however, sufficiently sudden to correspond with the imperfect oxygenation in his lungs; and that portion of food which was previously consumed in these organs, and converted into carbonic acid and water, is now deposited in the system as fat. Hence it is, that men often become corpulent by exchanging out-door occupation in the country, for sedentary employment in the town. In proportion as the circulation is quickened, from whatever cause, in that proportion does a supply of oxygen become requisite. In ardent fevers, for instance, the anxious hasty breathing is a necessary consequence of the increased frequency of the pulse. If the air the patient breathes be impure, and the room ill-ventilated, the malady rages with greater violence, and perhaps communicates itself by infection. Hence, the advantage of roomy apartments and fresh air in the treatment of fevers. For this reason, also, fevers are more rare in the country, and are less fatal there than in towns—in the higher, cleanlier, and less-populated districts than in those that are low, ill-ventilated, and dirty—in large and commodious hospitals, than in small ones—on land than on ship-board, &c. Formerly, before the necessity for ventilation was sufficiently understood, and its security provided for, fever was a constant attendant upon crowded hospitals, goals, and barracks, whilst transport ships seldom voyaged without numbers of their crews being sacrificed by this disease. From which circumstance, the terms "hospital fever," "goal fever," "camp fever," and "ship fever," are amongst the most familiar phrases of medicine.

If the circulation be quickened from simple exercise, there is a proportionate increase of necessity for oxygen. If an animal be hard run, and then plunge over-head into water, he is pretty sure to be suffocated instantly. The pearl divers carefully inflate their lungs before descending under water, and make as little exertion as possible whilst remaining there. Violent and continued exercise, as in running, exhausts people, not by the expenditure of nervous energy, but from an inability of the lungs to counteract, by their function, the increased action of the heart. The faster the blood circulates, the greater necessity there is for oxygenation in the lungs, and, therefore, for the chest to expand and contract. But it is readily possible for sustained muscular effort to augment the heart's action to such an extent, that the lungs can neither transmit nor bear the immense torrent and volume of blood. At the moment that this occurs, a sense of suffocation comes on, which generally puts a stop to further exertion. In some cases, however, it is persisted in, and the consequences are, an increased engorgement of the vessels of the lungs, accumulation of blood on the right side of the heart, congestion of the vessels of the brain; the eye becomes prominent and staring, the face livid and bloated, and at last, and in an instant, the individual drops down dead. He is said to have burst his heart. This is a rare occurrence, but it has happened. A gentleman rode a horse a hundred miles in twelve hours; as he reached his home, he leapt the animal over a five-barred gate, and the poor creature died in a moment. The right auricle of the heart was found torn across. Instances of rupture of the heart, from protracted and violent running, have been met with in the human subject, but they are more common in horses, from the fact that these animals are oftener subjected to trials of endurance; and, being capable of breathing only through their nostrils, are liable to have these obstructed either by tumefaction of their lining membrane, or by the accumulation of mucus in their interior. But, to a certain extent, this casualty is guarded against by the nostrils of horses, that are destined for fleetness, having a larger calibre than the nostrils of those that are formed for slow draught.

During the process of digestion, or rather of sanguification, (the process by which the chyle is converted into blood,) there is a great increase of necessity for oxygen. Not only is the circulation quickened, but the blood has an extra amount of carbonaceous material to throw off. Under these circumstances, a man, in a given space of time, will appropriate nearly two-thirds more oxygen then he will after the completion of the process of sanguification. The quantity of oxygen required, varies with the kind and quality of the food. More is needed after a meal of animal matter than after one of vegetables—

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tainted meat requires more than that which is fresh killed—peas, potatoes, and cabbage, weight for weight, want more than bread. There is, to a certain extent, a relation between the digestibility of food, and the amount of oxygen necessary to its complete sanguification. If this relation were absolute and complete, it would be the easiest thing possible to determine the ratio of digestibility of alimentary matters. A healthy man, fed with them singly, would correctly indicate, by the amount of oxygen he consumed in a given space of time, their relative facilities of conversion into blood. Unfortunately, however, the rule, though to a certain extent constant, is not altogether true. But it is sufficiently so, to indicate not only the desirableness, but the necessity, of free and pure air during the time of digestion.

THE DISEASES OF ARTISANS.

BY THE EDITOR.

Diseases caused by Sedentary Occupations.

(*Continued from page* 186).

No. VIII.—ANEURISM OF THE THORACIC AORTA.

ANEURISM of the aorta, or great artery of the heart, is a fearful complaint, inasmuch as it may frequently exist without the individual being aware of it, and "he may fall down dead in a moment, as if he were shot, nobody imagining what is the matter. I had a striking instance of this in a woman who came into the hospital with a pain in the neck, face, and shoulder, which appeared to be rheumatic. Leeches were being applied, she shrieked, fell back, and was dead in a few minutes. On opening her body, I found the pericardium was filled with blood." (Elliotson.)

The general symptoms produced by an aneurismal tumour in the chest are the same as those excited by any other tumour of equal size and similarly situated: thus, there is dyspnœa, or difficult breathing, occasioned by the aneurismal tumour encroaching on the lungs, or pressing on the air passages; there is aphonia, or loss of voice, caused by the tumour pressing upon the recurrent laryngeal nerves; dysphagia, or difficulty of swallowing, induced by pressure on the œsophagus, or gullet; obstruction of the venous circulation, accompanied in extreme cases by dropsical effusions into the cellular membrane of the face, neck, chest, and upper extremities, by reason of the dilated artery pressing upon the large veins: thus we see persons labouring under this disease puffed, or bloated in the face and neck, the increase of bulk being of an unhealthy, pasty hue, soft and yielding to the touch, a finger-mark leaving that impression on the surface distinguished as "pitting." Violent nervous pains are frequently experienced at the back, and in some cases there is paraplegia, or paralysis of the lower half of the body, occasioned by pressure on the spine, followed by absorption of the vertebræ, or bones of the spine. When the tumour presses upon the thoracic duct,—that is, the great trunk formed by the junction of the absorbent vessels,—inanition, or exhaustion, takes place from the absence of nutritive particles in the circulating fluid.

In cases of thoracic aneurism, there is generally some irregular action of the heart. Irregular is the only word that can be used; for, in this respect, there are almost endless varieties; sometimes it is wonderfully increased; there are palpitations, faintings, and other symptoms usually considered as indicative of the existence of organic disease: sometimes the heart's action is regular on ordinary occasions, but becomes strongly excited by walking up stairs, or any similar exertion: sometimes there is absolute intermission, and for a moment, or moments, the heart absolutely ceases to beat. A very frequent and characteristic symptom is a want of accordance between the heart and the arteries in one or other of the superior extremities, the heart beating violently, whilst the pulse in one arm may be scarcely perceptible.

As to the great characteristic of disease, "pain," it is difficult to speak of it determinedly with respect to thoracic aneurism. Arterial structures, generally, are not endowed with very acute sensibility, and, probably, great and important organic changes may take place in them without causing much pain.

To prove the dangerous and insidious character of the disease, we quote the following case that occurred in the practice of Mr. Porter, of Dublin:—Edward Lynch, aged 26, a shoemaker of intemperate habits, was admitted into the Meath Hospital, March 19.

Ten days previously he was seized with pain in the back, and stitches in the side and chest, more especially towards the lower part of the breast-bone, in which latter situation he experienced a dragging sensation also. These symptoms continued without the occurrence of any other during the week, when, on the 16th, he felt soreness low down in the chest on swallowing solid food, which increased to great difficulty of swallowing on the following day; and since the 18th, he has taken no solid whatever, the attempt to do so always producing great pain and a sense of weight, followed at first by hiccup, then vomiting. Being desired to swallow a morsel of bread, he did so, and said it stopped in the passage. After repeated draughts of whey it passed down, but not without a good deal of spasm, resembling hiccup. It was not vomited.

On examination, the chest sounded well on percussion, (that is, the act of striking gently upon the chest, abdomen, &c., with the view of producing sounds by which the state of the subjacent parts may be ascertained,) and the stethoscope discovered no sign of disease in the heart or aorta. The action of the heart was a little stronger than natural, but the sounds were healthy. Respiration feeble, but pure in the upper part of the right lung.

This case was considered and treated as one of dysphagia, so much so, that on the 21st, I passed a probang down the œsophagus. I did not meet any decided obstruction, but was sensible of the instrument passing over a soft tumour. I recollect to have mentioned to several pupils the possibility of its being an aneurism, and the awful consequences that must result if the passage of the probang had chanced to rupture it.

On the 27th, in the evening, he had an attack of cough and vomiting, in which he threw up about a pint of florid blood, and died immediately. On examination after death, the pathology of aneurism of the aorta was beautifully illustrated.

Aneurism of the aorta is very difficult to detect, especially when the aneurismal tumour occupies the origin of the aorta, or the commencement of the coronary arteries, or when, wherever be its situation, it is of small size. When the tumour is situated in the more remote portions of the aorta, or in its first branches, and especially when it has so far increased as to rise out of the chest, the diagnosis becomes comparatively easy. When, again, the tumour, as it gradually increases in size, causes the protrusion of the breast-bone, or ribs, or leads to their gradual absorption, we are much assisted in the diagnosis: for in such cases there is always a *primâ facie* evidence in favour of aneurism.

The circumstances which would tend to confirm our first suspicion as to the nature of the tumour are, pulsation of the tumour; sudden and copious hæmorrhage of bright red blood, or a less quantity, often repeated, from the lungs or stomach; a *whizzing*, or bellows-sound, sometimes single, and more rarely double, in the situation of the tumour; a peculiar thrilling sensation communicated to the hand; and a quick thrilling pulse, generally much increased in frequency. Hæmorrhage from the lungs will

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obtain additional value as a sign of aneurism, when it is ascertained by careful examination, that the patient does not labour under the effects of pulmonary consumption. When the tumour occupies the arch of the aorta, or the large vessels of the neck or upper extremity, we may expect to find some marked change in the pulse at the wrist of one or both arms, and occasionally of one or both carotid arteries; and, as in all cases, we may notice signs of disturbed circulation through the brain, as giddiness, faintness, and indistinctness of vision. It is necessary to add, that the peculiar *whissing*-sound, and the *bruit de soufflet*, or the bellows-sound, is not always distinguishable by the stethoscope in cases of aneurism.

ANEURISM OF THE ABDOMINAL AROTA.

The symptoms of aneurismal tumour of the abdominal aorta vary according to its size and situation, and the viscera upon which it presses. When the aneurism presses upon the stomach, it gives rises to severe symptoms of indigestion; if the nerves of the solar plexus (a ganglia, or net-work of nerves distributed to the aorta and its branches) are disturbed, then violent neuralgic, or nervous, pains are felt; if the bowels are bound down by the unnatural load of the arterial tumour, obstinate constipation, or violent colic, takes place; and if the nerves issuing from the spine are interfered with, the patient will experience severe pains in the loins, the abdominal muscles, and lower extremities, equalling the pain of rheumatism, or sciatica, and causing a suspicion of the existence of lumbar abscess, or disease of the spine.

If the tumour presses on the rectum, it may lead to a suspicion that the lower gut may be strictured; and it has been confounded with disease of the liver, spleen, or kidney.

By careful examination, the tumour may often be found to occupy the situation of the aorta; it may be felt strongly pulsating, and having the peculiar *thrill* we have described as a sign of thoracic aneurism; and on applying the stethoscope, a short, harsh, bellows murmur may be distinctly heard. Aneurism of the abdominal aorta may be distinguished from other tumours of the belly by the greater impulse it yields on pressure, indeed, other tumours thus situated seldom afford any pulsation.

The prognosis of aneurism, either thoracic or abdominal, must always be unfavourable, "but guarded," says Dr. Guy, "as a natural cure is sometimes effected, and the disease may last for a considerable period."

We now come to the most important part of the subject, namely, the Treatment—and here, unfortunately, we can say little that is hopeful. It is seldom indeed that medical science can do more than palliate the many and dangerous symptoms which may distress the patient.

Fatigue and great exertion must be sedulously avoided—in fact, the very existence of the patient depends on perfect repose of mind and body any sudden exertion; or mental excitement might cause the aneurismal sac to burst, and death may be instantaneous. The most absolute temperance must be enjoined; the diet should be light, the meals and hours of rest regular, and gentle exercise should be taken occasionally, and that obtained in an easy carriage is the best and safest. The bowels should be carefully attended to, and the first approach of constipation immediately checked by castor oil, rhubarb, or other gently-acting laxative. If any urgent symptoms arise, if inflammation be threatened, it will be necessary immediately, but cautiously, to abstract blood. Moderate doses of digitalis should be exhibited, so as to keep down the action of the heart; and if the palpitation and uneasiness be very great, a belladonna plaister applied to the region of the tumour will afford some relief; and the general distress and anxiety may be mitigated by the judicious employment of camphor, ammonia, and tincture of hyosciamus.

(To be continued.)

INSANITY CAUSED BY EXCESSIVE DRINKING,

FOLLOWED BY DROPSY.

M. Briere de Boismont narrates, in the *Gazette Medicale*, the case of a foreigner, fifty years of age, of the middle size, and lymphatic temperament, who had contracted a habit of drinking to excess, so that two or three bottles of brandy would be swallowed in a few minutes. These repeated excesses brought on an attack of delirium tremens eight years ago, which left a weakness of intellect. For some months past he required to be watched every moment; if he was lost sight of a moment, he escaped, entered the first wine shop that presented itself, and left his watch, hat, or waistcoat, to pay his expenses. After one of these debauches, he was brought to M. Briére's establishment. His face was thin, his complexion yellow, his eyes dull, and without expression; tongue white, and no appetite. To all questions addressed to him, he replied "wine, brandy!" and put himself in a passion when he did not get what he wanted. At night he was quiet in bed; his step was firm, and there was no trembling in his limbs. His memory was weak, and he required to be told a thing twenty times before he could remember it. During the first three days he took a little food, and coloured water was given him to drink. By degrees he got accustomed to the house, eat like the rest, and no longer asked for drink. Two months after his entrance, his appetite diminished daily. The face became lean, and assumed an earthy colour: he remained motionless in a corner; and his legs became, soon afterwards, anasarcous. The horizontal position, nitrous drinks, and purgatives were prescribed, the infiltration began to diminish somewhat, and it then became stationary. The nitrate of potash in large doses and purgatives were given, and compression was also employed, thereby producing some amelioration. The loss of appetite, however, remained the same, and he continued to emaciate. His appearance gave indications of a serious organic attack. The mode of treatment hitherto pursued having produced little good, and the disease progressing, the dropsy was regarded as owing to deprivation of the habitual stimulants; consequently half-a-bottle of wine at each meal, with a glass of brandy, was prescribed. Scarcely had he been under this treatment eight days, when a most remarkable change was produced in his whole being. The effusion diminished, the physiognomy improved, the appetite returned, and, without having recourse to bandages, the swelling was radically cured in less than a fortnight. Isolation, and the moderate use of fermented liquors, had a favourable effect on his intellect. This patient who had been the subject of complete dementia, a year after admission could converse reasonably, although his ideas upon certain subjects were weakened. His memory, which seemed lost, eventually recovered almost all its strength. He related the events of his life, described the processes which he had observed in the arts, and desired to return to his family. One hallucination remained. Every day at three o'clock he saw his wife come into the room—she spoke to several persons in the house, but never addressed him. He has left the establishment quite cured; but it is pretty nearly certain that his *penchant* for spirituous liquors will occasion a relapse.

CARBON ELIMINATED BY PLANTS.

Dr. Aldridge, from certain experiments which he has performed, draws the conclusion that plants decompose carbonic acid by night as well as by day,—in darkness as well as in the light; that the separation of carbon from oxygen, the retention of the former and the disengagement of the latter, is a function performed by all plants under all circumstances, although it is performed with greatly increased energy when vegetables are exposed to the stimulating influence of light.

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SCALDS AND BURNS.*

Scalds and burns are among the most common accidents; and the mischief or even danger which results from them is greatly increased by the want of immediate attention. It is therefore of great importance that every one should know how to make use, at once, of one or other of the means which most houses are provided with, or which can be obtained in a few minutes from a neighbour.

Scalds from hot water, unless very extensive, are generally least severe, because the scarf-skin only is raised, as in a common blister. Scalds from boiling oil or varnish are more severe, because, as they stick to the skin, the heat is longer applied, and the true skin is therefore more likely to be destroyed, either without or with a blister being formed.

Burns are generally most serious, because fire being applied to the skin, if its application be continued for a few minutes, it roasts or chars the skin and soft parts beneath it, and produces a slough or mortification on the part, which, however large it may be, must come away before any progress towards repair of the damage can be made; and not unfrequently, if the mortified part be large, the person has not strength to contend with this process, and dies at last, although he may have lingered for weeks.

Scalds and burns are less or more dangerous, also, as regards the part injured. Children occasionally will suck the spout of a kettle boiling or nearly boiling. This is most dangerous, especially if the steam be drawn into the wind-pipe, the lining of which almost immediately swells, and the child is suffocated in a very few hours. Upon the trunk, and especially upon the chest, and if in children, scalds and burns are almost invariably fatal. They are also more dangerous on the lower than on the upper limbs and face. The consequences of severe scalds and burns, however judiciously treated, and however well they may, for a time, seem to go on, are often very lamentable. Not only are very disfiguring scars produced, but these scars have for a long while a disposition to contract powerfully, and, dragging the neighbouring parts together, to fix them. Thus, if the front of the arm be scalded or burnt so that a scar is produced about the bend of the elbow, the forearm and hand will be often drawn up to a right angle, from which they cannot be straightened, and a large web of skin extends from one to the other. So, if the front of the neck be scalded, the chin will be drawn down to the chest, the mouth kept wide open, and the lower lip turned out, in consequence of which there is continual drivelling of the spittle, and not unfrequently the neck becomes sore. The medical attendant is often blamed for these sad occurrences, but most unjustly, for it is out of his power to prevent them, do whatever he may.

It hardly need be observed when a person is scalded, that the part scalded must immediately be got away from the scalding liquor, whatever it may be; but more commonly this is not required, as more scalds happen from hot or boiling fluids falling upon, than from a person falling into them.

But as regards burns, the first thing to be done is to put the blazing fire out, if the accident have occurred by the clothes catching fire. Much of the danger in these cases depends on the terrified person running about, and thus actually fanning the flame, and increasing the fire in which he or she (the latter especially, as is more commonly the case) is enveloped. If the person have sufficient presence of mind, he should throw himself down on the floor and roll over and over till the flames be put out; and if there be a rug or loose carpet in the room, he should roll himself up in it as quickly and completely as possible. By thus doing the fire will generally be put out, or its progress checked till assistance, with buckets of water, can be obtained.

The sufferer having been got away from the scalding water, or the fire having been quenched, he should be put to bed as quickly as possible, and the clothes removed from the scalded or burnt part. Saving the clothes should not for a moment be thought about; everything, excepting the body-linen or flannel, should be cut away, so that it may drop piecemeal without any trouble, and as quickly as possible. But the removal of the body-linen or flannel requires much caution, as if handled roughly the blistered or burnt skin may be torn off with it, and the accident rendered much more dangerous and difficult to treat.

Remember, that as it is always hoped the scald or burn is confined to inflaming or blistering the skin, it is of the utmost importance not the burst the blister by tearing the skin, nor to let out the water it contains by pricking it.

The best way to prevent either of these untoward additions to the injury already suffered, is to cut through the body-linen or flannel at a little distance from the scald or burn, and then gently lifting up to remove it, unless it stick. But if it do stick, so much only must be cut off as lifts up readily, and the sticking part of the linen must be left. The whole border of the linen or flannel covering the scald or burn must, in like manner, be lifted up where it can be most conveniently done, and as much as does not stick cut off. In scalds, generally, the whole body-garment can be removed without much difficulty, as it is soaking with wet; but in burns, the ash of the destroyed linen will still remain, and often some of that part of it which has been partly tindered will stick firmly, and must be left.

It must not be forgotten to cover up with warm bed-clothes all the parts not injured, and to put bottles of hot water to the feet immediately; as, if the injury be severe, a shuddering, and even severe shivering from cold, in addition to the shock of the constitution, quickly comes on, If this continue, even for a short time, it is best to give a little hot wine and water or brandy and water, or any other wholesome spirit with hot water, to check this most distressing addition to the patient's sufferings.

Treatment.—The object in treating scalds and burns is to keep up, for a time, the great heat or high temperature to which the injured part has been raised by the scalding or burning, and to lower this by degrees to the natural heat of the body. But the direct contrary is generally believed to be what is necessary, and hence the common expression "getting the fire out," "the fire is got out,"—whereas, the fire ought to be kept in and only allowed to go out very gradually. This may at first sight seem a very startling and strange statement, but it is strickly true; and it is the principle upon which scalds and burns are now almost invariably treated, whatever be the application.

No cold application ought ever to be employed; it may allay the pain for a short time, but it will only be for a short time; for, as the cold application becomes warm, the pain returns and becomes intolerable. Any one can prove this for himself: if, having scalded or burnt his finger, he put it into cold water, he is almost immediately relieved from pain; but directly the water begins to warm, or he removes his finger from it, the pain returns, and soon becomes as agonizing, or more so, than at first; and the inflammation greater than if the cold had not been used. The necessity for keeping up the acquired heat of the part, for a time, in scalds and burns, is as great as that of keeping down the heat which a part has lost when frozen.

Scalds and burns, if the blistered skin be unbroken, may be covered with dry or wet applications, whichever may be handiest or most preferred; but if the skin be broken, wet applications, if they can be got at once, are best, otherwise dry ones must be used; as it is of the utmost importance to protect the exposed

* From "Household Surgery," an excellent and useful compendium of hints on emergencies.

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sensative true skin that lies beneath the scarf-skin, of which the blister consists, from the air, which renders it excessively painful.

The best and readiest dry materials are flour, or cotton, or cotton-wadding; the wet are, spirits of turpentine, spirits of wine or good brandy, lime-water and oil, lime-water and milk, milk alone, or bread-and-milk poultice; and all these wet applications must be made of sufficient warmth to feel comfortable to the finger, but not hot.

Flour is best dusted on with a dredger, and should be thickly strewed over the injured part, and some little distance beyond it, as frequently the imflammation of the skin spreads farther then was at first expected. After the flour has been plentifully put on, the part should be wrapped in a well-floured thin covering; a cambric or thin linen handkerchief is best for the purpose.

Cotton must be carefully pulled, so as to be free from lumps or knots, and spread largely and thickly over the injured part and its immediate neighbourhood, and confined with a roller.

Cotton-wadding is better than cotton, because it lies smoother, and its glazy side renders it more impervious to the air. The unglazed side should be put next to the skin and three or four thicknesses, one upon the other, and the whole confined with a roller.

Spirits of turpentine or of wine, or any other spirit, heated by placing a cupful in warm water which the finger can bear, must be gently smeared over the injured part with the broad web of a feather, or with a large camel's hair brush. In a house where drawing utensils are at hand, a sky brush as it is called, is the best tool for the purpose. This anointing should be continued for ten minutes or a quarter of an hour; after which, lint or soft linen thickly spread with a liniment composed of spirits of turpentine and resin ointment, commonly called yellow basilicon, to the thickness of cream, should be applied, and confined with a roller; spirits of wine, or brandy, is to be applied in the same way; and may in like proportions be mixed with resin ointment to form a liniment.

The dressing should not be removed till at least twenty-four hours after, then the part washed over with proof spirit, and the same kind of liniment as before re-applied immediately. The third dressing, twenty-four hours after, should have the liniment composed of resin ointment and camphorated oil; or, if this be too sharp, calamine or zinc ointment, thickly spread on linen, may be applied and continued. This is known as Kentish's treatment, and is much practised in the coal districts.

Lime water and linseed oil, if the scald or burn be very extensive, is a most excellent application. One part of lime-water must be mixed with two parts of oil, and stirred round quickly with the hand. Into this a sheet or a large piece of linen is plunged and thoroughly soaked, then wrung out lightly, and quickly wrapped round the limb or body as may be.

Lime-water-and milk, in equal proportions, are to be used in the same way. Or the milk alone may be used in like manner.

Bread and milk poultice thinly spread is also a very good application. But in burns where the skin has bees much charred or roasted, it is the best application from the beginning, as it softens the burnt part.

In these various modes of first managing scalds and burns, if the blisters have not been broken, it is important to preserve them untouched for a time, as the water they contain is a softer application, and gives less pain to the inflamed skin, than if the blister being broken or pricked and the water let out, the scarf-skin drop down upon it. But even if the blister be broken, the scarf-skin must not be removed, but carefully smoothed down; for it still forms a better immediate application than any other that can be made, as it more effectually shuts out the air, prevents evaporation from the surface of the true skin, and thereby keeps it moist.

During the time the water remains in the blister, nature is repairing the injury by coating the surface of the true skin with a film of creamy matter, which is to become the new scarf-skin; and it is an important point to take care that this is not interfered with, which will be the case if the blister is allowed to be left unopened too long. Generally a few hours after the accident, unless it be very severe, the pain either ceases, or diminishes very considerably for a time. But in about thirty-six or forty-eight hours, sometimes less, sometimes more, uneasiness is again felt in the immediate neighbourhood of the blister, which soon amounts to pain on the slightest movement dragging the blister. If the part be then examined, the blister itself will look as if its contents were milky, and all round its edge a red line of inflammation will be seen. When this appears, the water must be let out; and this is best done with the point of a large needle, or by small snips with the points of a pair of scissors, in two, three, or four places, according to the size of the blister, and about half an inch above its edge. This is better than snipping it at top, as the water more readily flows out. Whilst the water flows, and the scarf-skin forming the blister drops, it should be gently pressed down with a little wad of lint or cotton; and wherever any water continues lodging, the skin should be pricked or snipped, and pressed so as to get it all out, as at those parts where remaining it almost invariably causes a sore, which is excessively painful and heals last, and often with difficulty. The dressing should be simple wax and oil, plentifully spread on lint or linen; and frequently nothing further is needed. A scald often heals, if there be no mortification, in the course of a week or ten days; but a burn, as the injury is always greater, in general is cured much more slowly. In both cases, however, more especially in burns, and if the scarf-skin be torn off at first, or come off afterwards, the exposed surface of the true skin discharges a large quantity of matter for some time, and is very sensible. When this happens, it should be dressed with some absorbing ointment thickly spread, as calamine cerate, Turner's cerate (as it is commonly called), or zinc ointment. Or it may be protected by forming an artificial crust or scab over it, by sifting flour or starch, or powdered chalk, or calamine powder, which soon sucks up the discharge, and, as it moistens with the continuing discharge, additional powder must be sifted on, and this repeated two or three times a day, as may be necessary, till a thick crust be formed. Usually there are long cracks or chinks in the crust, through which the discharge escapes; but if the whole form one single crust, and there be any uneasiness, it must be carefully broken, so as to make an escape for the matter. As the new skin forms, the discharge ceases, and the crust generally drops off bit by bit. But sometimes it remains, the discharge continues, and the part feels uneasy, if not even painful; it is best then to cover the whole with a large wet poultice of linseed-meal, which in the course of a few hours softens the crust, so that it can be removed. This gives opportunity to examine the state of the sore, and the crusting may be again employed to that part which has not yet healed; or it may be dressed with either of the absorbing cerates, and rolled.

When the true skin has been destroyed, which in a scald is soon seen, by its having the appearance of soaked leather, and in a burn by its having a dried appearance like the burnt skin of roast meat, a linseed-meal poultice must be applied and continued till the dead part or slough come away and expose the

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new flesh beneath. This must then be dressed with calamine or zinc cerate, and rolled; or it may be treated by powdering, as already directed.

If there be no destruction of the true skin, the sore generally heals, although it may be slowly, without a scar; but if the skin be destroyed, there is always a corresponding scar, and its formation is of more consequence if near the bend of a joint, as, by the natural disposition of the scar to contract, it draws the neighbouring parts of the limb together, and prevents them being again straightened.

If the scald or burn be very severe, the person's sufferings are at first so great, that it will be necessary to give some laudanum, twenty or thirty drops of which may be given as a dose to a grown-up person twice, or it may be three times a day; but it should be brought down to twenty, ten, or five drops, and even should be entirely left off immediately the patient's pain begins to diminish, and he can get sleep without it.

Remember, however, that not one drop of laudanum should ever be given without the advice of the doctor, if it be possible to obtain him. Never give laudanum to children; but if a scalded or burnt child suffer very much, and be above three years old, a teaspoonful of syrup of poppies may be given twice or three times in the twenty-four hours, great care being taken to watch, lest he should become too much affected by it, which would be known by great drowsiness, and then it must be at once discontinued.

When there is much discharge, and the wound is long in healing, or when there is a large slough, which is always accompanied with much discharge, and the cure consequently very slow, the great pull upon the constitution which necessarily follows must as far as possible be guarded against by nourishing diet, and porter, wine, or spirits, according to the patient's present state, at the same time also taking into account what his former habits have been. Thus, when in one case a pint or two of porter, with a glass or two of port wine daily, would be amply sufficient for a person who had lived moderately, yet in another, who has been accustomed to swallow beer or gin, or both, in large quantities, at least double, if not treble, the allowance just mentioned would be necessary to keep him up at all.

During the whole treatment special attention should be paid to keep the parts as clean as possible, and to prevent the discharge soaking into the bed-clothes, by putting oiled cloth between them and the limb.

Sometimes after going on well, as it seems, for a few days, the patient begins to get dull and heavy, becomes insensible, and dies in a few hours. This not unfrequently happens with children scalded about the belly or chest; water is poured out suddenly into the belly, chest, or head, but more commonly into the latter, and destroys them.

SURGEONS TO SHIPS.

An old sailor exposes the disgraceful conduct of owners in engaging surgeons for their vessels, both as to the amount of salary, and the fees allowed by Government when soldiers are conveyed in the vessels. He also states, what we know to be the fact, that, in many ships, the doctors are no more than druggists' boys (assistants); and he adds, that instances have come under his own observation where buboes have been treated for hernia, and a dislocation of the os humeri for a sprain. The whole system requires revision, and no vessel should be allowed to leave the country, however small the crew may be, without having a legally qualified surgeon on board. The life of one man is as much worth caring for as that of twenty.

PHARMACOLOGY.

No. XXXVIII.

(*Continued from page* 198.)

Carminatives.

Carminatives are medicines which dispel gases from the stomach and bowels. The word is derived from the Latin *carmen*, a song; because the singing of verses was, in former ages, supposed to have some influence in dispelling flatulence. The chief articles in this class of remedies are—peppermint, carraway seeds, corianders, aniseed, dill, cumin seeds, &c. which are usually exhibited in the form of distilled waters, and generally, serve as vehicles for more active medicines.

Refrigerants.

Refrigerants are remedies which reduce the morbid heat of the body. This class is divided into external and internal. The external are general and local. The general are the cold bath, affusion of cold water, and exposure of the naked body to a cold air. The cold bath, by immersion or by an artificial shower—the shower-bath—is used, in cases of general debility or relaxation, to increase the cohesion of the body, in which case warm tonic medicines are generally employed with it. It not only strengthens the muscular system, but generally allays morbid sensibility of the nervous system; and the reaction which follows its use rouses the vital powers, and tends to equalise the circulation. The application of cold water by affusion—that is, pouring it over the body, and also by sponging the surface of the body—has proved highly beneficial in cases of inflammatory and typhus fever, by reducing the degree of temperature, and allaying morbid excitement of the nervous system; and probably in typhus fever, by increasing the cohesion of the soft parts, so as to support the vital powers against its debilitating effects. When internal inflammation exists, either in the lungs or any part of the abdominal viscera, cold affusion is improper. The external local refrigerants are cold water, ice, spirituous lotions, solutions of lead, and the vegetable sedatives. The refrigerant effects of lotions are promoted by evaporation of the spirituous portion, as spirits of wine or æther. The internal refrigerants are, dilute solutions of neutral salts, as nitrate of potash, solution of the di-acetate of ammonia (Mindererus's spirit), of citrate of potash, and certain vegetable and mineral acids, as lemon-juice, tartaric acid, muriatic and sulphuric acids.

Potassæ Nitras,—Nitrate of Potash,—Saltpetre (see No. 21, page 166, Vol. I.),—is a very useful saline refrigerant: the dose is from five grains to a scruple, which may be taken in simple water, barley-water, or linseed-tea. A piece allowed to dissolve gradually in the mouth is most cooling and refreshing in cases of inflammatory sore throat.

Liquor Ammonia Acetatis,—Solution of Acetate of Ammonia.—This preparation, diluted, is employed in febrile and inflammatory complaints: the dose is from two drachms to half an ounce every four hours. The following is an excellent refrigerant saline mixture:—Take, solution of the acetate of ammonia, one ounce; solution of the potassio-tartrate of antimony, half a drachm; spirit of sweet nitre, four drachms; syrup of lemons, three drachms; water, sufficient to make a four-ounce mixture: the dose of which is a table-spoonful every three hours, in a wine-glassful of water.

Potassæ Citras,—Citrate of Potash,—is made by adding half an ounce of lemon-juice to a scruple of the subcarbonate of potash, and then mixing the neutral compound in four ounces of water. The dose is from half an ounce to an ounce. This medicine is the old-fashioned "saline mixture:"—like many other old-fashioned remedies, it is a good one.

Lemon-juice, tamarind-tea, imperial,—composed of cream of tartar, sugar, and water,—lemonade, and effervescing drinks, are also useful and proper refrigerants.

Endermic Medication.

By this method medicines act upon the system through the medium of the cutaneous vessels; and in order to produce this effect speedily, the skin must be deprived of its cuticle, which is accomplished by the application of a blister to the arm or other part of the body; and after the cuticle has been detached, the medicine, in fine powder, or united with some oleaginous body, must be applied to the denuded surface. Of narcotic medicines thus employed, morphia is the chief, the quantity of which should be from half a grain to two grains. Of cathartics, croton oil is the most efficacious, and it may be applied to the extent of three, four, or five drops: when it is desired to produce a mercurial effect speedily, three or four grains of calomel should be sprinkled on the raw surface every four or five hours; and an emetic effect is so produced by the application of two or three grains of tartar emetic, repeated according to the exigency of the case.

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HINTS FOR HEALTH.

HINTS TO MOTHERS.

Let attention be always paid to the regulation of the *bowels* of infants. Let the clothes be always whole, if ever so homely.

Never allow opium, in any form, to be administered to a child, except under the advice of the medical attendant.

Never physic a child too much.

Let every child have plenty of exercise in the open air. Let the diet be wholesome, and do not allow children to stuff themselves till they cannot eat more.

And, lastly, never leave children *entirely* to the care of nurses.

ACTIVITY AND HEALTH.

The feelings of health dispose their possessor to habits of activity, and habits of activity produce the feelings of health. Half the small maladies that tease the body, and the mind also, would disappear under a sustained course of muscular exertion. And it is only from persistence in good habits, that any great and permanent benefit is to be derived from them. Constitutions that seem to be ruined, have been restored under this regimen of daily exercise in the open air. A daily walk of ten miles has recovered a well-known author, by his own confession, from the dreadful state to which he had been reduced by eating opium, and furnished a most signal exemplification of the advantage of seeking health, by prosecuting the habits of health.

BREATHING AIR TWICE.

If we breathe air twice over, or if we breathe that which has a superabundance of carbonic acid in it, derived from any other source, it does not sufficiently change the blood from its flake to its scarlet colour. It is consequently sent back to the heart, and distributed all over the body in a state totally unfit for the purposes for which the great Creator designed and gave it: and if this abuse is long permitted, the health materially suffers. Instances have been too frequently before us, in the crowded state of prisons, infirmaries, workhouses, &c., and one fearful example in the too-celebrated Black Hole at Calcutta. Air which has been once breathed may be considered as unfit for further respiration, and as totally spoiled for the purposes of animal life. Admitting this to be the case, an adult spoils the air for the purposes of breathing at the rate of more than a gallon a minute.

THE STOMACH THE ROOT OF MUCH EVIL.

In the treatment of chronic diseases, the leading point for attention is the state of the digestive organs. The stomach, like the chemical digester, is the grand preparer of nourishment; an office on which depends the existence and the health of the system. The importance of this office is particularly pointed out by the analogy of the vegetable kingdom. A shrub, whose branches are withering, stinted, or diseased, recovers soon after being transplanted from a bad to a good soil, and becomes strong, full and healthy; so in animals, a proper conversion of food into chyle will have the same effect. But not only is it necessary that proper chyle should be formed for health, but it is also requisite that the superfluous or feculent parts should be removed from the intestines daily, as they are apt to be decomposed by the action of heat in the intestines, and thus to produce serious injury to the body.

ADVERTISEMENTS.

NEVILL'S PATENT FLOUR of LENTILS, an Arabica Food for Invalids and Infants, possessing natural restorative properties for Indigestion, Constipation, and all derangements of the Stomach, Liver, Intestines, &c. By this pleasant, nutritious, and agreeable Food, which never distends or turns acid on the delicate stomach of Invalid or Infant, health is preserved without medicine, inconvenience, or expense. Sold by Chemists, Grocers, &c., in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s. Manufactured and sold Wholesale by Nevill and Co., 12, Liverpool Street, King's Cross, London. A 12 lb. Canister sent carriage FREE 100 miles for 10s.; and to any part of the Kingdom for 11s. A full Disclosure and Analysis of Du Barry's Revalenta is now published.

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DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

DRAWINGS OF THE HUMAN BODY,

In Health and in Disease.

WE purpose to commence in our next Number, a Series of Illustrations of the ANATOMY AND PATHOLOGY OF THE HUMAN BODY. We have obtained the valuable assistance of MR. HENNING, who as an artist enjoys an European fame, and who for many years was the favourite draughtsman of the late Sir Astley Cooper: his drawings will be engraved on wood by a gentleman who, in his branch of art, is second to none. Each number of the Journal will contain one or more Engravings of some important organ or structure, and will be accompanied by a description of the part delineated, and the physiology of its function; in writing which, we shall continue to bear in mind that "a technical term unexplained is a dark spot on the field of literature; explained, it is a clear and steady light."

Notwithstanding the increased expense which the Proprietor will incur, it is not his intention to advance the price of the Journal. May he therefore respectfully ask for the continued support of his present subscribers, and beg that they will, individually, introduce his periodical to the immediate circle of their acquaintance?

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear, we hope, in the number for January 25.

VOLUME II., bound in strong and elegant cloth, gilt lettered, uniform with Vol. I., which is now on sale, price 4*s.*, and Cases for binding, price 1*s.* 3*d.*, will be ready for delivery January 1.

TO THE TRADE.—Booksellers and news-agents can be supplied with prospectuses, show-cards, bills of contents, &c. on application to our publisher; and we shall be grateful to them for their valuable assistance to extend the circulation of our Journal.

W. BURNETT (Bethnal Green).—Let your son discontinue the pills. We will receive him again. Let him call as soon as you see this.

W. H. (Wigan).—The "startings" must be occasioned by worms, or by some disease of the brain. We really should be more inclined to suspect worms, and would advise you to follow the plan of treatment recommended in Nos. 13, 14, 15, pages 102, 108, 118, Vol. I. A shower-bath may be of great service. Above all medical treatment, practise moral medicine, and do not encourage the child in his phantasy; treat his timidity with resolution—without being severe; and do not, by misplaced kindness, induce him to look for sympathy or "petting." If you wish, you may send your address.

J. B. W. (Durham).—You have been seriously injured by the frequent and, as we consider, unnecessary blood-lettings to which you have been subjected. Be careful not to lose a drop of blood in future: you appear to require an addition of the vital fluid, not its abstraction. Debility is too frequently mistaken for inflammation. Take one of the following pills twice a day:—Take, sulphate of quinine, a scruple; powdered myrrh, two scruples; extract of hyosciamus, two scruples. Mix, and divide into twenty-four pills. Let the diet be plain and nourishing; avoid vegetables, and take half a pint of good beer daily.

ROBERT (Maidstone).—We decline inserting your letter in reference to Mr. Baldwin.

MARY.—You will find all your questions referring to "acidity in the stomach" answered in No. 4, page 6, Vol. I. The articles on CHRONIC PLEURISY were published in Nos. 17, 18, 19, pages, 133, 141, 147, Vol. I.

X. Y. Z.—With you we are surprised that the persons who now have the direction of the druggist's shop in Gracechurch Street should permit it to be made the advertised depôt of one of the dirtiest quack nostrums that offend the eye in the columns of a sordid press. A respectable person who may innocently want "a shilling's-worth of soap" may be suspected of requiring thirteenpence-halfpenny's worth of "the secret remedy." This very suspicion must prevent many, especially sensitive females, purchasing at such "establishments." The chemist who sells indecent preparations makes a penny to-day, to lose pounds to-morrow.

DOROTHY.—"Prophylactic" signifies any means adopted for the preservation of health.

S. G. (Regent's Park).—Call whenever you please.

P. THOMAS (Ratcliffe Cross) cannot be in urgent need of advice, or does not value the advice exorbitantly, if he cannot or will not spare "half a day" to call for it. We are at home after seven in the evening.

M. P. R. (Dublin).—See the chapter on CONSTIPATION in the Editor's small work on "Indigestion, Constipation, Nervousness, and Low Spirits."

ELLEN (Leith).—The objection of some fanatics to the slaying of animals for human food is a piece of maudlin sentimentality. There is no more evil, to our minds, in killing sheep or oxen, game or poultry, for our nutriment, than there is in killing a bloodthirsty flea that disturbs our repose.

A WEAVER (Sudbury).—You will find the information you ask for in the article on CHRONIC BRONCHITIS in No. 9, page 68, Vol. I.

WILL WATCH (Ramsgate).—We should never advise the excision of a mole that appears to cause so little inconvenience and so little disfigurement. Were Will Watch, Black-Eyed Susan, we could imagine her distress at the "eye-sore."

M. O. S.—Not any great anxiety need exist: foreign bodies frequently remain in the stomach for some time without causing great disturbance. A case is recorded by Mr. Wakefield of a man who was sentenced to be imprisoned for three years, who swallowed seven half-crowns from fear of their being taken from him. They produced no bad effect, and the matter was forgotten; when, more than twenty months after he came under Mr. W.'s care, complaining of pain and tenderness of the abdomen; after taking some ordinary medicine, the whole seven pieces were voided, and he did well.

THOMAS R. (Macclesfield).—Touch the warts several times a day with the strongest pyroligneous acid you can obtain. Let us know the result.

A MOTHER.—The "worm-cakes" sold at low druggists' shops frequently do more harm than good. Much depends on the age, strength, and constitution of a child, even in prescribing a simple purge.

QUERY.—"Relaxation of the throat" refers more especially to relaxation of the fauces—that is, the back part of the mouth and upper part of the gullet, including also the arches of the palate and the uvula and tonsils.

ALEXANDER ROSS (Paisley).—Take ten grains of the extract of logwood every day until the irritability and relaxation of the bowels is checked. The extract may be dissolved in simple water.

A COMPOSITOR (Shoe Lane).—Use the following gargle:—Take muriatic acid and nitric acid, of each ten drops; honey of roses, one ounce; barley water, seven ounces. Mix.

P. S. (Edgeware Road).—The symptoms you describe are those of chronic inflammation of the kidneys. We must see you; in the meantime take a warm bath at 96°.

B. B. B. (Stockport).—As the pain in the head occurs periodically, we would advise you to clear out the bowels well, and then take full doses of quinine, say three or four grains, daily, during the intermission. See the Editor's small work on HEADACHES.

JAMES R. (Liverpool Road).—Few things are more injurious at your advanced age than going to bed with cold feet. Sleep in wash-leather socks.

A WHARFINGER (St. Katherine's Docks).—Your occupation is greatly against you at this season; wear one of Markwick's respirators: take a teaspoonful of the following "Cough Mixture" three or four times a day, and if not better in a week call in Lloyd Square. Take, syrup of poppies, syrup of squills, of each four drachms; ipecacuan wine, two drachms and a half; dilute sulphuric acid, one drachm and a half. Mix.

P.—The blame does not rest with us. We have envelopes made especially for the transmission by post of our publications, and the trade can be supplied with them, without charge, on applying to Mr. Vickers.

A SUBSCRIBER (Goswell Street).—The certificate must be signed by two medical men, who must personally examine the individual reputed to be insane.

HEALTH OF LONDON.—The deaths registered last Saturday were 1090—a number which is greater than that of any corresponding week of the 10 years 1840-9, with four exceptions. Small-pox rages in the neighbourhood of Lisson Grove; other important epidemics are rife, measles carried off, 20; scarlatina, 29; hooping cough, 42; croup 12; and typhus, 37. Last week carried off an unusual number of aged persons (those of 60 years and upwards); and the increase over the previous return is principally caused by bronchitis and inflammation of the lungs. In the last three weeks the increase of bronchitis appears from the number returned as follow, 64, 88, 114; that of inflammation of the lungs is shown by 67, 86, 113; while the mortality from consumption in the same periods has been more uniform—namely, 96, 113, and 116, deaths.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY

THOMAS HARRISON YEOMAN, M.D.,

AUTHOR ON "CONSUMPTION," "ASTHMA, BRONCHITIS, INFLUENZA, AND CATARRH," "INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS," "HEADACHES," ETC.

VOLUME III.

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1851.

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LONDON:
PRINTED BY JOHN CATCHPOOL, PEMBERTON ROW, GOUGH SQUARE.

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At Midsummer and at Christmas each school-boy writes his "holyday letter." With a heart loaded with joy at the anticipation of home, and respite from study and sharp discipline, he copies in his best style the official announcement of the conclusion of another half year. For seventy-eight weeks the Editor has studied his task and written his "copy" without a single holyday; nevertheless he here offers a Midsummer letter which he hopes will obtain the approbation of the Principals of "classical and commercial academies."

My dear Readers,

I have much pleasure in announcing to you the completion of the third volume of the People's Medical Journal and Family Physician, and that our duties will be resumed in the first number of the fourth volume, which will be published, as usual, one week after you receive this.

I hope you will find I have made considerable improvement during the last half. I can assure you I have been very industrious, and have done all in my power to prove that your kindness to me has not been thrown away.

I hope you like my Drawings, which I am certain are correct copies of what they represent; and the geographical description,—which we call Anatomy,—I have endeavoured to make as clear and intelligible as possible.

The Glossary, as you know, is an explanation of scientific words reduced to popular language; this gave me much trouble to get perfect, but I trust it will give you satisfaction.

In the several themes I have written, I have always considered truth, utility, and simplicity, of greater importance than fine writing, and I have never penned a line without seriously reflecting whether it was correct, and whether it could be improved. All that I have written on Nervousness and in those papers with my name attached, is based on my own experience, confirmed by the authority of many very clever men.

I have been examined several times during the half by the Editors of London and Country Journals, and I am very grateful for the kind manner they behave to me and speak of me to their friends.

I hope I need not tell you that my exertions will not relax during the next half year, and that I will not allow any competitor to come up to me, much less get before me, in my class.

I have now, my dear Readers, only to hope that this will find you in good health, and that you will bear towards me the same good feeling you have always done.

I remain,

With great regard,

Your faithful Servant,

Lloyd Square, *June*, 1851. THE EDITOR

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THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. 1.—THE SKELETON.

How often has the sentence, "We are fearfully and wonderfully made," been repeated by thousands who should know, of their own knowledge, *the truth* of the exclamation of the inspired writer, and yet know it not! The schoolboy is instructed in the formation of geometrical figures, in the elements of mechanics, in the powers and adaptation of the screw, the wedge, and the lever,—in the motive-powers of steam, and the construction and principles (that is, the anatomy and the physiology) of the steam-engine,—and yet he is uneducated in the construction or anatomy of his own body, and of the principles of life, or the physiology of its functions. Should this ignorance exist?—should it continue? Next to the soul, the body of man ought to be his chief concern. Be it our task to explain and to illustrate, in this series of papers, *how* fearfully and *how* wonderfully we *are* made.

The immense building that is now towering towards completion and perfection, to contain the results of man's handicraft, directed by man's sole and ennobling prerogative — mind — was, a few short weeks since, a mere labyrinth of pillars, and beams, and spans; it was, in fact, a skeleton — an object of wonder, but not of admiration: see it now, when illumined only by a January sun,—it is a glittering pile of beauty. May we carry the analogy to our first illustration?

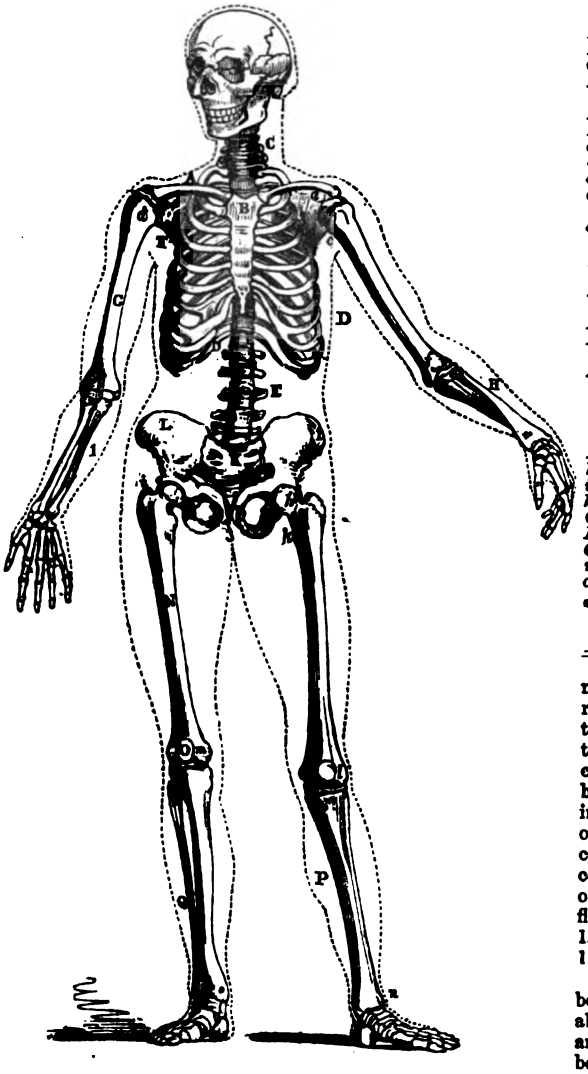

FIGURE 1.

A Clavicle, or Collar-bone.
B Sternum, or Breast-bone.
C The seven Cervical Vertebræ, or bones of the Neck.
D The Ribs; the seven upper ones being called "true ribs," the five lower "false ribs."
E The five Lumbar Vertebræ, or bones of the Loins.
F Scapula, or Shoulder-blade.
a Coracoid process of the Scapula.
G Humerus, or Arm-bone.
c Head of the Humerus.
d A Sulcus, or Furrow, through which one of the heads of the Biceps muscle passes.
e Outer Condyle of the Humerus, from which arise the muscles that *extend* the Wrist and Fingers.
f Inner Condyle: here arise the muscles which *bend* the Wrist and Fingers.
H Radius, or Spoke-bone, or small bone of the Fore-arm.
I Ulna, the large bone of the Fore-arm.
K Os Sacrum, or Sacred Bone, so called from its having been offered in sacrifice.
L Os Innominatum — literally the nameless bone, composed of—
1. The Ilium.
2. Os Ischium.
3. Os Pubis.
N Femur, or Thigh-bone.
h Head of the Femur.
i Great Trochanter.
k Lesser Trochanter.
O Patella, or Knee-pan.
P Tibia, or Shin-bone.
Q Fibula, or Splint-bone.
n External Ankle.
o Internal Ankle.

*** The dotted line represents the outline of the body.

FIGURE 1.

The human skeleton consists of bones; some of which are single, as the frontal bone, the occipital bone, the breast-bone, and the lower jaw; others, and they are the large majority, are symmetrical and occur in pairs, as the two parietal bones at the side of the head, the collar-bones, the blade-bones, and all the bones of the extremities. Again, bones vary in their shape: thus there are long bones, as the upper arm and thigh, having cylindrical channels running nearly through their entire length, which contain the marrow, or pith; broad or flat bones, as the shoulder-blades, not possessing this cavity; and round or irregular-shaped bones, as the bones of the wrist and ankle, which, when sawn across, present in the centre a cellular or honey-comb appearance.

Various opinions have been entertained regarding the *intimate* structure of bone, inasmuch as we are totally ignorant of the manner in which the earthy matters are incorporated with the other tissues of the bone, and conjectures on this subject would be endless and unprofitable. From chemical analysis bone is found to consist of mineral and animal matter, the latter being cellular texture; arteries; veins; lymphatics; nerves; the periosteum, or membrane immediately covering the bones; and the medullary membrane, or that which lines the cells in the interior of the bone, and secretes the marrow, or oleaginous fluid found in those cells. According to Berzelius, 100 parts of dry bones consist of—animal matters, 33.3; phosphate of lime, 51.04; carbonate of lime, 11.30; fluate of lime, 2; phosphate of magnesia, 1.16; and soda, muriate of soda and water, 1.2.

At birth, the bony framework of our bodies is not so hard as it is when we are able to run about; it is at first soft, yielding, and cartilaginous, and a large number of the bones have cartilage, or gristle, between them. As age advances, the cartilage diminishes, the bones grow firmly together, but the skeleton is not perfectly developed until about the age of twenty-five.

The skeleton demands a most particular investigation by those who wish to study anatomy. Without a knowledge of the bones we cannot comprehend a description of the muscles; and without a knowledge of the muscles we must remain ignorant of the situation, course, and distribution of the blood-vessels and nerves. It is not our intention in this paper to describe minutely

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each bone, but merely to give a general outline of the skeleton; in doing which we shall divide it into the head, the trunk, and the extremities or limbs.

The Head,

Which comprehends the Cranium *and the* Face.

By the head is meant all that part of the body which is placed above the first bone of the neck. It is of a spheroidal form, broader and deeper behind than before, somewhat like an egg in shape, with the broad end behind: it is flattened at the sides. Its peculiar figure renders it at once stronger and more capacious than it could have been had it possessed any other shape. It contains within it the central organ of the nervous system—the brain—and the organs of the senses, with the exception of that of touch. The bones of which it is composed are eight in number, six of which belong entirely to the cranium, and two are common to it and the face.

The six bones proper to the Cranium are, the os frontis, frontal bone, or forehead; the two parietal bones, or walls, at the side of the head; the two temporal bones, also at the side, indicated by the situation of the ear; and the occipital bone at the back. The two bones common to the cranium and to the face are, the ethmoidal or cribriform bone, thus named on account of its sieve-like perforations, through which pass the delicate filaments of the nerves of smell; and the sphenoidal, or wedge-bone, so called because it wedges in and locks together most of the other bones, and constitutes the larger portion of the base of the skull. These bones are firmly united together, or articulated, by immoveable joints, termed sutures,—literally a seam,—which are either indentations or tooth-like processes by which the margins of one bone dovetail with another, as in the junction of the two parietal bones; or they are squamous, or scaly, in which the bevelled edge of one overlaps and rests upon the other, as in the junction of the temporal with the parietal bones.

The Face consists of fourteen bones; namely, the two superior maxillary, or upper jaw-bones: the two malar, or cheek-bones: the two nasal bones; the two palate-bones; the two ossa lachrymalia, or unguis,—like a finger-nail,—situated at the inner angle of the orbit, or bony recess for the eye; the two inferior turbinated bones, forming the lower part of the walls of the nostril; the vomer,—in form like a ploughshare,—or septum of the nose, dividing that organ into the two nostrils; and the inferior maxilla, or lower jaw. As well as these bones, the adult face contains thirty-two teeth, sixteen in each jaw.

The Trunk.

The trunk extends from the first bone of the neck (above the letter *C* in figure 1) to that called the pubis (3) in front, and to the end of the coccyx, or termination of the spinal column, forming the apex of the sacrum (*K*) behind. It is subdivided into the thorax, or chest; the abdomen, or belly; and, the pelvis, basin, or hips.

The main pillar of the body is the spine, or back-bone, which, although spoken of as one bone, consists of twenty-four, which turn or play upon each other; hence they are called vertebræ. These bones are arranged into three classes; namely, seven cervical, or bones of the neck (*C*); twelve dorsal, or bones of the back; and five lumbar, or bones of loins (*E*), the last of which rests upon the os sacrum, or sacred bone (*K*), which forms also a large portion of the pelvis. These several bones possess individual peculiarities, which, although highly important, cannot be described in this article. When united and put together to form the spinal column, they afford a secure canal for conducting the delicate structure of the spinal marrow through its whole length; and at the sides of each separate vertebra are large notches, which so exactly correspond with similar notches in the fellow bones, that a hole is formed, through which passes a large branch of the spinal marrow, which constitutes a nerve. Between each bone, where the body of each rests upon the other, is a tough substance or gristly cartilage, called the interverbral substance; it is of a very yielding, elastic nature, almost like India-rubber, and permits of the turning and bending of the body in every direction, as is daily shown in the streets of London in the feats of the wandering acrobats. The spine supports the trunk, the head, and the arms, and affords attachment for the ribs; thus it is characterised by the possession of strength and flexibility. In its structure it is so admirable, that it is not to be wondered at that all writers on natural theology should have selected this part of animal bodies as an illustration of the infinite wisdom of our Creator.

The Sternum, or Breast-bone (*B*), forms the fore-part of the chest, and affords an anterior attachment for the seven true ribs; it is broad and thick at its upper part, and thin and elongated at its lower extremity, to which is appended a piece of cartilage, termed the ensiform cartilage, which may be detected by its yielding to the touch when some slight pressure is made at the "pit of the stomach." The margins of the breast-bone are thick, and marked by seven depressions on each side, for the reception of the cartilages of the true ribs; its anterior surface is immediately subjacent to the skin, and gives attachment to the powerful muscles which move the upper extremities; the inner surface is slightly hollowed out, so as to increase the cavity of the chest.

The Ribs are twenty-four in number,—that is, twelve on each side (*D*); they are placed on each side of the vertebræ, and with them form the back and sides of the chest. The first seven ribs are called true ribs, and the last five false ribs. The true ribs are closely joined to the breast-bone by means of cartilage, so that the movements of the chest in respiration may be performed with greater freedom than if the junction was effected immediately by bone. The false ribs are attached to the spine, and do not extend to the centre of the fore-part of the trunk; the three upper false ribs are, however, united to the cartilages of the true ribs; the two lower are entirely free, and are called floating-ribs, as they lie, floating, as it were, among the muscles. The length of the ribs increases from the first or upper one, to the seventh, which is the longest: from the seventh to the twelfth they become shorter again, and their cartilages, as a consequence, become longer in the same proportion. Each rib is firmly connected to two of the vertebræ, and to the intervertebral substance, by means of strong bands, termed ligaments, to which we shall hereafter refer.

The Upper Extremity.

Each upper extremity consists of four grand divisions—a shoulder, an upper arm, a fore-arm, and a hand. The bones of the shoulder are, the clavicle in front, and the scapula behind.

The Clavicle, Key-bone, or Collar-bone (*A*), is a long and slender bone attached in front to the upper part of the breast-bone, and at the shoulder to the scapula; it forms a kind of brace, or strong connecting beam between the shoulder and the breast-bone, and tends to prevent the arm from falling forward on the breast; it also increases the sphere of action of the arm, by enabling it to describe a circle, the centre of which is the connection of the clavicle with the shoulder.

The Scapula, or Shoulder-blade (*F*), is a broad, flat bone, placed upon the upper and back part of the chest, and occupies the space from the second to the seventh rib. The figure of this bone is that of an irregular triangle; its anterior surface is hollowed out so that it may correspond with the convexity of the ribs; and its back or posterior surface is irregular, and marked with ridges for the purpose of affording points of origin to the powerful muscles that are attached to it. At the fore-part of the shoulder-blade there is a glenoid cavity or socket, in which the round head of the upper arm rests and moves; a projection not unlike a crow's beak, hence called the coracoid process (*a*), protects the shoulder-joint.

The Humerus, or Upper Arm (*G*), extends from the blade-bone to the elbow-joint: it is attached by its head (*c*) to the glenoid cavity of the scapula, and at its lower extremity it has articular surfaces that receive the bones of the fore-arm. Notwithstanding the powerful ligaments by which it is held in its position, and the mass of muscles that are expanded over the shoulder-joint, this bone is the most frequently dislocated. Its connection with the shoulder admits of movement in every possible direction, while the elbow-joint admits only of one description of motion,—namely, backward and forward, like a door on its hinges. There are no less than twenty-four muscles attached to the humerus.

The Fore-arm consists of the ulna and the radius. The Ulna, or large bone of the fore-arm (*I*), is so called from the Latin word *ulna*, a cubit, because the arm below the elbow is usually considered a cubit in length. This bone is placed on the inside of the fore-arm by the side of the radius; its upper extremity is large and scooped out in front, where it articulates with the humerus; the body, or shaft, of the bone is strongly marked for the insertion of muscles, and the lower end has a rounded articular surface for the radius, and beneath a shallow cavity for an interarticular cartilage that is the medium of connection with the wrist.

The Radius (*H*) is supposed to be so named from its resemblance to the spoke of a wheel; it is placed on the outside of the fore-arm, and at its upper end has a rotatory motion in the depression of the ulna, which allows the hand to be turned on its back or on the palm; its lower end has a superficial cavity for the reception of the scaphoid and lunar bones of the wrist, and on the inner side there is a narrow concavity in which the lower extremity of the ulna rotates.

The Hand consists of the wrist, the palm of the hand, and the fingers.

The wrist, or carpus, consists of eight small wedge-shaped bones, placed in a double row, forming an arch, the convexity of which is upwards, and the concavity on the palmer surface. They differ, however, from the stones of an arch, as each bone is joined to its fellow by a distinct moveable joint.

The palm, or metacarpus, is composed of five bones placed parallel with each other; they are convex outwardly, forming the back, and concave inwardly, forming the hollow of the hand.

Each finger is composed of three separate pieces of bone, called phalanges; the thumb has only two: the phalanges are convex outwardly, for increasing their strength, and flattened inwardly, for the convenience of grasping. The last bones of the fingers, which are small, terminate at their under-ends in a somewhat rounded and rough surface, on which rests the vascular, pulpy, and nervous substance constituting the special organ of touch, placed at the points of the fingers, and guarded on the upper surface by the nail.

The Pelvis and lower extremity will be described in our next.

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INFLUENCE OF TOWN-LIFE ON HEALTH.

Ye who amid this feverish world would wear
A body free of pain, of cares a mind;
Fly the rank city, shun its turbid air.

EXCELLENT advice, Dr. Armstrong, for those who are able to follow it; and thrice blessed are they who can follow it to the utmost.

The influence of external circumstances upon human health and comfort is a subject of the utmost importance, and demands the most serious consideration. Connected, as it is, with the welfare of our fellow-men, in their personal, social, political, and moral relations, it is a text upon which we may treat for ever, and still for ever find it unexhausted.

As the PEOPLE'S FAMILY PHYSICIAN, we feel that a most responsible part of our duty is to discourse upon topics which concern, not the few, but "the many of mankind." To such things, the events of every day invite our attention; and experience and education tell us how necessary is their study to our own and to others' happiness. The philosopher views them in their relation to science, and to the general course of Nature: the philanthropist regards them in their relation to society. By the former they are valued simply as facts, which serve to illustrate or to amplify theories, generalizations, and laws:—by the latter, they are cherished and cultured as homely truths, which bear upon, and better, the social tastes of mankind.

There is a certain class of society to whom the motto and the motive of this paper especially apply. We mean those sons and daughters of toil and of misfortune, who are condemned to a life of incessant drudgery or confinement in places where pure air and healthy exercise are for the most part denied them. And this class is numerous enough to comprise the larger—aye, and the better—portion of society. There is no insult in the insinuation that the humble, as well as the exalted, are compelled to live under certain artificial circumstances which enervate and injure them. The mining drudge, who works in perpetual darkness or torch-light, and sees the clear sky and the bright sun but as a leisure and a luxury—the busy mechanic, who passes the greater part of his existence in an atmosphere ill-ventilated and noisome—the shopman, the clerk, the poor dressmaker, and another female, poorer and more piteous still, whose only air and exercise are in the cold and damp of evening—the scholar and the statesman, who seek no respite from their studies, their tomes, and scrolls, and the pestilence of their closets; all, not one excepted, suffer or sink for want of

"That kindly sky, whose fostering power regales
Man, beast, and all the vegetable train."

But we may extend the observation, and apply the inference with almost equal seriousness to the great masses of mankind whose habitations are ill-ventilated and filthy. We allude chiefly to those domiciles of the poor which are found in the crowded courts and alleys of our towns. What must be the condition of humanity in such spots? What but "plague, pestilence, and famine" could revel there? They are the nursing places of disease and death. Fit trophies of the tomb! Scrofula, emaciation, stunted growths, shrivelled and deformed limbs, idiocy, and imbecility, meet you on every side. If an epidemic seizes upon such spots, it makes its home there, and thousands are its prey. Diseases, which are mild in healthier regions, become malignant there. A mere cold runs into influenza or putrid fever, and either hurries its victim rapidly to the grave, or leaves him to be dragged thither, wearily, in a consumptive train. Prescribe for dyspepsia, in those places, and treat it with what skill you may, you cannot cure it. The furred tongue, the fevered brow, the lost appetite, the lassitude and melancholy, will linger with the patient until you remove him to a fitter residence. Let it not be said that these things are the issue of poverty and starvation. See the half-fed child of the wilderness and bleak moor, and mark well his contrast. That child will make his meal of a raw turnip or a few blackberries, and laugh and work as they digest, and become good blood. No food is lost to him; it is all appropriated—and well, too—to the purposes of his constitution. His lungs, playing in a pure air, maintain the health and energy of his circulation, balance all his functions, strengthen every limb, and build him up, a hale, hearty, and vigorous man. Ruddy and rollicking, and free as the breezes that feed him—a stranger alike to a passion or a pang—he journeys through existence to that good old age which pronounce the termination of man's natural life. He suffers but sparingly "the ills that flesh is heir to;" and if disease do attack him, his mighty stamina soon enables him to throw off the burden. The children born of such a parent, and nurtured under like circumstances, inherit the strength and soundness of their sire,—and hence the origin of that "bold peasantry," which the poet has properly denominated "its country's pride."

This is not a captious comparison of the different states and conditions of man. It applies with equal truth to the inferior animals, and is perfectly accordant with the best established facts in physiology. There is no reason, beyond that which refers the circumstance to free air and exercise, why the wild duck should be stronger on the wing, firmer and redder in the flesh, and more vigorous and enduring, than its tame species. The wild rabbit is fleet, its muscles are ruddy and firm, and its bones dense and compact, because it respires a pure air and is unfettered and free; the tame rabbit, on the contrary, is weak, emaciated, and scrofulous, through being confined in an impure atmosphere, and having no opportunity of exercise. Keep wild rabbits as tame ones are usually kept, and they will speedily degenerate. We may trace the watery eye and the tumid belly, the listless gambol and the enfeebled limb, day by day, so long as these little creatures suffer from confinement and artificial living. And thus it is with our own species; take the country child, blushing with rude health, and subject him to the atmosphere of a manufactory, and his cheek will soon lose its native hue and its laughing dimple; his eye will grow wan, and his energies will waste. Keep him long enough in toil and confinement, and, if he does not perish prematurely, he will degenerate, become scrofulous, and, perhaps, beget a progeny of cripples and consumptives. The statistics of our large towns tell us fearful truths concerning the influence of occupation upon health. We learn from them that people working in ill-ventilated rooms are not only weakly, dyspeptic, and early decrepit, but that they are peculiarly liable to fever, and to casual diseases, which, amongst such subjects, are unusually fatal. Their confinement not only predisposes to, but actually engenders, disease. Dr. Guy found that, of 104 men having less than 500 cubic feet of air to breathe, 12·50 suffered (in per centage proportion) from spitting of blood, 12·5 from catarrh, and 17·31 from other diseases; of 115 men having from 500 to 600 cubic feet of air to breathe, 4·35 had spitting of blood, 3·48 catarrh, and 20·00 other diseases; whilst of 101 men having more than 600 cubic feet of air to breathe, 3·96 had spitting of blood, 1·98 catarrh, and 17·82, other diseases; making respective totals of 42·31, 27·12, and 23·76. In another estimate it was learned that, of forty men, occupying small rooms, and breathing a hot and foul air, five had spitting of blood, six were subject to severe catarrh, six complained of indigestion, two of great debility, and one of

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rheumatism. Of other forty men who occupied larger rooms, and had a purer and cooler air to breathe, one only was subject to catarrh, two to indigestion, one to pain in the chest, one to nervous symptoms, one to headache, and one had varicose veins. It is estimated that, of subjects who die of consumption under thirty years of age, 37½ per cent. are those who live by in-door occupation, whilst, of out-door labourers, only 25 per cent. perish from the same cause; and it is likely that this latter class would be more rarely the victims of phthisis, if they would guard better against atmospheric variation and inclemency, and abstain from the immoderate use of stimulants. Indeed, the most fruitful source of disease amongst them seems to be their habits of intemperance, to which they are led, and often insensibly, by the nature of their employment and the facility with which they procure ale and spirits. A London drayman will consume a couple of gallons of ale or stout in a day, by a process of perpetual imbibition in moderate quantities. It is a common habit with carriers and waggoners, who journey from country villages to towns, to stop at most of the public houses on the road, both going and returning, and partake of refreshment, in the shape of ale and spirits. Add to the quantity thus obtained that which they drink at their different houses of call in the town, and the aggregate becomes enormous. In this way they will often swallow two and three gallons, daily, of ale, as variable in its age and strength as in its amount of adulteration. But still greater quantities of beverage are frequently consumed by harvest labourers. In Herefordshire and Devonshire it is not considered an excess for a man, when mowing or making hay, to drink from *twelve to sixteen quarts of rough cider in the day!* Such abuses could not possibly be endured by men engaged with in-door occupations, and yet, as we have said, the latter, abstemious though they be, are less healthy than such as are employed out-doors, notwithstanding the intemperate habits of the latter. The disparity, remarkable as it is, admits of but one explanation. The in-door labourers, as a rule, obtain higher wages, and consequently can better command the services of good food and clothing, than can the opposite class; — food and raiment, therefore, are not the only essentials to good health. It has been distinctly proved, that sedentary occupations are not to any great extent injurious, except in so far as they may be connected with an impurity of atmosphere. We may be debarred exercise, then, under certain circumstances, and be little hurt by the deprivation. What, then, is the chief cause of the injury which is suffered by confinement in ill-ventilated houses and workshops? That chief cause is *polluted air*,—in other words, a supply of oxygen gas which is insufficient for the purposes of RESPIRATION and NUTRITION.

A BEAUTIFUL FEMALE FOOT.

THE following peculiarities are essential to a beautiful foot:

1st. It should retain the *form of youth*; the infantile form prior to any, even the slightest alteration.

2nd. It should be proportional and symmetrical; proportionally to the height, considerably less than the male, in accordance with the whole delicacy of the form, the gentleness of her nature, the qualities of her mind, and by contrast, the qualities of man's.

3d. The second toe should be the longest; the first somewhat apart; the nails small and regular; no sharp angles or visible projections of bones. The ankles should be round and polished; the heel small; and the tendon achilles invisible.

WHEN the wind is in the east, it is neither good for man nor beast.

FEVERS.

BY THE EDITOR.

No. I.

No complaint is so common as fever: none in which mankind, whether professional or non-professional, are so little likely to be mistaken, and yet there is no other complaint so difficult to be defined. The difficulty proceeds from the complexity of the symptoms that constitute fever; the contrariety of many of them to each other in different stages of the attack; and the occasional absence of some that, in other instances, appear to constitute its leading features. "Febris," says Professor Frank, "certorum potius morborum UMBRA, quam ipse morbus est"—Fever is rather a SHADOW of other diseases than a disease of itself.

As we aim at being practical rather than theoretical, we shall not occupy the time of our readers by recapitulating the hypotheses of Boerhaave, Hoffman, Cullen, Brown, Broussais, Clutterbuck, and a hundred others, as to the nature of fever, but shall proceed to describe what it really is in this our generation, and direct the best means that should be employed to banish it.

Fevers have been arrayed and classified by authors into so many genera, that truly the "refinements of science" have trod closely on the heels of the "conjectures of humbug;" system and classification is nevertheless of imperative importance in medicine, but the more simple the arrangement, the more easily is it comprehended, and the less risk is there of ambiguity and confusion. We therefore propose to consider fever under the following heads:

CONTINUED FEVERS	1. Simple or ephemeral fever. 2. Inflammatory fever. 3. Typhus. { Nervous fever. / Putrid fever. 4. Mixed fever.
INTERMITTENT FEVERS	1. Every-day ague. 2. Third-day ague. 3. Fourth-day ague.
REMITTENT FEVERS.	1. Marsh remittent. 2. Yellow fever.

The eruptive fevers, as small-pox, measles, scarlet-fever, &c., will occupy our attention hereafter.

Simple Fever—Febris Ephemera.

This is the most simple form in which fever at any time makes its attack. It is usually ushered in by some slight shivering, or rigors of short duration; there is nausea, loss of appetite, and feelings of indisposition, lassitude, and disinclination for occupation or amusement; the heat of the surface of the body is greatly augmented; the pulse is frequent, and sometimes increased in fulness; the patient suffers from headache, constipation, a foul mouth and a furred tongue; the thirst is increased, and the secretion of urine diminished. These symptoms generally terminate by perspiration. Simple though this type of fever be, much caution is necessary on the part of the medical attendant in prognosticating how it may terminate, as innumerable fearful complaints thus make their onslaught, and the eruptive fevers at their commencement are not more strongly marked in the severity of their symptoms.

The EXCITING CAUSES are, exposure to cold; a meal of unwholesome food; a debauch, and late hours; over-fatigue of mind or body; long-protracted study; violent passion; suppressed perspiration, &c.

There are few persons who have not suffered from this degree of fever from one or other of the causes just enumerated. The stomach, in the language of Hunter, is the great seat of general sympathy, and is influenced by, and in return influences every

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other organ in the body. The digestion of an ordinary meal is a work of some labour, therefore what disturbance may we not expect during the digestion of a meal that overloads the stomach with hurtful food? The general chill over the surface which is felt by the weak and delicate during digestion, is here often severely experienced, and sometimes amounts to horripilation, or a sense of creeping in different parts of the body. The first stage of fever is hence produced; and, as the heat and perspiration are most probably a necessary result of the first stage, a foundation is hereby laid for the entire paroxysm.

When a man has "worked himself up" into a violent and long-continued wrath, whether there have been reason, or there hath not been reason for his ire,—and more especially in the latter case; when he has taken a long and fatiguing journey on foot, walking with great speed, and suffering from great heat and perspiration; or when he has devoted the whole day to a particular study, so profound and abstracting as to exhaust the whole system; and when, beyond this, he urges his abstruse and protracted train of thought into the wee small hours beyond the twelve, there is a general irritation or undue excitement produced, that simple rest cannot at once allay; his sleep is short, hurried, and interrupted, if he sleep at all; he yawns, stretches his limbs, turns himself again and again in his bed for an easy, perhaps for a cool place, for his skin is hot and dry; and he turns, and turns for a long time in vain. The morning dawns; but he has had little sleep, and no refreshment; he is indisposed to leave his bed; and if he rise he is still feverish and unfit for business. He passes the day in disquiet, in misery, which, perhaps, increases towards evening; but at night he feels a moisture breaking forth over his skin, which is a most grateful relief to the heat and dryness that have hitherto distressed him; he recovers, perhaps even while sitting up; but if, as we should strongly advise him to do, he takes a little saline draught and goes early to bed, the probability is that he enjoys a quiet and refreshing sleep, and he awakes in the morning in his wonted good health. "Gamesters," says Dr. Good, "after sitting up all night and being worked up to madness by the chances and reverses of their ruinous stakes, are peculiarly liable to this species of fever. A very cold and wet towel tied round the temples seems to give some check to the violent excitement of the brain; but in the long run, I have generally found persons who adopted this practice become debilitated and dropsical, and sink into an untimely grave, or creep on miserably through the fag-end of a miserable life that affords no retrospective comfort, with a hospital of diseases about them."

The TREATMENT must be indicated by the cause and the symptoms of the attack. If the stomach be overloaded with an indigestible mass, we must discharge the mischievous freight by an emetic, as follows:—

Take—Ipecacuanha powder, fifteen grains;
Antimonial wine, a drachm and a half;
Pimento water, an ounce and a half. Mix.

And we must afterwards remove any of the heating and offensive matters that may have passed into the intestines, by a brisk cathartic, as,—

Take—Calomel, three grains;
Compound extract of colocynth, six grains;
Oil of cloves, one drop.
Mix and divide into two pills, for one dose; to be followed, if required, in three hours, by a "black draught" or a Seidlitz powder.

Rest in bed, a light diet of puddings and spoon-food—"slops," pure air, cooling drinks,—as tamarind tea, apple tea, lemonade, barley-water, acidulated with lemon-juice, imperial—a gentle saline purgative—(see SALINE PURGATIVES, Nos. 23, 24, pages 8, 181, 189, Vol. I), and some simple saline, or "Fever Mixture," will in general effect a cure in twenty-four or forty-eight hours.

FEVER MIXTURES.

Take—Solution of the acetate of ammonia, an ounce and a half
Nitrate of potash, half a drachm;
Syrup of orange peel, four drachms;
Water, four ounces. Mix.
Dose, a quarter part every four hours.

Or;

Take—Carbonate of potash, a drachm and a half;
Lemon-juice, two ounces;
Antimonial wine, a drachm;
Water, four ounces. Mix.
Dose, three table-spoonfuls every four or five hours.

Or;

Take—Solution of the acetate of ammonia, an ounce;
Spirits of sweet nitre, two drachms;
Antimonial wine, one drachm;
Syrup of saffron, two drachms;
Cinnamon water, five ounces. Mix.
Dose, a quarter part every five hours.

In the management of simple fever there is one law of so much importance that we print it in capitals,—CARE MUST BE TAKEN THAT THE FEVER BE NOT INCREASED BY ANY IMPRUDENCE ON THE PART OF THE PATIENT.

(*To be continued.*)

TREATMENT OF RHEUMATISM.

THE Academy of Medicine, Paris, has been engaged for several days in a discussion of the best means of treating acute articular rheumatism; but all the talent, experience, and learning displayed, have little other effect than to show how "doctors can differ" when the cure of disease becomes the question of debate. Yet, how can men agree on the treatment of a malady when they differ essentially in their opinions concerning its nature? Many members of the Academy, Bouillaud, Piorry, and others, see nothing in acute articular rheumatism save inflammation of the joint. M. Grisolle regards rheumatism as a general disease, and denies that inflammation has anything to do with it. Lastly, the majority of the Academy seem to consider the complaint as a special one, with which inflammation of the joints or other parts may be connected in a secondary, but not essential manner. With such diversity of views, it is not astonishing that various plans of treatment should, in turn, be extolled or rejected. M. Bouillaud still sticks to his formula of bleeding, "*coup sur coup*" (one after another); but the Academy evinced an evident disinclination to accept his statistics, while it was shown that it was impossible, from M. Bouillaud's published cases, to determine the exact duration of the treatment. M. Piorry affirms, that it is reduced to less than four days by repeated bleedings; and, moreover, informs us, that the celebrated formula of "*coup sur coup*," was a larceny committed on him, the aforesaid Professor Piorry. M. Martin Solon insists on the superiority of nitre over all other remedies for the cure of articular rheumatism,—that is, rheumatism of the joints,—and thinks that it was the one most appropriate to the nature of the disease. The sulphate of quinine, say others, is the only remedy on which dependance can be placed. Finally, according to M. Dechilly, whose memoir gave rise to the five days' discussion now alluded to, articular rheumatism is a local malady, and best treated by a succession of blisters over the affected joint.—[For a full and particular history of Rheumatism, and the most successful mode of treatment, the reader is referred to Nos. 8 and 9 of the PEOPLE'S MEDICAL JOURNAL.]

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ON THE PREVENTION OF SUICIDE BY PROCURING SLEEP.

(By Joseph Williams, M.D.)

Suicide is unhappily of such frequent occurrence, even amongst the educated classes—its effects are so baneful to society, and are so deplorable in individual families, that I feel it to be a duty to offer the following remarks.

Comparatively but few suicide acts occur without premonitory symptoms, such as unusual irritability, restlessness, despondency, and wakefulness. Often when all these signs are present, and even when a person has not slept for many nights together, the unhappy sufferer and his friends neglect to have medical advice, when unexpectedly the dreadful catastrophe occurs which plunges the family into the deepest affliction. But, unfortunately, it often happens, that even when the medical attendant is summoned to such a case, he orders an aperient, gives a little fever mixture, and in a few days is astonished to learn that his patient has died by his own hands.

Let me most strongly urge upon all the necessity of doing something more than this; sleep may be procured, and may, in most cases, by judiciously selecting the narcotic, be induced. The opinions formerly held, that narcotics are rarely useful, often injurious, and but seldom effect the good for which they were prescribed, are being daily disproved. In incipient cases of mania and melancholia, the effects of morphia are remarkable; it will calm the frenzy, moderate the heart's action, soothe excessive irritability, and produce sleep. Where there is much action, it should be exhibited with calomel, antimony, or ipecacuanha; in cases of melancholia, it should generally be given simply with a slight excess of hydrochoric acid, of course paying strict attention to the bowels. Where there is delusion or hallucination, the administration of quarter-grain doses of the hydrochlorate of morphia, with slight excess of dilute hydrochloric acid, every six or eight hours, will often speedily effect a cure.

But my more immediate object at the present moment is this: to insist on the necessity of exhibiting morphia, or some other narcotic, in those incipient cases where there is wakefulness; if this be done, many valuable lives will be annually saved. In several cases where patients have had suicidal or homicidal impulses, I have succeeded in removing such morbid desires by exhibiting narcotics, more especially morphia; and I know of no higher satisfaction a physician can receive than the grateful thanks of a cheerful patient, who has formerly been enchained by gloomy and terrific promptings.

WHY AND BECAUSE.

Why have white veils a tendency to promote sunburn and freckles?—Because they increase the power of the sun's light.

Why does a flannel covering keep a man warm in winter, and ice from melting in summer?—Because it both prevents the passage of heat from the man and to the ice.

Why does a person with a cold in the head, catarrh from the eyes and nose, experience more relief on applying to the face a linen and cambric handkerchief than one made of cotton?—Because the linen, conducting, readily absorbs the heat and diminishes the inflammation, while the latter, by refusing to give passage to the heat, increases temperature and the pain.

Why is loose clothing warmer than such as fits close?—Because the quantity of imperfectly conducting air thus confined around the body resists the escape of the animal heat.

The best physicians are Dr. Diet, Dr. Quiet, and Dr. Merryman.

EXPULSION OF THE TAPE WORM BY THE MALE FERN.

E. C——, aged twenty-three, a servant, lives in Hatton Garden, and has resided in London all her life. She never enjoyed good health, and for some time past has menstruated once a fortnight, sometimes more frequently, the discharge being always profuse, and accompanied with intense pain. When about five years of age she was relieved of a tape-worm by medicine, but has passed joints up to the present time, and suffered much from giddiness, palpitation, indigestion, and a gnawing pain in the region of the stomach, generally unaffected but often relieved by eating. A fortnight ago her present illness commenced by fits of shivering, great lassitude, weakness and pain in the extremities, loss of appetite, and nausea. The patient was admitted into Lonsdale ward, King's College Hospital, under the care of Dr. Todd, very weak, and unable to sit up throughout the day. The shivering still continued; she complained of universal pain, more intense, however, over the abdomen, where there was great tenderness on pressure. She still has the gnawing pain over the region of the stomach, and is much troubled with flatulence. The tongue is clean, but there is an unpleasant taste in the mouth.

The patient was given two ounces of castor oil immediately, and put upon low diet. On the third day after admission she took, early in the morning, and after having fasted on the preceding day, one drachm and a half of the ethereal solution of the male fern in one ounce of mucilage and eight ounces of water. A little time afterwards, two ounces of castor oil were administered to the patient. The medicine slightly purged her; no part of the worm was passed; but two days afterwards a round worm (*Ascaris lumbricoides*) was noticed. A second dose of the ethereal solution was then given, and the tape-worm was ejected; the head was, however, not expelled with the great length of the worm which was rejected. Dr. Todd prescribed, first quinine, and subsequently chloric acid for the patient; she became much better in a few days, and was discharged. It is to be sincerely hoped that further trials will contribute in fully re-establishing the reputation of the male fern as a vermifuge in tænia solium, or tape-worm.

SUNNY ITALY!

Mr. B. Honan, an accurate observer, and a gentleman of authority, who has had many years' experience of the climate from residing in different parts of Italy, both north and south, writes from Verona, in the month of January of last year, in the following unmistakeable *ipsissima verba*, which are true, generally speaking, although somewhat vernacularly expressed: "There are many humbugs in Italy, but there is none against which I more complain than its climate. I never spent so severe a winter as this, and I seek in vain any one corner where I can find shelter from the dry and piercing cold. In all northern climes the houses are prepared for the severity of the weather, and with good stoves, thick carpets, well-closing doors and windows, and our bright sea-coal fire, we defy the winter; but in Italy the cold is more intense within the house than without, as not a single window or door is air-proof, and a bright fire only increases the number and bitterness of the various currents which it inhales through every chink. At the moment whilst I write I am assailed in front, in flank, and rear, and my palsied fingers can with difficulty hold the pen, though Nature has not made me one of the shivering race; but I cannot tolerate humbug in any shape, and above all, the humbug of an Italian climate!" Writing from Rome in the middle of the following May, the same author observes:—"The weather is still cold and disagreeable, and the humbug of an Italian climate applies as much to the spring at Rome as to the winter at Verona."

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HINTS FOR HEALTH.

HINTS TO MOTHERS.

It is notorious that servants and nurses frequently produce indentations of the ribs, from their roughness and ignorance in handling and nursing infants. As children grow up, this deformity is occasioned by holding themselves in improper postures; even when a child sits upon the knee of its nurse, or is supported in her arms, contraction of the chest will occur merely from constant leaning on one side.

The carelessness of nursery-maids cannot be too severely reprimanded. How frequently do we see them take hold of a child by the arm, near the shoulder, throw it up with one hand and catch it on the palm of the other, till they are wearied themselves, and the children frightened and hurt. By these practices a child is frequently seriously hurt, though the injury may escape notice at the time.

If a child cries, it is shaken and scolded until it becomes almost stupefied, instead of the nurse taking the trouble to find out the cause of the child's pain. Many and many are the children who have fallen victims to such treatment, and prematurely sunk into the grave from the lingering and insidious progress of some complaint which originated in a blow or an accident kept secret.

OATMEAL PASTE FOR CHAPPED HANDS.

Take fresh lard, four ounces; honey, six ounces; oatmeal, six or eight ounces; three yolks of eggs; gum arabic in powder, one ounce. Mix the honey and the gum first, then the eggs; next the lard, gradually incorporating it in small portions; finally add the oatmeal, to make the whole into a paste. With this preparation the skin may be washed precisely in the same way as with soap. Being entirely free from alkali, which *all* soap contains, it leaves the skin exceedingly soft and supple after its use, and tends to heal chapped hands by its mild detersive qualities. In this respect it is superior to the famous Amandine.

ROUGHNESS OF THE SKIN.

Cold produces this effect by rendering the skin more compact and less sensible, thus causing dryness, contraction, sometimes inflammation, and redness, but more frequently roughness and chaps; when it occurs, the daily use of a soft sponge and cold water, wiping dry with a soft towel, will be the most successful application; all violent friction must be avoided, as it will inevitably peel off the skin; cold cream sparingly applied at bed-time will also be of service.

HORSE-EXERCISE.

To those whose business does not permit them to devote much of their time to exercise, riding is certainly preferable, more especially in cities, as on horseback they are at once brought out into the fresh air, and the body is so thoroughly agitated, that it does not require to be so long continued as some other exercises; an hour in general being sufficient. The various changes of the air, through which we quickly pass when riding on horseback, become as it were a new air-bath, by which the fibres are strengthened; and the various new scenes and objects we are constantly observing tend to amuse the mind.

CLEANLINESS.

This important domestic virtue ought to exend its influence to every object connected with the human frame, to food, drink, dress, dwelling, and all our physical necessities. All clothes, linen, beds, blankets and sheets, cannot be too clean and dry, as such articles absorb exhations from our bodies, and check the process of the insensible perspiration. Articles of attire which are soiled, and are brought into contact with the skin are liable to have their impurities reimbibed and carried into the system by the absorbent vessels.

ADVERTISEMENTS.

NEVILL'S PATENT FLOUR of LENTILS, an Arabica Food for Invalids and Infants, possessing natural restorative properties for Indigestion, Constipation, and all derangements of the Stomach, Liver, Intestines, &c. By this pleasant, nutritious, and agreeable Food, which never distends or turns acid on the delicate stomach of Invalid or Infant, health is preserved without medicine, inconvenience, or expense. Sold by Chemists, Grocers, &c., in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s. Manufactured and sold Wholesale by Nevill and Co., 12, Liverpool Street, King's Cross, London. A 12 lb. Canister sent carriage FREE 100 miles for 10s.; and to any part of the Kingdom for 11s. A full Disclosure and Analysis of Du Barry's Revalenta is now published.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

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Mrs. Smith attends on Ladies.

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DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

TO OUR READERS.—What we are about to say is a confidential whisper! THE PEOPLE'S MEDICAL JOURNAL is not a "paying concern"! Our whole heart, our daily thought, and our nightly dream is centered in its advancement, because we are convinced of its utility. We care not about our labour, nay we should not much regret the loss of pounds, provided that loss was recognised by less than four figures. Our expenses, in consequence of the engravings, are nearly doubled. Our efforts, like our expenses, shall also increase. Now, in the words of our able *sevenpenny* contemporary, *The Lancet*, we say, "If every reader of THE PEOPLE'S MEDICAL JOURNAL would resolve not to rest contented until he had procured a new subscriber as a reward for the introduction of our ILLUSTRATIONS, we certainly should be furnished with very 'substantial' proofs of the 'admiration and gratitude' of the PEOPLE."

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear, we hope, in the number for January 25.

VOL. II. is now ready, bound in strong and elegant cloth boards, gilt lettered, price 4s. The preface runs thus:—"THE FAMILY PHYSICIAN has now made his fifty-second visit. During the last year he has ascended the tapestried halls of wealth, he has entered the dimity-clad chamber of the well-doing, he has descended the pit of the miner. In each, by all, he has been received as a Family Friend, as well as a Family Physician. For the courtesy of his reception, and the confidence reposed in him, he begs to offer his grateful thanks.—In closing a year of toil, anxiety, and pleasure, he ventures to hope he has done much good, and, he prays, but little evil, in the hints and advice he has offered to thousands who have sought his counsel. The same industry, the same caution, the same integrity of purpose that has raised his periodical to the proud position of being in fact, as well as in title, THE PEOPLE'S MEDICAL JOURNAL, shall ever guide exertions, and direct his humble ability."

CASES for binding Vols. I. and II., price 1s. 3d. each, may be had of all newsvendors.

THE DISEASES OF ARTISANS and THE DISEASES OF WOMEN AND CHILDREN will be resumed in early numbers.

STALE NEWS, FRESHLY TOLD.—*Punch*, with great truth, says, "A physician cannot obtain recovery of his fees, although he may cause the recovery of his patient." A waggish friend adds, "Then let him take credit for his success, but give none for his attendance."

D. R. P.—There *is* a difference: we would explain it in this way:—An old man who recollects the ideas of his youth, has *remembrance*; a man who retraces sensations experienced the preceding year, has *memory*.

W. MORDECAI HONLY.—Let the child take one of the following powders twice a day. Take—rhubarb, a scruple; carbonate of soda, half a drachm; hydrargyri cum creta, ten grains; powdered ginger, five grains. Mix and divide into ten powders. The diet must be plain and nutritive, and free from vegetables. You will find many prescriptions for coughs of all degrees, and for every age, in the first eleven numbers.

S. H.—The person in the neighbourhood of Finsbury holds the same rank as the Jew advertising quacks. No respectable physician would meet him in consultation. The microscope may be, and *is* by many, degraded to an instrument of quackery. Albuminous urine is merely a symptom of other disease, which may be, comparatively, an innocent one: there are many circumstances to be considered in connexion with its existence.

Z. Z. (Bayswater).—Such symptoms are the result of one of the DISEASES OF ERROR (which little book read), and are not noticed in this Journal.

AN OPERATIVE JOINER (Manchester), can only be attended to privately.

HARRY (Bristol).—"Have I any thing to dread in connexion with the symptoms I have related?" You have. "Are malt liquors injurious to me?" Not in moderation.

MARIA (Northampton Square).—Your letter is deficient in many important particulars. We never hazard an opinion, and never prescribe for or direct a patient in these columns, unless the history of the case furnished to us is so clear and distinct that a *doubt* as to the proper treatment cannot possibly exist. As well, your case appears to be one that merits your best care to have it properly comprehended by the physician who undertakes to remove your distressing symptoms.

OBITER DICTUM.—You are a faithful, good fellow, we are certain, and we cordially thank you for your good wishes. A hundred sympathising heads and hearts like your's would make our Journal as profitable, as we wish it to be useful.

W. CHIBBORN (Camden Street, Dublin).—The ankle joint has been dislocated, as well as the bones of the leg broken. Apply to Mr. Porter in your city.

AN OLD PATIENT (Wolverhampton).—Test the urine with a piece of litmus paper, which send to us: we will then direct you further.

W. A. C. (Bath).—We believe the "Florentine Venus" is at Liverpool. It is a beautiful and correct model.

A. B. C. (New Road).—The man is a despicable quack. The bestial advertisements which he inserts in the columns of those newspapers that exist only by the payments of such wretches, should deter any thinking man from seeking advice at such a polluted source. Avoid treatises written in six languages, and "enriched" with 26 coloured engravings.

EDGAR.—Your present anxiety, ill health and debility, is caused by the misdeeds of your early life. Read the DISEASES OF ERROR.

D. R. C. (Westminster Palace).—Your's is a nervous complaint: purging will do more harm than good. Call in Lloyd Square.

THE DISEASES OF WINTER including cough, bronchitis, and influenza, are described, and the necessary treatment advised, in the first eleven numbers of THE PEOPLE'S MEDICAL JOURNAL.

D. E. P. (Chatham).—A full description of the symptoms and different degrees of the complaint will be found in the Editor's small work on HEADACHES.

Y.—No.

M. A.—Hot tea is hurtful. Never drink liquids of a greater temperature than the warmth of the mouth: hot tea is a cause of innumerable cases of indigestion; your's promises to be one of the many.

E. S. (Oldham Street, Manchester).—Whenever the child is griped and purged, give it a tea-spoonful of the following mixture. Take, magnesia, half a drachm; powdered rhubarb, ten grains; syrup of white poppies, two drachms; carraway water, two ounces. Mix. Be careful in your own diet; and your health being much impaired, wean the child.

R. G. W.—The quacks of Albemarle Street and Bedford Square are far more dangerous than pickpockets; the latter only rob you of a card-case or a kerchief: the former swindle you out of health, purse, and peace. A Jew thief may be collared by a policeman; a Jew "quack" may kill and rob with impunity. Avoid the wretches.

HANNAH R. (Oldham Street, Manchester).—You will find the following an excellent formulæ for an occasional "aperient pill." Take compound extract of colocynth, compound rhubarb pill, of each a scruple; blue pill, extract of hyosciamus, of each ten grains; oil of cloves, two drops. Mix. Dose, two or three at bed-time.

PERCY ROWLAND (Chester).—Cancer of the male breast is comparatively rare. The symptoms you mention are sufficiently important to merit your best and immediate attention.

G. W. (Banbury).—We received the letter and enclosure; you did not return the former prescription, neither did you mention where a letter from us would find you.

ROLAND (Bury Street).—Take eight grains of the extract of hyosciamus, with two grains of camphor, made into two pills, every night.

GRATEFUL.—We are much pleased that you are enabled to write so cheerfully and thankfully.

OLIVER TWIST.—Bad diet, impure air, and insufficient clothing, will cause consumption, even in a person not previously tainted with the disease.

TO MANY CORRESPONDENTS.—It is our pleasing duty to return our best thanks for the many very pleasing and civil notes we have received at this season: if we only enjoy a tithe of the "good wishes," "happy new years," and "great success" that unknown friends have showered upon us, the year 1851 will be a year of unalloyed gratification. We are deeply sensible of the good will expressed towards us.

HEALTH OF LONDON.—In the week ending last Saturday, the deaths registered in the metropolitan districts amounted to 1,166. Amongst the fatal cases, "diseases of the lungs and other organs of respiration" are conspicuous on the list; they amount to 274, nearly the same as in the previous week, and still slightly exceed the average. Bronchitis numbers 102, inflammation of the lungs 117, asthma 37 deaths, consumption 112, scrofula 16, and 25 from water in the head. Small-pox carried off 21 children and 4 adults; measles 21; scarlatina 30; hooping cough 52; croup 10; diarrhœa 16; typhus 43; and erysipelas 11. Coroners' inquests were held in 91 cases. The births amounted to 1,477, namely 729 boys and 748 girls, being an average weekly increase on the five preceding years of 135!

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 54.—Vol. III.] SATURDAY, JANUARY 11, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. II.—THE SKELETON: THE PELVIS AND LOWER EXTREMITY.

The Pelvis, or large bony cavity which terminates the trunk inferiorly, contains the urinary and genital organs, and in woman the uterus—and supports the bowels and other viscera; it is composed of a pair of large, broad, and irregularly shaped bones, called Ossa Innominata, or the nameless bones, or the hip-bones (L, fig. 1.), which are divided into, the ilium, the ischium, and the pubis; and the sacrum, with its appendix, the os coccygis, so called from its resemblance to a cuckoo's beak.

At birth the pelvis is only very partially finished as to its ossification: the intermediate cartilages between its several constituent bones continuing to bear a very considerable proportion; the increase of bone is not, indeed, very rapid, even after birth; and the several portions of the ossa innominata, to be hereafter described, remain distinct and separated by cartilages, till within a very short interval of what is called the age of puberty. The most interesting circumstance incident to the pelvis of the infant and the child, is the great similarity of its form in both sexes until about the tenth year of their respective ages. Nature then begins to declare her special intentions with respect to the destinies of either sex; and the pelvis of the future man becomes characterised by the comparative smallness of its cavity, the strength of its sides, and the narrowness of its dimensions from side to side; that of the girl—hereafter to be the mother of children—is noted by its lightness, shallowness, and daily increasing width between its iliac extremities,—that is from 1 in fig. 2, to the opposite crest of the fellow bone.

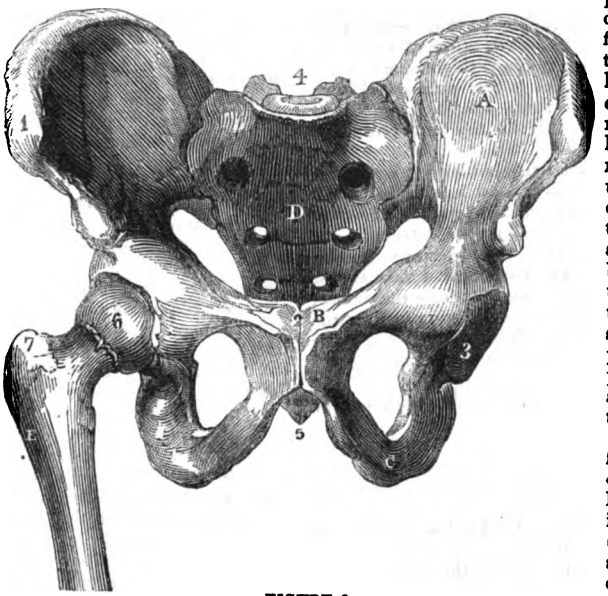

FIGURE 2.

A The Ilium.
B The Pubes.
C The Ischium.
D The Sacrum.
E The Femur, or thigh-bone.
1 The crest of the Ilium,
2 The Symphisis Pubes, or joining of the two bones of the pubes.
3 The Acetabulum, or cup-like cavity for the reception of the head of the thigh-bone.
4 The part of the Sacrum which articulates with the last vertebra of the loins.
5 The Os Coccygis
6 The head of the thigh-bone resting in its socket.
7 The large Trochanter, or shoulder of the thigh-bone.

When the pelvis has acquired its proper size and form in the adult subject, it bears a certain most desirable proportion in weight and bulk to the other parts of the skeleton. When these mutual proportions are perfectly maintained, then this part of the body is said to be perfectly symmetrical and beautiful. But the proportions which are considered most beautiful and symmetrical in the one sex are not deemed so in the same degree, or even not at all, in the other. Hence it is a matter of common observation, that this portion of the female skeleton is much wider and more expanded than that of the male. On this fact artists have founded a rule of practice in their drawings and mouldings of the human figure, which is fully recognised and approved by the first masters, and by the best anatomists: it is, that the lateral extremities of the hip-bones of the female figure, and the corresponding extremities of the shoulders of the male, should be bounded respectively by the same parallel lines. Of the observance of this rule in some of the best works of antiquity, it is well-known that the Apollo Belvidere and the Venus de Medici are interesting examples. But, besides being much narrower between one iliac extremity and the other, the male pelvis is distinguished from that of the female by many other and important characteristic differences. In all nations, of which we have any authentic history, the man is ever the larger and the stronger subject. On him have accordingly devolved the more laborious occupations, and the more perilous pursuits incident to the support and protection of his family. He has been principally the tiller of the ground, the warrior, the traveller, the knight-errant, and the ruler: for him, accordingly, nature has allotted a skeleton of more massive carpentry. The parieties of his pelvis are made of denser and heavier materials; its surfaces are made rugged, uneven, and furrowed out into deep apertures or sinuosities, to afford secure fastenings to the immense ligaments and tendons, which serve to connect together its constituent bones, and to give attachment and leverage to many of the most powerful muscles of the human body. Adapted also partly for strength, but principally for specific purposes in a sexual point of view, the male pelvis is much deeper, but in other respects smaller, than that of the female as to its interior cavity.

The Ossa Innominata, or hip-bones, form the sides and anterior part of the bowl of the pelvis. Each bone consists in early life of three distinct parts; namely, the ilium (*A*), the ischium (*C*), and the pubis (*B*); of which, the first forms the largest, and the last the smallest portion of the entire bone. The shape of the os innominatum is very irregular, contracted towards the middle, and expanded towards the centre. In the adult the three bones just named are firmly united by bony union; and the junction first commences and is first perfected in the acetabulum, or cup-like cavity, or socket (3), into which is received the globular head of the thigh-bone. The junction of the bones of the pubis, called its symphisis (2), does not take place so early, and in some instances the union by bone is never completed, the bones being firmly connected by strong cartilage.

The Sacrum is the basis which supports the spinal column (*K* in fig. 1); it is placed, wedge-like, between the two hip-bones, and forms the back part of the pelvis (*D*,). It is formed by the perfect union of five or six vertebræ, the points of junction being marked by the dark lines or ridges crossing from the foramina, or holes, through which pass the anterior branches of the sacral nerves, with some veins and small arteries. The base of the sacrum presents in the middle (4) an oval surface for the reception of the last bone of the spine; and the apex has a smooth surface for articulation with the coccyx.

The Os Coccygis (5), so called from its supposed resemblance to a cuckoo's beak, consists of three or four small pieces, which diminish in size from above downwards. In advanced age it is one solid bone, but in the prime of life they are separated by cartilage, and are endowed, especially in the female, with considerable mobility.

The dimensions of the pelvis are a matter of immense importance to woman's well-being and safety at the time she is about to become a mother. The following are nearly the average diameters in a well-formed female:—

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the transverse diameter, from the crest of each ilium (1, to the same position on opposite bone), ten inches and three quarters; the sacro-pubic diameter, —that is, from the junction of the pubis (2) to a corresponding point in the sacrum,—four inches and a quarter. The outlet of the pelvis, which may be understood as being between the lowest parts of the two ischia (*C*) and the coccyx (5), is about four inches; and the depth of the pelvis, from four to four inches and a half.

The Lower Extremity.

Each lower extremity consists of the thigh, the leg, and the foot.

The Femur, or thigh-bone (*N*, fig. 1, and *E*, fig. 2), is the longest in the human skeleton; (we have one in our collection that measures twenty inches,) and it is as remarkable for its strength, supporting the whole trunk and upper extremities, and often with the addition of burdens greater than the weight of the body itself. It is placed at the under and outer part of the pelvis, in an oblique direction; the lower part, at the knee, being considerably nearer its fellow than the upper end, in order to afford space for the passages at the bottom of the pelvis, and also to favour the action of walking. The body of the bone, which is of a rounded form, is smooth and slightly convex on its anterior surface, the back part being rough and irregular, to afford attachments to numerous muscles. The upper extremity terminates in a large ball or head, which forms nearly two-thirds of a sphere (6, fig. 2); it is smooth, covered with cartilage, and is received into the socket of the acetabulum of the ilium; thence it passes downwards and outwards to the great trochanter (7), the intermediate portion being called the neck of the bone, at the back part of which there is a smaller process, termed the lesser trochanter. The lower extremity of the thigh-bone is much broader and thicker than the upper, and terminates in two eminences having smooth surfaces and an indentation between them, termed condyles, or knuckles (*l* and *m*, fig. 1), which articulating with the tibia and the patella, form the joint of the knee.

The Patella, or knee-pan (*O*, fig. 1), is a light but strong bone,—in figure not unlike the heart painted on playing cards, and is situated at the front of the knee-joint, and attached by a strong ligament to the tibia, the motions of which it follows. It is lodged, when the knee is extended, in a cavity formed for it in the femur; when bent, in a cavity formed for it at the fore part of the knee. Although this bone might seem at first view almost useless, yet it serves many important purposes; it assists to form the joint of the knee, to protect it, and to afford to the tendons which bring forward the leg a very considerable mechanical advantage, by altering the line of their direction, and by advancing it farther out from the centre of motion.

The Leg consists of two bones, the tibia forming the principal bone, and the fibula placed along its outer side like a surgical splint; the patella is more connected with the knee than the leg, and may be considered an appendage to the tibia.

The Tibia, or shin-bone (*P*, fig. 1), is situated at the inner side of the leg; in form it is triangular and prismatic; at its head it has two semi-articular concavities, or half-joints, for the reception of the condyles of the thigh-bone; on its outer side there is a small concavity to which the head of the fibula is attached. Its lower extremity, which is small, forms a slight hollow adapted to the rounded surface of the bone of the instep, called the astragalus, or ankle-bone, with which it is articulated; its inner part forms the inner ankle, (*o*, fig. 1).

The Fibula, or splint-bone (*Q*, fig. 1), so called from its resemblance to the pin of a brooch (?), is the small bone of the leg, and in proportion to its length is the most slender bone of the body. It is situated at the outer side of the tibia, and its upper end being formed into a head, with a flat surface on its inner side, it is thus firmly united to the tibia; its lower end forms the external ankle (*o*, fig. 1), which is lower and placed much farther back than the inner ankle.

The ankle-joint is strengthened and defended from injuries by those remarkable prolongations of the tibia and fibula which are named the external and internal malleoli, or ankle (*n* and *o*, fig. 1). If the joint is in danger of dislocation outward, it is curbed by the inner projection of the tibia (*o*); if the bones are forced outwards the joint is saved by the external projection of the fibula (*n*), and between both the joint is locked in its position and prevented from being dislocated.

The Foot, like the hand, may be divided into three grand sub-divisions; namely, the tarsus or instep; the metatarsus, placed between the tarsus and the last division, the toes.

The Tarsus, or instep, consists of seven bones, which joined together form an arch, the lowest extremity being the heel, and the ball of the great toe the abutment, under which tendons, blood-vessels, and nerves pass to the sole of the foot. This arching of the foot is a wonderful contrivance, by which great elasticity is given to the step, the erect position of the body maintained, and a firm basis afforded to the whole fabric. Were the foot perfectly flat it is evident there would be no *spring* in it, and we could hardly walk, run, leap, or swim. Seven bones assist to form the tarsus, namely the astragalus, or ankle-bone; the os calcis, or heel-bone; the navicular-bone, or boat-shaped bone, placed on the inner-part of the foot; the three cuneiform, or wedge-like bones, which are applied to each other like the stones of an arch; and the os cuboides, so named from being in shape an irregular cube.

The Metatarsal bones are five in number; they are elongated bones extending side by side from the tarsal bones to the toes; the first, or that of the great toe, is the largest and thickest, the others are long and slender. They have not obtained any specific names, but are indicated by their numerical position. The first metatarsal bone being that affixed to the great toe, the second, that in apposition with the second toe, and so on.

The Toes, as is well known, are five in number, each consists of three bones, or phalanges, except the great toe, which has only two.

As well as the bones we have described there are others, so small that they are seldom preserved in the skeleton; they are connected with the first joints of the thumb and of the great toe; they are called sesamoid bones, from their resemblance to the sesame seed, or Indian bean. They are placed under, or rather in the flexor tendons, and serve as pulleys for increasing the angle of insertion, and thus adding considerably to the force of the muscles of the thumb and toe, and at the same time protecting their joints, as the patella does that of the knee.

A very clever American writer clearly reviews a more minute and detailed description of the Anatomy of the Skeleton than the foregoing, in the following extract, which appears to us to be so judicious that we take the liberty to extract it. He says:

Let us here sum up, or review what we have read; it will be very useful in fixing more strongly in the mind that knowledge which we have already gained; and enable us to start with greater confidence and advantage upon the topics which will next demand our attention.

The cranium, or that part of the head which contains the brain, consists of eight different bones. There are fourteen bones of the face, besides thirty-two teeth. Then there are four very small bones in each ear, and one at the root of the tongue. Thus the whole head about the neck contains sixty-three. The neck has seven, but as these form the upper part of the spine, they are usually reckoned with those of the body.

Here let us stop to comment on the simple, yet effectual, contrivance for increasing the security of the brain. Had the cranium, or brain-case, been composed of one entire bone, instead of several, fractures would have followed almost every injury on its surface, and such fractures as do occasionally take place, would probably be of greater extent, and of corresponding danger.

The spine, back-bone, contains twenty-four pieces, called vertebræ; and between these and the lower extremity are four bones more. There are twenty-four ribs; that is, twelve on each side, and a breast-bone, or sternum, down the middle of the front. Thus, that which is commonly called the body contains fifty-three bones.

The upper extremity, including the hand, arm, clavicle or collar-bone, and scapula or shoulder-blade, consists of thirty-two pieces, or sixty-four on both sides. Each lower extremity includes thirty bones; and thus both together make sixty, beside the small sesamoid bones.

Now, if we add together these several numbers, we shall find that a complete skeleton contains no less than two hundred and forty bones! Who would suppose this, from a mere view of the human figure, either while standing, or with the limbs in motion? We now see that it has a great many joints within it, and of course a great many bones. At every part of the body where the bones meet, there is more or less of motion, (excepting at the junction of the several portions forming the head, face, teeth, and hips,) and these may all be moved nearly at the same instant. Thus there are in the human frame about a hundred and eighty joints.

We may, indeed, add to this number the small sesamoid bones, which are found in the thumbs and great toes of older persons, and somewhat resembling the knee-pan in shape, though very diminutive in size. Of these there are often two in each large joint of the great toe; and as many in the large joint of each thumb. Adding these, then, to the two hundred and forty, we shall have, for the whole number of bones in the human frame, two hundred and forty-eight.

(*To be continued.*)

ANTIPERIODIC OINTMENT.

This ointment is recommended in the *Journal de Chemie Medicale*, in cases of periodic fevers, when the fits of children are so frequent, that they will not allow of the preparations of quinine being administered internally, and when the constitution is not disposed to absorption. It is also employed in friction on the vertebral region for three days. It is composed of lard, ninety-five grains; sulphate of quinine, fifteen grains; sesquioxide of iron, twelve grains; pure opium, fifteen grains.

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TEMPERAMENTS.

THE different prevalent propensities in various individuals, the development of which appear to be under the influence of a certain and constitutional organisation, have received the name of *temperaments;* or, rather, this term applies to the peculiar organisation of the constitution, or idiosyncracy.

The ancients thought that there were four elements—air, earth, fire, and water, which entered into the composition of all bodies; and Hippocrates thought the fluids of animals consisted of four secondary elements composed of these; namely, blood, phlegm, yellow bile, and black bile. Bodies were named according as these compound elements predominated in their system—if blood, they were called sanguineous; if phlegm, phlegmatic; if yellow bile, choleric; and if black bile, atrabilious or melancholic. Now, though we do not adopt the notions of the ancients, we yet find it convenient to adopt the word *temperament*, and to follow their division with, however, some modifications. It must be admitted that the term is wanting in precision, but, like many others in common use among medical men, it embodies a useful generalisation.

By temperament, then, we would be understood to mean certain combinations or groups of peculiarities of mind and body, quite compatible with health, but rendering the possessor more liable to some diseases than to others, and imparting to each disease when present a peculiar character. Temperaments are born with us, but may be modified by circumstances. We chiefly judge of the temperament by external physical characters, not, however, disregarding the mental qualities. Medical men are not exactly agreed on the number or the names of these temperaments, and this, of course, greatly mars their practical utility; but the following varieties are pretty generally acknowledged, that is to say, the sanguine, the lymphatic, the bilious, and the nervous temperament.

THE SANGUINE TEMPERAMENT.

The sanguine temperament, derives its name from the predominant energy of the heart and arteries. It is characterised by moderate plumpness of person and firmness of flesh; the complexion is fair and ruddy; the skin soft and thin; the chest large and well formed; the hair is red, or of a light chestnut colour; the eyes blue; the countenance is animated; the movements quick; the passions excitable; and the mental qualities ardent, impetuous, and not unforgiving. A man of this temperament is of high hopes and buoyant spirits, daring and uncalculating; he will endeavour to surmount every difficulty; he often possesses the highest order of intellect, but seldom attains pre-eminence for want of steadiness; he is not so delicately sensitive as the man of a nervous temperament, nor so persevering as he of the bilious; fond of gratifying the senses, he is yet unwilling to exert himself.

In such persons disease, wherever it makes its onslaught, speedily assumes a highly inflammatory character, and goes through its stages rapidly; they are peculiarly liable to inflammations of the lungs and air-passages, to active aneurisms of the large vessels of the heart, and to spitting of blood and other forms of hæmorrhage. Active treatment, especially blood-letting, is generally required, and persons of this temperament readily recover from the loss of blood, low diet, and anti-phlogistic treatment, —(treatment directed to subdue inflammation).

THE LYMPHATIC TEMPERAMENT.

The lymphatic temperament, often called the phlegmatic, or leuco-phlegmatic, or watery temperament, is characterised by a softness, fulness, and roundness, of the system; the proportion of fluids being too considerable for that of the solids, hence the body attains a considerable and unwholesome bulk. The muscles are large but not strong, soft and flaccid, or flabby; the skin is fair and transparent; the hair fair, flaxen, or sandy; the eyes light blue, or bluish-grey; the lips thick and fleshy; the blood-vessels are small, the pulse weak and slow, and the whole circulation languid. The mental qualities are remarkable for slowness and indolence; the memory is treacherous, and there is great inability to fix the attention to one subject; the temper is not easily ruffled, the judgment is cool; the spirits are not high, nor, on the other hand are they easily depressed—they seldom "fly into raptures," and are not disposed to undertake any thing very arduous, yet by calmness and steadiness often effecting much.

Persons of the lymphatic temperament are generally good easy persons; pleasing indolence is their greatest enjoyment,—a night-cap preferable to a crown. They are susceptible of kindly feelings, but they are of a transient nature; their mind is generally depressed by effeminacy, and their love is purely animal. They are not courageous, yet they show great tranquillity of mind in moments of danger, and would rather quietly sink than struggle with the waves; if their dwelling was on fire, they would calmly walk out of the house, but not exert themselves to put out the conflagration.

The diseases peculiar to this temperament are not of a highly inflammatory nature, but rather of a chronic character; persons thus constituted are prone to congestions and to dropsical effusions. Scrofula and consumption is frequently inherent in them; they are liable to passive aneurism of the heart, some nervous diseases, and, in women especially, to hysteria, and to indigestion, and flatulence. They will not bear the loss of much blood, and the blood drawn from them seems to have less fibrine than that abstracted from those of the sanguine temperament.

THE BILIOUS TEMPERAMENT.

In the bilious or choleric temperament the liver and biliary organs are redundant in their power, so much so that there appears to be, and probably is, an excess of bile in the system. The body is moderately fleshy, the muscles firm and well marked; the figure is bold, with strongly expressed outlines; the features are strongly marked, and the expression of the countenance decided. The skin is sallow, with a tendency to a yellow tinge—the whole complexion is dark; the hair is black, or dark brown, and abundant; the pulse is full, firm, and of moderate frequency; the veins are superficial and projecting; the chest is not largely developed, nevertheless they are not very liable to lung diseases, except when sympathetic with stomach disorders. In such persons the disposition is serious, grave, often melancholy and desponding; in some the temper is abrupt, impetuous and violent,—they are bold in the conception of a project, inflexible in its pursuit, persevering and dauntless in its execution; they have great stamina, and accomplish great objects by combined talents and industry. The possession of this temperament has urged men both to noble and to execrable deeds; as examples we may cite Alexander, Brutus, Mahomet, Cromwell, Charles the Twelfth, Robespierre, and Napoleon. These men were irascible, at times vindictive and cruel, and susceptible alike of mortal hate or ardent love.

The bilious are subject to sick headaches, to indigestion, to constipation, to cholera, and to "liver complaints." Their diseases are not so inflammatory as those occurring in persons of the sanguine temperament, but more so than those of the lymphatic temperament. They bear bleeding pretty well, not requiring it, however, so promptly and so decisively as the sanguineous; and in the treatment of disease purgatives, especially those

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containing some of the preparations of mercury are highly necessary.

Persons of a nervous temperament are distinguished by a small, spare face, delicate features, with thin upper lip, slender muscles, pallor of countenance, and feeble health. The muscular system is small, flabby, and wasted, but very energetic for a short effort, soon exhausting itself. The circulation is quick, but not powerful, varying from slight causes, and like all the other functions, very much influenced by mental emotions.

THE NERVOUS TEMPERAMENT.

This temperament is generally acquired, and proceeds from a sedentary life, too great an enjoyment of sensual pleasures, and fanciful ideas, brought on by romantic readings and romantic thoughts indulged in hours of idleness. There is always great nervous excitability; the whole nervous system, including the brain is active, the senses are acute, the thoughts quick, and the imagination lively. The mental characters are marked by refinement of feeling, and quickness of perception. Nervous persons are usually intellectual, but there is not so much vigour in their intellectual powers as in the sanguineous, nor so much perseverance as in the bilious. Most persons engaged in the learned professions acquire a portion of this temperament by their habits and occupations, in addition to that which they may originally have had. Women, especially when educated in boarding-schools, essentially belong to this class, and are subject to hysterical and convulsive affections that render them a plague to others and a nuisance to themselves.

The diseases peculiar to this temperament are those which are called nervous; namely, hysteria, chorea, spasmodic affections, neuralgia, &c. The head is often affected with headaches and other complaints. Depletion is not well borne by the nervous—it lowers the powers of life, and greatly increases the tendency to nervous diseases. Tonics, especially iron, antispasmodics, abundance of good bracing air, moderate exercise of mind and body, are the best means of restoring and preserving their health.

It seldom happens that we find any of these temperaments in a pure and genuine form, single and unmixed. They are generally met with blended in twos or threes in the same individual,—as the sanguineos-bilious, which makes a powerful character for good or evil,—nerveo-bilious, which renders the person rather unhappy, though intellectually eminent,—nerveo-lymphatic, which, in a female, renders her a great torment to her husband; and so on; or all the temperaments may be happily and equally blended together, as we occasionally see in the mixed, or equal temperament.

It is a curious circumstance that there is a constant instinctive effort in our race to mix these temperaments. Men generally prefer females who are of a different temperament to themselves, and, if not warped by other motives, will marry them. Friends and fortune, and other accidental circumstances, and even higher considerations often lead to marriages between persons of the same temperament, but feeling alone seldom does.

THE LEECH.

The medicinal leech is a native of many parts of Britain, but is now become very rare. It still is seen among the lakes of Westmoreland; but even, on the authority of Wordsworth's Leech-Gatherer, they are fast disappearing—

> "Once I could meet with them on every side,
> But they have dwindled long by slow decay;
> Yet still I persevere, and find them where I may."

WHAT THE MICROSCOPE DISCLOSES.

Each leaf of a tree has a colony of insects grazing upon it, like oxen in a meadow.

THE DISEASES OF ARTISANS.

BY THE EDITOR.

Diseases caused by Sedentary Occupations.

No. VIII.

(*Continued from page 202, Vol. II.*)

COUGH AND DIFFICULTY OF BREATHING.

As we have already, in former numbers,* and in our works "On Cough and Bronchitis," and "On Consumption," issued what we fear a too-partial critic (*The Sun*) has described as "the most common-sense account of diseases of the chest that has ever been published," we have deferred the consideration of some most important derangements of the health, occasioned by confinement in position, and inhaling an impure and irritating atmosphere, until the present time.

There are some employments that compel the artisan to be restricted to one position, and that the most injurious, for many hours, so that the boy thus engaged ultimately becomes a deformed man. As examples, we may mention engravers, watch-makers, desk-clerks,—law-stationers' clerks in especial,—students and literary men, whose chests are generally contracted, and shoulders elevated; so that the cavity of the thorax is contracted, the muscles of respiration are enfeebled, and the substance of the lungs possessed of a less power of action. In some instances the lungs have been found peculiarly small and shrivelled. Laennec says that they diminish in size only from the effects of external pressure, or in consequence of the growth of accidental productions within their substance, which may be considered as exerting a pressure within outwards.

When there is great difficulty of breathing, irritation of the bronchial tubes, and cough, which is dependent alone on a narrowed chest and deficient space for the full and healthy inflation of the lungs, what can the healing art do? It may perhaps occasionally palliate some of the distress to which the patient is irrevocably doomed, but it cannot go further. Perfect tranquillity of body and mind, gentle exercise, a light diet, with a total abstinence from flatulent vegetables and fermented liquors, and an undeviating habit of regular hours, comprise, perhaps, the whole that can be recommended by the physician or attempted by the patient. The cough, when greatly distressing, should be soothed by some simple "cough mixture;" and the exhaustion which the exertion and straining produces, cautiously overcome by an innocent stimulant, as a small quantity of weak sherry-and-water made slightly warm, or a few drops of sulphuric æther in water.

SOOTHING COUGH MIXTURES.

Take—Compound tincture of camphor, four drachms;
Ipecacuanha wine, two drachms;
Syrup of red poppies (rhœados), four drachms;
Dilute sulphuric acid, a drachm and a half;
Mucilage of gum arabic, one ounce;
Water, one ounce and a half. Mix.
Dose, a dessert-spoonful occasionally.

Or,

Take—Emulsion of sweet almonds, five ounces and a half;
Tincture of paregoric, four drachms. Mix.
Dose, a table-spoonful occasionally.

Impure air, or a deficient quantity of air, occasions the blood circulating in the system to become in an undue proportion more venous than is in unison with health and ease—that is, it is deficient in oxygen; hence the first sensible effects of inhaling an

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* Nos. 1 to 11—26 to 33—47 to 51.

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impure atmosphere are a sense of weight, tightness, or oppression at the chest, comprising those symptoms which are included in the phrase "difficulty in breathing," or dyspnœa. Of the same character is the dyspnœa arising from violent exercise, as running, which ceases as soon as the flow of venous blood to the lungs becomes moderated by rest, and the runner is enabled to breathe slowly and plentifully of air containing its proper proportion of oxygen.

The cough thus induced is generally unattended with great pain: it is frequently described by patients as a "hacking cough," caused, as they say, by a sense of tightness or dryness at the back part of the throat, and at the top of the windpipe: the expectoration varies greatly, and depends chiefly upon the state of the general health in the individual attacked. Of course, we are now speaking of the cases alone which occur independent of all other chest-disease, as consumption, bronchitis, or asthma. If there be, also, a disordered state of the stomach, amounting to indigestion, the expectoration is generally trifling, frothy, salt, and acrid. When the person is of a lax fibre, debilitated, and especially if he be of a lymphatic temperament, it is then more abundant, of greater consistence, and less irritating: the cough is not so frequent, but the difficulty in breathing is greater, inasmuch as the comparatively harmless character of the expectoration permits it to accumulate and block up the bronchial tubes, until their overloaded state compels the individual to make voluntary efforts to expel the contents. In the former case, of saline frothy expectoration, the cough is involuntary.

As simple yet efficacious "cough mixtures," for a cough attended with scanty and irritating expectoration, we would advise as follows:

Take—Trisnitrate of bismuth, half a drachm;
Ipecacuanha wine, three drachms;
Compound tincture of camphor, four drachms;
Tincture of squills, three drachms;
Cinnamon water, three ounces and a half. Mix.
Dose, a table-spoonful every four hours.

Or,

Take—Dilute hydrocyanic acid (of the London Pharmacopœia), thirty minims;
Tincture of squills, four drachms;
Emulsion of sweet almonds, five ounces and a half. Mix.
Dose, a dessert-spoonful occasionally.

When the cough is absent for some time, and when it does occur the expectoration is profuse, the following prescriptions may facilitate the discharge of the collected mucus, and prevent the "clogging up" of the bronchial vessels:—

Take—Extract of conium, a scruple;
Dilute nitric acid, a drachm;
Syrup of lemons, three drachms;
Water, an ounce and a half.—Mix.
Dose, two tea-spoonsful in water, occasionally.

Or,

Take—Syrup of squills, four drachms;
Syrup of white poppies, four drachms;
Ipecacuanha wine, three drachms;
Dilute sulphuric acid, one drachm.—Mix.
Dose, a tea-spoonful in water, three or four times a day.

Or,

Take—Compound tincture of camphor, four drachms;
Dilute sulphuric acid, one and a half drachms;
Tincture of squills, three drachms;
Syrup of red poppies, two drachms;
Mucilage of gum arabic, one ounce;
Water, sufficient to make a four-ounce mixture.
Dose, two tea-spoonsful, in water, every three or four hours.

The minute particles of dust floating in the air of work-rooms, is a constant source of irritation to the susceptible mucus lining of the bronchial tubes. When the lungs are peculiarly irritable, a troublesome cough will immediately ensue, even before any considerable quantity of buoyant particles can have entered into the bronchial tubes; when, however, they are less irritable, no cough demanding particular attention may show itself for years, and the lungs, from a habit of exposure to the same influence, betray no uneasiness.

There are unfortunately some occupations that compel the artificer to breathe an atmosphere loaded with dust or particles that are not only simply irritating, but absolutely deleterious—to such cause of disease are subjected glass-cutters, china manufacturers, workers upon metals, needle, edge-tool, and gun-barrel grinders, (the cough—the fatal cough—common to this class is recognised at Sheffield as the "grinders rot,") horn, and pearl workers, lapidaries, especially jet turners, and hewers of stone. Weavers, wool-carders and feather-dressers, millers and starch-makers, suffer in a less degree.

Various contrivances have been devised for straining off the floating particles from the air inhaled, and thus producing a preventive. Dr. Johnstone, long ago proposed a muzzle of damp crape for this purpose; Dr. Gosse, a sponge; and M. D'Arcet an apparatus which he calls a fourneau d'appel. For workers in steel or iron a peculiar kind of magnet that concentrates the metallic spiculæ, and thus prevents them floating loose in the inspired air, has been invented by Mr. Abrahams of Sheffield. At the period of their invention these muzzles, and sponges, and magnets were justly esteemed for their power to diminish the risk to which valuable lives were exposed; but we feel justified in saying that none can be placed in competition with the respirator recently introduced by Mr. Markwick, made of the impermeable piline, and sold by the name of Markwick's Respirator. Its utility we have proved in practice, and in our own family; its durability is great, and the price half-a-crown.

The doctrine of diseases of the lungs being produced by the inhalation of dust and other extraneous particulars, was, strange to say, considered by Laennec to be destitute of foundation. The dust, he observes, is quite dissimilar from the cretaceous formation occasionally met with in the lungs, which he regarded as the result of perverted secretion. It is not our wish to infer that tubercular consumption is an inevitable result of the habitual inhalation of dust of various kinds, but our daily experience tells us that it is capable of giving rise to disease equally severe, and equally fatal. Few leather-dressers, needle-grinders, miners, especially those working in the tin mines of Cornwall, are free from chronic bronchitis, and few attain the meridian of life.

(*To be continued.*)

LIFTING HEAVY PERSONS.

One of the most extraordinary pages in Sir David Brewster's letters on "Natural Magic," is an experiment in which a heavy man is raised with the greatest facility, when he is lifted up the instant that his own lungs and those of the persons about to raise him are inflated with air. Thus, the heaviest person in the party lies down upon two chairs, his legs being supported by one and his back by the other. Four persons, one at each leg and each shoulder, then try to raise him. The person to be raised gives two signals by clapping his hands. At the first signal he himself and the four lifters begin to draw a long full breath, and when the inhalation is completed, or the lungs filled, the second signal is given for raising the person from the chairs. To his surprise and that of his bearers, he rises with the greatest facility, as if he were no heavier than a feather!

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CAUSES OF DROWNING.

Dr. Arnot, in his popular Elements of Physics, states the following reasons why, in ordinary accidents, so many persons are drowned who might easily be saved:—

1st. Their believing that the body is heavier than water, and that continued exertion is necessary to keep them swimming; and hence their generally assuming the position of a swimmer, in which the face is downwards, and the whole head has to be kept out of water to allow of breathing. Now as a man cannot retain this position without continued exertion, he is soon exhausted, even if a swimmer; and if not, the unskilful attempt will scarcely secure for him even a few respirations. The body raised for a moment by exertion above the natural level, sinks as far below it when the exertion ceases; and the plunge, by appearing the commencement of a permanent sinking, terrifies the unpractised individual, and renders him an easier victim to his fate.

2nd. From a fear that water by entering the ears may drown, as if entered by the nose or mouth, a wasteful exertion of strength is made to prevent it; the truth being, however, that it can only fill the outer ear, or as far as the membrane of the drum, and is therefore of no consequence. Every diver and swimmer has his ears filled with water, and with impunity.

3rd. Persons unaccustomed to the water and in danger of being drowned, generally attempt, in their struggle to keep their hands above the surface, from feeling as if their hands were tied while held below; but this act is most hurtful, because any part of the body kept out of the water in addition to the face, which must be out, requires an effort to support it, which the individual is supposed at the time incompetent to afford.

4th. The not having reflected that when a log of wood or a human body is floating upright, with a small portion above the surface, in rough weather, as at sea, every wave in passing must cover the head for a little time, but will again leave it projecting in the interval. The practised swimmer chooses this interval for breathing.

5th Not knowing the importance of keeping the chest as full of air as possible, the doing which has nearly the same effect as tying a bladder of air to the neck, and without other effort will cause nearly the whole head to remain above the water. If the chest be once emptied, while from the face being under the water the person cannot inhale again, the body remains specifically heavier than water, and will sink.

FEVER CAUSED BY THE DECOMPOSITION OF GREEN WOOD.

Dr. Black, in the *Provincial Medical Journal*, states that in the year 1815, the ship of war, to which he was surgeon, took in a quantity of green wood at Demerara, for fire-wood. The ship was then healthy, but after being at sea for three weeks, and without being in any other port, fever, of a very violent congestive character, made its appearance among the men and officers, and the ship was ultimately obliged to run to Barbadoes, where forty men, and the doctor also, were carried to the hospital. The ship afterwards returned to her cruising ground, it being thought she would sooner get clear of the fever by being at sea than by lying in the harbour. The men's diet was also modified, as they had not been long from a cold climate; the fever, however, continued to make its ravages, and the ship was again obliged to return to port. The hold was then overhauled, and found to be very foul and fœtid from the green wood fermenting and decomposing. It was immediately cleared out, the men quartered on shore, and the ship fumigated and white-washed; after which the men returned on board, but no more cases occurred.

MEDICAL ANECDOTES.

No. II.

The accidental circumstances which frequently bring medical men into extensive practice, or that notoriety which may lead to it, are truly curious. It is well known that an eminent physician owes all his success to his having been on a particular occasion in a state of intoxication. Disappointed on his first arrival in London, he sought comfort in a neighbouring tavern, where the servant of the house at which he lodged went to fetch him one evening, after a heavy bout, to see a certain countess. The high-sounding title of this unexpected patient tended not a little to increase the excitement under which he laboured. He followed the servant as steadily as he could, and was ushered in silence into a noble mansion, where her ladyship's maid anxiously waited to conduct him most discreetly to her mistress's room; her agitation most probably preventing her from perceiving the doctor's state. He was introduced into a splendid bed-chamber, and staggered towards the bed in which the lady lay. He went through the routine practice of pulse-feeling, &c., and proceeded to the table to write a prescription, which, in all probability, would have been mechanically correct. But here his powers failed him. In vain he strove to trace the salutary characters, until, wearied in his endeavours, he cast down the pen, and, exclaiming, "Drunk, by G—!" he made his best way out of the house. Two days afterwards he was not a little surprised by receiving a letter from the lady, enclosing a cheque for £100, and promising him the patronage of her family and friends, if he would observe the strictest secrecy on the state he found her in. The fact simply was, that the countess had been indulging in brandy and water, and was in the very condition which the doctor had frankly applied to himself, but which her conscience told her he had detected in her.

A lady consulted an American physician about her child's precious health. Among other things she inquired if he *did* not think the *springs* would be useful. "Certainly, madam," replied the doctor, as he looked at the child; "I have not the least hesitation in recommending the springs—and the sooner you apply the remedy the better." "You really think it would be good for the dear little thing—don't you?" "Upon my word, it is the best remedy I know of." "What springs would you recommend, doctor?" "Any will do, madam, any will do, where you can get plenty of good soap and water."

Dr Beauford used to dine every week, on a particular day, at a tavern in Finch Lane. Apothecaries used to come and consult him, but no one was ever allowed to drink out of his bottle. Many whimsical anecdotes are recorded of this physician, who was desirous of passing himself off for a wit.—"Why do you not admire my daughter?" said a lady to the doctor, "Because," said he, "I am no judge of *painting*." "But, surely," rejoined the lady, not the least disconcerted by this rude reflection, "you never saw an angel that was *not* painted!"

Medical men are said to meet their end with composure, but few, we imagine, have taken leave of life as resignedly as the great William Hunter, brother to the still greater John Hunter. Turning to his friend Combe, in his latter moments, he observed, "If I had strength enough to hold a pen, I would write how easy and pleasant a thing it is to die."—His death took place on the 30th of March, 1783.

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HINTS FOR HEALTH.

STAYS.

As an article of dress, stays have been so long in use, that much expectation cannot be entertained that any thing which can now be said will have the effect of inducing any mother to forbid the use of them for her children, or that she will herself discard them. When manufactured so as perfectly to be adapted to the shape of the body, and to possess elasticity, in addition to being loosely laced, they certainly are of service in giving support to the trunk; but when, as is almost invariably the case, they are ill made and tightly laced, they produce the effect of distorting the chest, lessening the capacity for the lungs to act, and, by unequal pressure, preventing the natural action of the respiratory muscles.

BOOTS AND SHOES,

If made too tight, or of thick, hard leather, are highly to be reprobated; their effects are obvious. They render the bones of the feet immoveable. Whoever looks at the foot of an infant, and remarks how beautifully the bones of the toes and foot are moved; whoever considers how savages, who never wear shoes, climb up precipices; and how, even in this country, persons born without hands have made use of their feet in performing many delicate operations, will wonder how ingeniously we take from ourselves what might be so extremely useful, and what we can never again restore.

The pernicious effects of tight coverings to the feet are bunions, corns, lameness, and the formation of abscesses in the groin, from irritation, besides very frequently dislocations of the various toes.

Avoid walking in thin shoes, and if lightness is the object for so doing, a thin slip of cork, or even brown paper, placed inside the shoe or boot, will be found to be of considerable service.

MILK.

Having now for some years paid considerable attention to this subject I am satisfied that the public can be properly supplied with the article in question in a pure and wholesome state, from thoroughly healthy cows, from the country districts (without the necessity of one animal being kept in London), at a price that would most fully and adequately pay the dairyman, without the slightest admixture of water or other articles; indeed, from the calculations which I have made, the public can be supplied with genuine milk at a cheaper rate than at present. Though nominally paying 4*d.* per quart, they are literally paying 6*d.* and 8*d.*, according to the quantity of water or skim-milk, &c., which they add to that which they call new milk; that is 4*d.* for the pint of milk, and the water, &c. is very kindly thrown in as a gratuity. Why should those hydra-headed scourges, consumption and scrofula, be implanted in the human frame through the means of the present London milk, when it could by a properly constituted and well-digested plan be remedied? And it behoves the medical profession generally to pay every attention to the quality of the milk, and the means by which it is manufactured.—*Rugg.*

THE NURSERY.

Cool fresh air should be allowed to pass freely through a nursery several times in the day, and of course, if the currents of air from the windows and doors are strong, the children should not remain in the room: this mode of ventilating and regulating a nursery must not, however, supersede the free and full influence of air out of doors. From the earliest age, children should be taken into the open air, as much as situation and circumstances will permit, not only when they can walk, but whilst in arms, and even at the breast.

ADVERTISEMENTS.

RESPIRATORS 2s 6d. EACH.—MARKWICK'S PATENT RESPIRATORS afford every possible benefit in affections of the Lungs and Throat, and being free from the objections to the Metallic instruments, can be worn without danger or inconvenience. MARKWICK'S PATENT CHEST PROTECTORS are worn and recommended by Medical men as the best preservatives against Colds and Coughs. To Pulmonary Invalids they are indispensable. POULTICES.—The most effectual and economical poultice is MARKWICK'S SPONGIO PILINE; those who have tried it will use nothing else. For Rheumatism, Lumbago, &c., the Impermeable Piline is a never-failing remedy, made up for every part of the body; also into Shoe Socks, which entirely prevent cold and damp feet; and Winter Gloves, decidedly the greatest comfort known. Sold by Chemists and Hosiers. Wholesale of the Epithem Company.

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TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

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Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear with an early number.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

F. A. (Tailor, Liverpool) will find his inquiry answered in the article on THE DISEASES OF ARTISANS in the present number.

EUDIGA (Dover).—See the next article on the DISEASES OF WOMEN AND CHILDREN.

DELTA (Carlisle).—We will willingly direct our publisher, Mr. Vickers, —who has the largest publishing trade in the three kingdoms,—to forward the journal to your address, but cannot undertake to do so ourselves.

WILLIAM (King's Road, Chelsea).—Cheese has the character of being unwholesome, but to a man in good health a moderate quantity may not be hurtful. Look at some of our "bold peasantry," who daily make three meals of most indigestible-*looking* cheese! The proverb says: "Cheese is a peevish elf; it digests all but itself." If it disagrees with you, don't eat it. If you relish it and discover no ill effects, eat it.

M. T. (Vauxhall).—"Stone in the bladder" will be considered in the Journal, but at the present time we cannot say "when."—To your second question, "Is this the last volume?" you, and seven or eight thousand subscribers like you, can best answer the question.

NORWOODENSIS.—'Tis an awkward affair to recommend savings-banks now-a-days We do not profess to know how to preserve or to accumulate money: we will cheerfully tell you how to preserve health. Write to our able and honest contemporary *The Dispatch*.

HARRIET (Camden Town).—The "discharge" (ugly word it is) may originate from most innocent causes. Call in Lloyd Square: we will endeavour to remove your anxiety,

WALTER OSBORNE (Hull).—Your case is one that cannot be noticed in the Journal, and not, under any circumstances, gratuitously. You should have thought of the consequences in the hour of your folly.

A POOR MAN.—You only do us justice. Although we do not profess to give advice *gratuitously*, we have never yet withheld our services to really deserving invalids. We have made it our practice during the last eleven years to "accommodate our fee to the circumstances of the patient."

D. (Pickering).—Mr. Craigie, Finsbury Square, is one of the most scientific and respectable dentists in London. A dentist whom we formerly recommended has much displeased us in a case we committed to his especial care.

A SERVANT-GIRL (Tottenham Court Road).—Do not let it be a question between you and your mistress who pays for your "doctoring." If you think we can "do you good," call in Lloyd Square, and we will endeavour to fulfil your anticipation. You need not put a half-penny in your pocket. A poor girl receiving six or eight pounds a year cannot spare much for physicians' fees. The Editor of this Journal will always render his best services to persons of this class cheerfully and gratuitously.

THOMAS FRANKS.—You can procure one of Markwick's respirators of any chemist; or apply direct to the office of the company, in King William Street, City.

A GREAT INVALID.—The prescription signed P. M. L. that you have forwarded to us is a most excellent combination of remedies, and, like all the prescriptions of that eminent physician, is chemically correct and classically expressed. The name of the chemist to whom you entrusted it for preparation is sufficient to account for its failure and your distress. Take it to Corbyn's or Jacob Bell's.

J. H. D. B. (Birmingham).—We only answer such communications privately.

A SURGEON-DENTIST (Southampton Row).—Mr. Robinson's small pamphlet "On Chloroform," and Dr. Snow's recent communications to *The Lancet*.

ALFRED (Scarborough).—Take three grains of the extract of hemlock, and two grains of camphor, made into one or two pills, every night. Sleep on a hard bed. Use cold-water ablutions daily. Be virtuous.

HORACE DIGBY.—During the last seven months we have directed the pills suggested by you, to be taken in many cases of nervous debility and general irritability of the system. By experience we are convinced of their utility, and think you will be perfectly justified in offering them to the public. The drugs of which they are composed are certainly the best remedial agents we possess in such cases, and the proportions in which you advise them appear to us to be correct and well adapted for general use.

A. B. (Foster Lane).—We shall never introduce *politics* into the columns of the PEOPLE'S MEDICAL JOURNAL. The two great movements to which you refer—the repeal of that sinful tax, the *window-duty*, and the repeal of the *tax on paper*—are, however, not to be considered mere questions of party-politics: they are moral and sanitary questions. Cheerfully, with head, heart, and purse, will we labour with all who are endeavouring to obtain "Heaven's first-born" (light), and the circulating medium of mind and thought (paper), free of "duty." Tax dirt and smoke, and beards and moustachios; tax casinos, quacks, Jew-dentists, *she* "know-thyself" adventurers, and brothels, —but let us have light as free as He who said "Let there be light" willed that we should have it.

RICHARD ROSS (Bath).—We should imagine that some respectable grocer or chemist in your city sold, or could procure for you, "Nevill's flour of lentils:" if not, write to Messrs. Nevill. It is an excellent preparation, and worthy of some trouble to procure it.

S. H.—Your letter has not changed our opinion; in fact, it has confirmed it. Not any strictly honourable professional man would boast of having "cured" cases considered incurable by other medical men, and those men such ornaments to their profession and honour to their country as Sir James Clark and Dr. Addison. Have you heard of the Teevan affair? Ask your friend to tell you the history of the myth, and perhaps your estimation of him will then be level with our own.

ENQUIRER (Kingsland).—It has taken place under such circumstances. Several cases are recorded in which the obstruction remained patent up to the period of birth.

W. WILMOT.—The child should be vaccinated, and re-vaccinated, until evidence of its having "taken" be given in the appearance of pustules.

JOHN JONES.—We have no recollection of you or your case. We find the name "John Jones" occurs at least twenty times in our case-book of last year. Pray, sir, which John Jones are you?

CYRENIUS (Ashton).—Not any ill effects can arise from stopping teeth with gutta percha, but we do not consider it the most appropriate material for such a purpose. We do not know any means of rendering it white.

S. E. (Merthyr Tydfil).—From sixty to sixty-four degrees of Fahrenheit. We are unable to answer your second question.

THE TEETH (Manchester).—The state of your mouth and teeth depends on the state of your stomach. Read the Editor's small work ON INDIGESTION.

HEYWOOD (Leeds).—Rupture cannot be cured by the means adopted by the notorious advertising quacks. The man you mention belongs to that class.

ROBERT KIRKALDY (Gateshead).—"A fish diet" will never satisfy a working man; nevertheless a large number of the working people of London consume immense quantities. "The flesh of fish," says Pareira, "is less satisfying than the flesh of either quadrupeds or birds. As it contains a larger proportion of water (about eighty per cent), it is obviously less nourishing."

N. O. C. W. (Camberwell).—We have no knowledge of the person or persons who now conduct the dispensing establishment you inquire about. We therefore decline recommending you to take your prescription there.

A POOR CLERK (Edinburgh) can only be replied to by private letter.

HEALTH OF LONDON.—The return for the week ending last Saturday shows that 1196 deaths were registered in the metropolitan districts: in the first three weeks in December they were 1004, 1090, and 1166. This increase is considerable, and must be attributed in part to the character of the weather, which has been unfavourable to the public health. The following comparative statement of deaths at particular ages shows that while the mortality of the young was not greater than usual in the last week, there was an excess above the average among persons of middle age.

	Last week.	Average of ten weeks.
From birth to 15 years	512	514
From 15 years to 60	423	378
At 60 and upwards	232	260

Amongst children, hooping-cough, small-pox, and diarrhœa are on the increase.

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THE
PEOPLE'S MEDICAL JOURNAL,
AND
FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 55.—Vol. III.] SATURDAY, JANUARY 18, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. III.—THE CAVITIES OF THE TRUNK, AND THEIR CONTENTS.

The large majority of maladies that afflict humanity having their origin in a diseased or changed condition of one or other of the internal organs, or from the irregular performance of their functions, we have deemed it expedient to give some description of the situation and structure of the viscera before we describe the ligaments by which the bones of the skeleton are held together, the muscles by which it is moved, the nerves which direct the movements, and the blood-vessels by which it is nourished.

The trunk is divided into three great cavities: the thorax, or chest; the abdomen, or belly; and the pelvis, or basin

THE THORAX OR CHEST

Is bounded superiorly by the clavicle (*A, fig.* 1) and the first rib; the walls or sides are formed by the ribs (D. fig. 1), which extend like so many arches from the spine, which bounds it at the back, to the sternum or breast-bone (B. fig. 1), which assists to form the front boundary: the spaces between the ribs are filled up by muscles, which are called the intercostal muscles: the inferior boundary of the chest is the diaphragm (B. fig. 3), or midriff, as it is sometimes called, which is the muscular partition between the chest and the abdomen. The inner surface of the chest is lined throughout its whole extent by a serous membrane, exceedingly thin and delicate, but still firm, called the pleura, one portion of which forms the investing tunic of the lungs, called the *pleura pulmonalis*, or pleura of the lungs, while the other is attached to the inner surface of the ribs, the upper surface of the diaphragm, the mediastinum, and the intercostal muscles. The thorax contains within it the lungs and their air-tube; the heart, with its great blood-vessels; and the œsophagus, or tube passing from the mouth to the stomach.

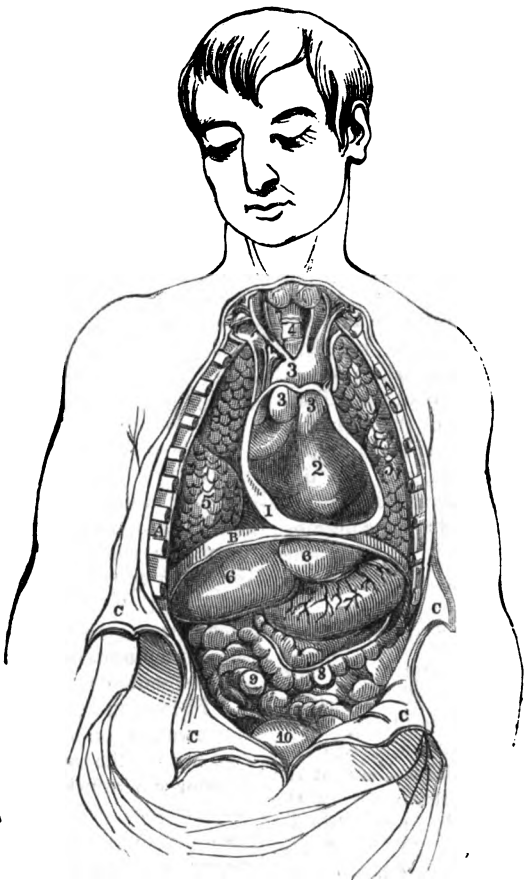

FIGURE 3.

A The cut edges of the Ribs, and the divided Intercostal Muscles, forming the lateral boundaries of the cavity of the Chest.
B The Diaphragm, forming the inferior boundary of the chest, and the division between the chest and the abdomen.
C The cut edges of the Abdominal Muscles, turned aside so as to expose the cavity of the abdomen.
1 The cut edge of the Pericardium, or fibro-serous membrane, containing within it the heart; this is turned aside so as to show
2 The Heart.
3 The great Blood-vessels in immediate connexion with the heart.
4 The Trachea, or windpipe.
5 The Lungs.
6 The Liver.
7 The Stomach.
8 The Large Intestines.
9 The Small Intestines.
10 The Urinary Bladder.

The Lungs (5, fig. 3) are divided into the right lung and the left lung; they are soft, spongy bodies, occupying nearly the whole of the chest, and are separated from each other by a fold of the pleura, called the mediastinum; they are moulded, as it were, to the form of the interior of the thorax,—hence their shape is conical, the base resting upon the diaphragm. Each lung is divided into divisions, called lobes, of which there are three in the right lung, and two in the left. The lungs are attached to the neck by the trachea, or windpipe, the continuation of which forms the bronchus (which afterwards divides into the bronchial tubes), to the spinal column by the pleura, and to the heart by the pulmonary blood-vessels: their remaining portion is free and unattached.

The Heart (2, fig. 3) is a hollow muscle; it is enclosed in a membranous bag, called the pericardium (1, fig. 3); its form is conical, and it is placed in the chest, under the cartilages of the ribs and breast-bone; the base, which is much the broadest part, and in which are the great apertures, is turned obliquely upwards and backwards, almost facing the spine, while the point or narrow end projects forwards and towards the left side, directly opposite to the interval between the fifth and sixth ribs. The heart contains four cavities, which are termed its auricles and ventricles. An auricle and a ventricle are placed to the right, and to the left the same disposition is observed. On each side the auricle communicates with the corresponding ventricle. In the right cavities there is found black blood, which has been received from all parts of the body, and which must be sub-

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mitted incessantly to the action of the air in the lungs; in the left cavities we find red blood, which has been received from the lungs, and has already undergone a certain change from the atmosphere, for the purpose of again circulating through the whole body. The great blood-vessels proceeding from and entering the heart (3, fig. 3) are, the aorta; the pulmonary artery, the pulmonary vein; the two venæ cavæ; and the artery of the heart itself,—the coronary artery.

The DIAPHRAGM (B, fig. 3) is a circular muscle placed transversely across the trunk, nearly at its centre; its form is nearly circular; it is fleshy at its circumference, tendinous in the middle. The upper surface is connected with the pericardium, the mediastinum, and the pleura; it supports the heart and the base of the lungs. The lower surface at its back part is in contact with the kidneys, the pancreas, and the duodenum; on the right side with the liver; on the left with the spleen and stomach; and in its whole extent it is covered with peritoneum. It is perforated by several apertures, for the transmission of tubes and vessels, which pass between the chest and abdomen. A separate opening is formed to afford an exit from the thorax of the aorta—the largest artery, and the common source of all others—and an entrance into the thorax of the thoracic duct—the tube that bears the digested aliment to the heart. A little to the left of the former, there is another aperture, through which passes the œsophagus, or gullet—the tube that conveys the food from the mouth to the stomach; and, on the right side, in the tendinous portion of the diaphragm, very carefully constructed, is a third aperture for the passage of the vena cava —the great vessel that returns the blood to the heart from the lower parts of the body.

The diaphragm performs a most important office in the phenomena of respiration: every time we draw in our breath, it contracts, and changing its vaulted form to that of a plane, it enlarges the capacity of the chest so as to admit of the dilatation of the lungs; it may therefore be called the principal muscle of inspiration. On the other hand, when it relaxes, the abdominal muscles press their viscera upwards, and the diaphragm ascends in the thorax and compresses the lungs, and thus contributes to exspiration. It also acts in coughing, vomiting, laughing, and speaking, and assists in various other functions, as in the expulsion of the contents of the uterus, bladder, and intestines.

THE ABDOMEN

Extends from the inferior surface of the diaphragm to the inner surface of the expanded ilium (L, fig. 1), termed the brim of the pelvis, which form a part of the lateral boundary of the abdomen, and mark the point at which the abdomen is supposed to terminate and the pelvis to commence. Behind and at the sides the walls of the abdomen are completed partly by the lumbar portion of the spinal column, and partly by the lumbar muscles, and before by the abdominal muscles. The inner surface of the walls of the abdomen is lined throughout by a serous membrane, termed the peritoneum—popularly known as the *caul*—which is reflected upon the organs contained in the cavity, and is continued over them so as to form their external coat. The peritoneum also descends between the several organs, connecting them together, and holding them firmly in their situation; and it likewise forms numerous folds, in which are imbedded the vessels and nerves that supply the organs. It secretes a serous fluid, by which its own surface and that of the organs it covers is rendered moist, polished, and glistening, and by means of which the organs glide smoothly over it, and over one another in the various movements of the body, and are in constant contact without growing together. In structure, distribution, and function the peritoneum is thus perfectly analogous to the pleura.

The contents of the abdomen consist of the organs which belong to the apparatus of digestion, and of those which belong to the apparatus of excretion.

The organs which belong to the apparatus of digestion are —the stomach (7, fig. 3); the small intestines (9, fig. 3), which are divided into the duodenum, the jejunum, and the ilium; and their office is partly to carry on the digestion of the food commenced in the stomach, and partly to afford an extended surface for the absorption of the nutriment as it is prepared from the aliment.—The pancreas, which in cattle is called the *sweetbread*, is a conglomerate gland situated transversely in the abdomen, behind the stomach; it secretes a peculiar fluid, called the pancreatic juice, which in its chemical properties is supposed to resemble the saliva, and mingles with the bile, and with it is poured out into the duodenum.—The liver (6, fig. 3); and the spleen. The three last organs truly belong to the apparatus of digestion, and their office is to co-operate with the stomach and the small intestines in the conversion of the food into nutriment.

The organs which belong to the apparatus of excretion are the large intestines (8, fig. 3), consisting of the cœcum, the colon, and the rectum; their office is to carry out of the system that refuse portion of the alimentary mass which is not converted into nourishment;—and the kidneys, which are the organs that separate in the form of urine an excrementitious matter from the blood, in order that it may be conveyed out of the system. The kidneys are glandular bodies situated in the loins, on each side of the vertebral column, opposite to the two last dorsal and the two first lumbar vertebræ (E, fig. 1). The right kidney is placed at the under and back part of the large lobe of the liver, and is usually a little lower than the left kidney; the latter is placed under the back part of the spleen, and behind the left portions of the stomach, pancreas, and colon.

THE PELVIS.

The cavity of the pelvis is formed by the ossa innominata, the sacrum, and os coccygis, (see fig. 2,) and the muscles and ligaments which sustain and protect the pelvic organs, leaving only just space enough for the passage to and from those which have their opening on the external surface. It is lined, and the organs contained within it are covered by a continuation of the same membrane—the peritoneum—that invests the abdomen and its contents.

The organs contained in the pelvis are, the rectum, which is the termination of the large intestines; the urinary bladder (10, fig. 3), the superior part of which is in contact with the inferior convolutions of the small intestines (9, fig. 3), and the inferior part, or fundus, in the male, is connected by cellular tissue to the vesiculæ seminales, and the end of the vasa deferentia (important parts of the organ of generation). That portion of the bladder which is between the two vesiculæ rests upon the rectum. In the female the bladder is connected with the levator ani—the muscle which draws up the rectum after its contents have been expelled—and the vagina. The pelvis of the female also contains the uterus, or womb, which is situated in the middle, between the bladder and rectum, above the vagina, and beneath the inferior convolutions of the small intestines.

We have given a brief outline of the viscera of the trunk: we purpose to describe each organ, and the physiology of its function, separately and minutely. In our next we shall illustrate and describe the anatomy of the lungs, and the physiology of respiration.

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FEVERS.

BY THE EDITOR.

No. II.

SYNOCHA—INFLAMMATORY FEVER.

The specific characteristics of inflammatory fevers are; first, a severe rigor, or shivering fit, which is soon followed by a steady and great increase of heat; the pulse is strong, large, and frequent; the urine is high-coloured and deposits a red sediment; the mind, and the faculties of the mind, are not greatly disturbed; in simple cases there is little diminution of the muscular powers, and the attack generally terminates in a healthy, restoring perspiration.

There is great misconception abroad as to what fever, especially inflammatory fever, really is: Dr. Fordyce in terse, but truthful language thus describes it, and we adopt his description. He says, "A fever is a disease that affects the whole system; it affects the head, the trunk of the body, and the extremities; it affects the circulation, the absorption, and the nervous system; it affects the skin, the muscular fibres, and the membranes; it affects the body, and affects likewise the mind. It is, therefore, a disease of the whole system, in every kind of sense. It does not, however, affect the various parts of the system uniformly and equally; but, on the contrary, sometimes one part is much affected in proportion to the affection of another part."

The SYMPTOMS are generally ushered in by languor and inaptitude for exertion, with a disrelish for food, nausea, and vomiting, which will continue for a day or two; or the patient may be suddenly overcome with lassitude and anxiety, which is succeeded, after a variable interval, by headache, pain in the back and loins, and soreness over every part of the body. There is then a feeling of chilliness, or a sharp fit of shivering, which is succeeded by a violent and continued heat, and dryness and redness of the surface, with flushing of the countenance, a suffused redness of the eyes, pulsation, or throbbing of the temporal and carotid arteries; the eyes are unable to bear the light without much distress, and the ears are equally intolerant of sound or noise. The bowels are usually constipated; the tongue is covered with a white fur; the thirst is excessive; the urine scanty and high-coloured and deposits a red sediment. When the attack of fever is mild the pulse is only hard; when more violent, it is at the same time full, strong, and frequent: it should be borne in mind that the pulse in this type of fever is always *hard*.

Towards evening all the symptoms are greatly aggravated; the patient becomes irritable and restless; the headache increases; the skin burns, and the pulse increases in rapidity.

In favourable cases the disease sometimes terminates abruptly with a "critical" sweat, or diarrhœa, on the fourth or fifth day; but more usually it increases in violence, though with occasional intervals of ease and improvement for a week longer; during which time the pulse may rise to a hundred, or a hundred and ten strokes in a minute, but nevertheless it continues regular: at the end of this period, after some free and alleviating perspiration, the nausea will subside, the patient will be able to take and retain whatever simple nutriment or medicine may be offered to him; the thirst will be less violent, but the tongue will continue deeply furred and the lips parched for many days. The pulse soon sinks to eighty; the patient approaches convalescence and his chief symptom is now only weakness.

In unfavourable cases there is intense pain in the head, with violent raving delirium; the breathing is extremely laborious; the pulse increases in hardness, strength, and rapidity, and other symptoms set in that prove that some internal organ is seriously affected: then the complaint ceases to be simply inflammatory fever, but becomes, according to the organ that is implicated, inflammation of the brain, of the lungs, of the liver, or other viscera. In such cases hiccup, picking the bed-clothes, twitchings or startings of the tendons, and involuntary evacuations, must always be considered alarming symptoms.

In some severe attacks, occurring in persons of unhealthy, irritable, or debilitated constitutions, the fever speedily assumes a typhoid character.

The CAUSES. Inflammatory fever occurs more frequently in persons of a full, gross, plethoric habit of body, possessing a strong muscular system, and a heretofore good and sound constitution; therefore to such any sudden alteration of temperature, as the application of cold when the body is heated; mental emotion, especially violent passion; and undue muscular exertion, will always prove exciting causes. Intemperance, either in intoxicating drinks, or stimulating food; excesses and irregularities of all kinds, constantly entail repeated and serious attacks on the debauchee. Amongst other causes may be named the sudden suppression of any accustomed evacuation, as menstruation, bleeding from the nose, diarrhœa, or even the healing of some ulcers or sores that previously yielded a copious discharge.

The TREATMENT. "Fever" says a once celebrated physician, who has since degenerated to an "Okey" Mesmerist,—"fever is not to be treated because it is *fever*, but according to the circumstances of each particular case. Should you have twenty cases, you will find them more or less different from each other, and requiring more or less difference of treatment, according to the urgency of the symptoms."

The first indication is to lower the excessive action by rest and quiet; the patient should be restricted to his chamber, if not to his bed; the room should be darkened, thoroughly ventilated, and all useless furniture or drapery removed; all noise and every thing that will tend to disturb, irritate, or create watchfulness, should be prohibited. The bowels should be freely opened by some general acting purgative, as—

Take—Calomel, three grains;
Compound extract of colocynth, four grains;
Compound rhubarb pill, four grains.—Mix, and divide into three pills, to be taken directly; and, followed in three hours by a draught, as—

Take—Tartrate of potash, two scruples;
Infusion of senna, an ounce and a half. Mix.

We must endeavour to diminish the quantity of the blood circulating in the system, and the force by which it is propelled. In persons of a very full and plethoric habit a copious and rapid evacuation of blood may be required, and it may even be necessary to follow this up with smaller bleedings, if the strength and hardness of the pulse continue, and the more urgent symptoms are not subdued. We always order blood-letting with much caution, we could almost add, with much reluctance; the amount of evil perpetrated by the lancet few can estimate, and, happily for those who now live, the fatality of the Sangrado practice in the last generation has caused that dangerous instrument to be comparatively laid aside. The rule with regard to bleeding from the arm in this and all cases is, that we should be guided by the effect produced, and not by the quantity of blood abstracted; therefore, we can never prescribe the exact amount to be withdrawn; yet how frequently in the prescriptions of "old practitioners" do we find V. S. ad uncias xvi—which means "open a vein, and let sixteen ounces of blood flow." Now, how can the dear old gentleman who prescribed this quantity know what effect the loss of a pint of blood may have on his patient? and yet the obedient operating apothecary will fulfil the bond, and

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draw off the said sixteen ounces! One person will faint on the removal of six ounces, and another will bear the loss of thirty, aye of forty, with comparative impunity. Whenever bloodletting is required, the patient should always be placed in the sitting or erect posture, a free orifice should be made in the vein, and the blood should be allowed to flow till a feeling of faintness and sickness comes on.

The depression thus made on the system should be continued by the frequent exhibition of some lowering fever medicines in which antimony is a chief constituent, as,—

Take—Tartrate of antimony, four grains;
Solution of the acetate of ammonia, one ounce;
Simple syrup, two drachms;
Cinnamon water, three ounces;
Distilled water, sufficient to make a six-ounce mixture.
Dose, a sixth part every two or three hours.

Or,

Take—Tartrate of antimony, six grains;
Sugar, a drachm.
Mix accurately, and divide into twelve powders. Dose, one every three hours, conjointly with the "Fever Mixture," prescribed in No. 53 for simple fever.

A continued action should be kept up in the bowels, so as to produce frequent and proper evacuations; and for this purpose the saline purgatives are the most appropriate. The patient will have little inclination for food, and not any of a solid nature should be allowed: barley-water, made acid with recent lemon-juice, tamarind-tea, lemonade, and other cooling drinks, should form the only sustenance whilst the fever is "raging."

If the head be greatly affected, vinegar and water, cold lotions, or ice should be applied; or it may be advisable to apply leeches to the temples. Blisters are rarely proper.

The great points to be attended to in the treatment of inflammatory fever are, first; free ventilation; second, perfect cleanliness, plenty of washing, plenty of clean linen. If we have fresh air and fresh water, the case may go on well; wanting these, it will soon run into a contagious, typhoid disease. All foul smells should be neutralised by some of the disinfecting agents, as the chloride of lime, sprinkled on the bed or floor, or placed in saucers in the room. The body of the patient should be frequently and freely sponged with tepid vinegar and water, and afterwards tenderly dried with soft napkins. Some physicians are earnest advocates for cold ablutions; one who always runs into the heroic mode of treatment says: "Should the temperature be steadily above 98°, as ascertained by a thermometer placed under the tongue or in the arm-pit, and should there be no pulmonic affection, or general profuse sweating, and the patient does not say he is chilly, you may take him from the bed, and pour a pail of cold water over him. After this cold effusion, the patient must be dried and placed in bed; and as soon as he grows hot again, the same plan may be resorted to. This makes him exceedingly comfortable, frequently induces perspiration and sends the patient to sleep, and occasionally it stops the fever."

When inflammatory fever becomes settled in one or other organ, and induces brain fever, bilious fever, &c., the disease must then be treated as an original affection, and the remedies and management appropriate to each adopted. If it assume the typhoid character, it must be treated by the remedies appropriate to typhus, to which we shall refer in a future number.

The convalescence of patients recovering from fever should be carefully watched; the intention should be to give strength to the returning powers, without over-exciting the yet debilitated and irritated organisation. In diet, as in exercise, the patient should be taught to creep before he is allowed to run.

(*To be continued.*)

TARTAR OF THE TEETH.

The teeth are always subject to be covered over with layers of an earthy material, secreted as a constituent part of the saliva, and denominated tartar.

Simple as this substance seems to be, no very clear explanation either of its origin or character has hitherto been given. According to Professor Berzelius, tartar, when it first settles on the teeth, is mere hardened mucus: "but during the destruction of the mucus," say he, "we insensibly trace phosphate of lime on the enamel of the tooth, which is sometimes increased to a crust of the thickness of from a fourth to the half of a line: and in this state it contains besides the phosphate, about a fifth part of its weight of mucus which has been exsiccated in the earthly mass."

Tartar of the teeth, therefore, as far as it has been analysed, consists of concrete or dried saliva, hardened by its own earthy materials. As it flows from the salivary ducts, it is always found most accumulated around those teeth which are situated nearest to their openings. In some persons the saliva is more loaded with earthy materials than in others; for, while some have very little trouble in keeping their teeth free from this deposit, in others it forms so copiously, that nothing, but an unremitted attention will preserve their teeth from being covered with it.

While this material continues soft, it has a yellowish appearance; but as it hardens, it changes to a dark brown or a black; and often, in children, to a dark green. By degrees the teeth lose all their beauty to the eye, the gums are detached from their respective necks, are irritated and inflamed; the alveolar processes of the teeth are exposed, absorption takes place, and the teeth become loosened; while the breath is loaded with a disagreeable fetor, from the decomposition of such a mass of animal matter. In some cases, the accumulation has been so enormous, as to be half an inch in thickness both on the outside and inside of the teeth, or to cover the whole range of teeth, and unite them into a solid heap.

It is almost superfluous to point out the necessity of attention to prevent so foul a disfigurement. The daily use of a tooth-brush with any of the ordinary tooth-powders will in most cases be sufficient for this purpose. The basis of these powders is of little importance, provided they contain nothing that may injure the enamel. Pulverized fish-shells, cuttle-fish-bone, boles, bark, myrrh, mastic, soot, and charcoal, may be used with equal advantage, according to the fancy; and when an odour is wished for, it may be obtained from ambergris or orris-root. It is only necessary to observe, that the powder be innocent in its quality and impalpable in its reduction.

If the tartar yield not to these means, the milder acids may be applied. It has been observed, that there are but four known acids for which the lime of the teeth has a stronger attraction than for the phosphoric with which it is combined; and these four are, the oxalic, sulphuric, tartaric, and succinic. From these, therefore, we ought sedulously to abstain; but most of the rest may be used very harmlessly, and will often be found, by the friction of a tooth-brush, to dissolve the tartar of the teeth without making the least impression upon their substance.

But if the deposit still bid defiance to our exertions, it must be removed by the operation of scaling; and the gums afterwards be washed with some pleasant astringent lotion.

In India the accumulation of tartar is prevented by an application named *miscee*, which produces indeed a black jet upon the teeth, but leaves the enamel untouched, while it destroys the tartar and hardens the gums. Its ingredients are not known.

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A MEDICAL STUDENT.

Imagine a young man, possibly with an outward appearance of even boyish youth—give him powers and habits both of intense study and extreme dissipation, manners displaying at once the refinement that education must always produce, and the coarseness of what I fear I must call libertinism; the look of conscious knowledge beyond others, as much of the recondite truths of science as of all the tricks and dodges of the town, an air of pride, likewise, and perhaps of poverty: clothe him in a pea-jacket, a rusty black stock, with no shirt visible, and trousers strapped down over his shoes. Then add a big stick, and you will possess a tolerably correct notion of a medical student.

He studies, probably, at a school several hundred miles from his home. He is young, and his own master; at once, and for the first time, thrown on his own resources, and far from the advice or control of his friends. Dissection, by making him habitually familiar with all of mortal nature that men have been wont to hold in awe, renders him, in time, an utterly reckless and regardless being: while the temptations to sin—and numerous and powerful indeed they are, by which he is surrounded on all sides, can hardly fail to demoralise for a time a mind already so strongly predisposed to their influence. But if rakish conduct be excusable in any one, surely it is in him, considering that in a short year or two he settles into the quiet and strictly moral and exemplary medical practitioner.

I have known a young man of this class who frequently passed forty-eight hours of time at a spell without closing his eyes in sleep; and it was a matter of perfect indifference to him, as far as inclination went, whether he passed it in arduous study—possibly of a question in science that required the talent of a master to catch even a glimpse of—or spent it in the spirit of furious fun, roystering, and devilment. Equally alert have I seen one at chemistry and cricket, physiology and football, surgery and single-stick, milling and materia medica, doctoring and drinking; these various accomplishments being diversified by the occasional effusion of a sonnet to *her* at home, or the insertion of an article in one of the magazines, with the view of raising a sovereign or two when cash was at an ebb. Among this class the spirit of adventure and romance still lingers, ere she take her final flight from earth to heaven, before the advancing deluge of decency and matter-of-fact. Among them disguises and rope-ladders are not yet extinct; and assignations, encounters, and hairbreadth escapes are of nightly occurrence.—*The late Robert Douglas, surgeon R. N.*

SELDEN'S COMPARISON

BETWEEN A DIVINE, A STATESMAN, AND A PHYSICIAN.

If a physician sees you eat any thing that is not good for the body, to keep you from it he cries out "It is *poison!*" If the divine sees you do any thing that is hurtful to your soul, to keep you from it he cries out "You are *damned!*"

To preach long, loud, and damnation, is the way to be cried up. We love a man who damns us, and we run after him again to save us. If a man has a sore leg, and he should go to an honest and judicious surgeon, and he should only bid him keep it warm, or anoint it with some well-known oil that would do the cure, haply he would not much regard him, because he knows the medicine beforehand to be an ordinary medicine. But if he should go to a surgeon that should tell him, "Your leg will be gangrene within three days, and it must be cut off; and you will die, unless you do something that I could tell you," what listening there would be to this man! "Oh! for the Lord's sake, tell me what this is:—I will give you any contents for your pains."

This ingenious antiquary has also made some quaint comparisons between doctors of the body and doctors of the public interests. "All might go on well," he says, "in the commonwealth, if every one in the parliament would lay down his own interest and aim at the general good. If a man was rich, and the whole college of physicians were sent to him to administer to him severally; haply, so long as they observed the rules of art, he might recover. But if one of them had a great deal of scammony by him, he must put off that; therefore will he prescribe scammony; another had a great deal of rhubarb, and he must put off that; therefore he prescribes rhubarb; and they would certainly kill the man. We destroy the commonwealth, while we preserve our own private interests and neglect the public."

Grotius called John Selden "the honour of the English nation;" and Bacon had such an implicit faith in his judgment, that he desired in his will that his advice should be taken respecting the publication or suppression of his posthumous works.

The human frame is a barrel-organ, possessing a systematic arrangement of parts, played upon by peculiar powers, and executing particular pieces or purposes; and life is the music, produced by the general assemblage or result of the harmonious action. So long as either the vital or the mechanical instrument is duly wound up by a regular supply of food or of the wince, so long will the music continue; but both are worn out by their own action; and when the machine will no longer work, the life has the same close as the music.—*Mason Good.*

FATTING ORTOLANS.

Perhaps the greatest refinement in fattening is exhibited in the manner of feeding ortolans. The ortolan is a small bird, esteemed a great delicacy by the Italians. It is the fat of this bird which is so delicious; but it has a peculiar habit of feeding, which is opposed to its rapid fattening—that is, that it feeds only at the rising of the sun. Yet this peculiarity has not proved an insurmountable obstacle to the Italian gourmands. The ortolans are placed in a warm chamber, perfectly dark, with only one aperture in the wall. Their food is scattered over the floor of the chamber. At a certain hour in the morning the keeper of the birds places a lantern in the orifice of the wall; the dim light thrown by the lantern on the floor induces the ortolans to believe that the sun is about to rise, and they greedily consume the food upon the floor. More food is now scattered over it and the lantern is withdrawn. The ortolans, rather surprised at the shortness of the day, think it their duty to fall asleep, as night has spread his sable mantle around them. During sleep, little of the food being expended in the production of force, most of it goes to the formation of muscle and fat. After they have been allowed to repose for one or two hours, in order to complete the digestion of the food taken, their keeper again exhibits the lantern through the aperture. The rising sun again illuminates the apartment, and the birds, awaking from their slumber, apply themselves voraciously to the food upon the floor; after having discussed which, they are again enveloped in darkness. Thus the sun is made to shed its rising rays into the chamber four or five times every day, and as many nights follow its transitory beams. The ortolans thus treated become like little balls of fat in a few days.

The rapid increase of fat is to be attributed to the following

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causes :—Absence of waste from motion, in the extra sleep which the birds get; absence of the usual chemical changes from the influence of light; an unusual supply of food, from their being deluded into taking four meals a day instead of one; and great facilities for digesting that food, by being removed from the view of those external objects which naturally arouse the anxieties, and so hamper the digestion, of waking mortals.—*Dr. T. Chambers.*

THE MANIA OF THRUSTING NEEDLES INTO THE FLESH.

We need not remind our readers of the Protean nature of hysteria, or hysterics, as it is commonly termed; every person has opportunities of witnessing the strange manifestations of this sad affection of the female economy, and the records of medicine abound in examples of perverted tastes and propensities. Among the cases which lately came under our notice, we would mention one under the care of Dr. Bubb, referring to a young girl who had not spoken for about two years; on which occasion we heard Dr. Budd mention another of the same nature, where the young girl could not be prevailed on to take a proper amount of food, and which he treated by powerful cold douching, by which he overcame the obstinacy of his patient. Dr. Addison, of Guy's Hospital, recently mentioned, in an extremely interesting lecture which he gave on that disease, several surprising instances of perversion of the will. One young lady pretended for months that she could not rise from her bed, and was detected, when by herself, in getting up in a deliberate manner; another ruined her parents by a supposed diseased knee, &c. Dr. Addison stated that he considered the disease to have its seat in the cerebro-spinal system, and that it was brought on by sedentary habits and the heating of the imagination by books calculated to lead that faculty astray. Thus it would appear that uterine derangement is in many cases rather an effect than a cause.

Still there are more cases of hysteria in young girls than in married women, and it would seem as if the forced passive state of an organ intended for activity had not a small share, by its congested state, in producing the extraordinary manifestations of hysteria. That sedentary habits have great influence in the development of the disease is partly proved by what is observed in hospital practice; for the young females thus affected and treated in such institutions are mostly dress-makers, milliners, &c. It would be interesting to inquire how far young girls in the country, brought up to active agricultural labour, suffer from the affection, or whether it exists at all among them; the proportion of female servants, who are subjected to much work, admitted for hysteria in the London hospitals, is certainly small. We shall now give a brief sketch of Dr. Budd's case.

The patient is an unmarried woman about thirty-six years of age; she was born in the country, and her family is decidedly consumptive. She has had the small-pox, and was treated, about seven years ago, in St. Bartholomew's Hospital, for a liver complaint. One year after this attack, the patient lost her father: she was very much shocked at this occurrence, and this mental disturbance, connected with certain ill-treatment which she met with, brought on insanity. She, however, recovered the use of her faculties in a short time, now began to complain of cough, and was admitted, about four years ago, into the Norwich Hospital. For the last five years some kind-hearted ladies took interest in her, (hysterical patients are extremely fond of attracting attention and sympathy,) and sent her to King's College Hospital, where she was admitted September 10, 1850.

The patient, when questioned about her ailments, complained of pain at the pit of the stomach after the ingestion of food, and of fits of vomiting which distressed her much. She had cough, dry and foul tongue; no appetite; the urine was acid, and the menstruation scanty. When Dr. Budd made pressure on the pit of the stomach, where the pain was referred to, he felt hard and resisting bodies, which gave the hand the sensation of heads of needles, and the part being carefully inspected, little white scars were perceived scattered about in the region of the pit of the stomach. In order to ascertain the nature of the foreign bodies lodged under the skin in that region, several incisions were made exactly over them, and on the day after admission, *four needles* were removed from under the integuments. On the third day, ten needles were likewise extracted, and it was noticed that the vomiting ceased after the removal of these foreign bodies. The patient continued, however, to complain of pain in the epigastrium, for which she had aperients and anodynes, and about ten days after her reception in the hospital twelve more needles, with some fragments, were taken out. It was now noticed that they were not all needles; some looked like pins, the heads of which had been broken off.

Dr. Budd considered that the needles placed in such an unusual locality must have had much influence on the pain the patient had felt about the stomach, and that that organ, when in a state of distention, might easily have been transfixed by the points of some of the needles. It was now a point of some interest to ascertain *how* these foreign bodies had found their way into the patient's subcutaneous cellular tissue. It required much persuasion, and even threatening, to make her give any explanations on the subject, but she confessed at last, that she had thrust the needles under the skin five years ago, in a fit of insanity, adding that they were all pushed in at the same time. Dr. Budd did not give credit to this tale, and, considering that the needles were all oxidized and had no eyes, he was of opinion that they had been thrust in successively; that, in fact, the woman had placed them there every time she had done with them; this being, doubtless, a very extraordinary fit of economy, inasmuch as she made a needle-case of her abdomen!

Whether such acts may be committed under the mere influence of hysteria is certainly open to doubt. Dr. Budd stated, in some clinical remarks which he made on the subject, that such cases happen in general when mania is present, and mentioned a preparation, now in the museum of the College of Surgeons, exhibiting an example of the same kind as offered by his patient, where no less than 100 needles were thrust in pretty well in an analogous manner. In Dr. Budd's case, however, about fifty needles were found; they were shown to the pupils during the lecture, placed in rows on a piece of flannel, and their great number could hardly be looked at without a feeling of amazement at the strange occurrence. Dr. Budd stated that he had no faith in the accounts we hear of needles or pins having been swallowed, and then reappearing under the skin in some distant part of the body; he fully believed that such objects were generally thrust in at the very spot where they were subsequently found, exactly as happened in the present case. He considered it as quite impossible that a pin or needle should take the circuitous route which it was sometimes alleged it had travelled, but that such accounts should be received with great caution. We may just mention here, that in the Registrar-General's Report for the week ending October 12, 1850, the widow of a tailor is mentioned as having died of paralysis at the age of sixty-three. On a post-mortem examination, a needle was found in the capsule of the kidney. Now, we need hardly point out how likely it is that the needle entered by the loins, and lodged in the organ where it was found. Dr. Budd's patient is doing well, and she is very likely, now that she has been freed from these strange guests, to recover her health, under an appropriate tonic treatment.—*The Lancet.*

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HINTS FOR HEALTH.

MENTAL DEPRESSION.

If mental depression originates, as in nine cases out of every ten it does, in indigestion, all applications to the mind directly, are as useless as to apply the remedy to the effect and leave the cause untouched; the seat of the malady is in the digestive organs, and is to be affected by diet and medicine and not by moral treatises. To bid a man cultivate a cheerful disposition or to inculcate it by recommending the perusal of cheerful writings, without removing the cause, is vain indeed. Eradicate the disease, and cheerfulness and intellectual vigour will return as the consequence,—the heavy step of despondency will be changed into the light bound of hope and delight.

SALINE PURGES.

To the use of saline aperients, as Glauber's salt, the Epsom salt, the Cheltenham salt, the Seidlitz salt, &c., there is some objection, as, by diminishing the temperature of the stomach and bowels, they are apt to occasion a determination of blood to the head, to excite pain and very troublesome flatulency of the stomach and bowels, and frequently produce many nervous and other complaints. They may, however, be sometimes beneficially employed, but should be prescribed with great caution at this season of the year, especially for elderly persons.

THE ACQUISITION OF KNOWLEDGE.

The acquisition of knowledge exercises a larger proportion of our faculties at once than any other form of mental action; so that it comes nearest our view of what may be said to be the *beau ideal* of a material for the elaboration of happiness, one, namely, which, engaging all the faculties, gives rise to the largest amount of products. Certain it is, at least, that in acquiring knowledge we conjoin in one process both the intellectual and the moral faculties, whereas in many other forms of mental exertion we exercise only one of these groups, or even have the other acting on the opposite side.

TOBACCO.

The expressed juice has been analysed by many chemists; the following is the analysis of Posselt and Reinmann:—

Nicotina	0·06
Volatile oil	0·01
Bitter extract	2·87
Gum with malate of tin	1·74
Chlorophylle	0·267
Albumen and gluten	1·308
Malic acid	0·51
Sulphate of potash and lime, &c.	0·734
Silica	0·088
Water	8·280
Lignin	4·966
	101 043

The pleasurable sensations which an experienced smoker obtains when under the influence of his favourite weed are only the result of a paralysed condition of the nervous system, and indicate that the brain is in a state of delirium. This delirium, being habitually induced and accompanied with the absorption into the system of the actual noxious principles of tobacco-smoke, makes definite and destructible inroads upon health, and the integrity of the nervous system is gradually undermined. In fact, whatever degree of pleasure is obtained by the use of tobacco, either in the form of snuff, pig-tail, or smoke, is derived from its narcotic principles, and the condition induced in the mind is simply a degree of intoxication.—*J. S. Hibberd.*

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London: published by the AUTHOR, 25, Lloyd Square; and sold by GEORGE VICKERS, Strand; and all Booksellers and Newsvendors. It is requested that all orders for copies to be sent by post may be forwarded to the Author, so as to insure punctual dispatch.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear with an early number.

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A POOR STUDENT (Gray Street, Manchester).—You will find the majority of the medical and philosophical publications at the Cigar Divan, opposite Exeter Hall, in the Strand. You can read them without paying any annual subscription.

H. ELPHINSTONE (Paisley).—The symptoms are those of pregnancy; but your letter is deficient in so many important particulars that we decline giving a decided opinion.

WILLIAM CHIBBORN (Camden Street, Dublin).—If you tell us the cause of the "pimples," we may then, perhaps, be able to suggest a means to remove them.

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BEGOWAN (Southwark).—If you are willing to jeopardise the health of your wife, we are unwilling to jeopardise our reputation, by advising her how to act, directed only in our opinion by the scanty information contained in your note.—It is our purpose hereafter to describe minutely each individual bone. We shall pursue the same plan with all the structures, after having given an outline of the whole.

R. GORTON (Newcastle-on-Tyne).—Read the Editor's small work ON INDIGESTION.

A. O. B. (Glasgow).—Such communications as your's are only answered privately.

A CONSTANT SUBSCRIBER.—[We wish "Constant Subscribers" would give initials, or names to their communications. We have many thousand "Constant Subscribers"—how can we distinguish the one from the thousand?] The pills are quack pills—poisonous: the proprietor is a quack, and "something more"—dangerous.

J. L. L.—The fault may be mutual; but we suspect *you* to be the great cause of failure.

T. W. (Louth).—We are obliged by your good wishes and efforts to introduce our journal to your acquaintance, nevertheless we cannot depart from our purpose, and give you directions "to prepare red fire"—any "Boy's Book," or "The Art of Pyrotechnics," will give you the information you require—strontia is the basis.

C. B. C.—We cannot advise in this case without seeing the patient.

A SUBSCRIBER (Stanford Rivers) will find directions for the preparation of vegetable tonics in Nos. 34, 35, 36, pages 62, 78, 86, Vol. II.

A CLERK (Change Alley).—What you consider œzena may, in fact, not be so, but the result of some specific disease. We decline directing you without examing the nose, &c. Mercurial ointment, under any circumstances, *must* be injurious.

J. H.—This letter has been overlooked, and we beg to apologise to the fair writer. Will she read the Editor's small work ON HEADACHES, and then write again? She will be enabled to describe her case more minutely.

LEA (Sutton, near Hull).—The romote cause is a deranged stomach: repair the damage. For temporary relief, employ friction.

S. M. (York Terrace).—If you have, as you say you have, "read the PEOPLE'S MEDICAL JOURNAL for the last twelve months," you should know that we only advise in such cases privately, personally or by letter.

B. B.—Let the girl live on plain animal food, with an abundance of fresh vegetables, as water-cresses, endive, winter-salad, &c.; give her four grains of compound rhubarb pill every other night; and let her take a table-spoonful of lemon-juice in a wine-glassful of water three times a day. A warm bath occasionally will be of service.

J. SAUNDERS (Derby).—The diseases of error are not advised for in this column.

J. H. D. B. (Birmingham).—You are both careless and impatient. We answered your former letter in No. 54.

J. ROBERTS and several other correspondents.—We have forwarded your letters to MR. HORACE DIGBY; they may influence him in placing his valuable formula of a "nerve strengthening" pill in the hands of some respectable chemist, so that the public may have access to them.

AN OLD PATIENT (Bermondsey).—You will find an article containing much useful information in the treatment of GRAVEL, page 150, Vol. II.

S. H.—We are convinced of the integrity of your advocacy of the person in question, but you really *do not know him*. He is in bad odour in the profession, and will remain so until he has purged himself of all complicity in the TEEVAN affair. The physicians to whose names M.D. is attached are members of, or graduates in, one of the universities.

J. S. (Durham).—Try long-continued friction with some stimulating embrocation; as, two drachms of the strong solution of ammonia, and ten drachms of soap liniment.

A YOUNG HUSBAND.—We admit your letter is most ably written, but we beg to decline a controversy on the "utility, elegance, and cleanliness" of "beards and moustachios."

OLIVER G. (Dublin).—The hoarseness in all probability proceeds from a relaxed throat; use the gargle prescribed in No. 3, page 23, Vol. I.

ANNA MARIA (Bristol).—You may order "YEOMAN ON CONSUMPTION" of any bookseller in your city, or it may be sent by post direct from the author.

INFELIX (Islington).—If you have stated the case correctly, there does not appear any decided evil that may not be banished by proper moral and medical treatment. This is all we can say in this column.

J. S. (Lambeth).—In refusing you our counsel in the correspondents' column of our Journal, we only adhere to our well-known law in similar cases. You can call in Lloyd-square.

A SURGEON-DENTIST.—Mr. Robinson's pamphlet on chloroform is published by Messrs. Webster, Piccadilly. If a "surgeon-dentist" is in practice, will he send us his address?

WILLIAM HUGHES (Oldham).—Take—Three grains of "blue pill," and six grains of the compound extract of colocynth, in the form of pills, twice a week, for a fortnight.

A MARINER.—See the exposure of the QUACK CONSULTING SURGEONS and ADVERTISING DOCTORS in the letter of VICTIM, published in No. 2. Shun the advertisers of Bedford Square, Albemarle Street, Argyll Street, and Newman Street, as you would a pestilence or a pirate.

ELINOR (Deritend, Birmingham).—"Pain in the breast; swellings in the arm-pit; enlarged glands of the neck" all denote a scrofulous habit. Send your address.

CHEMISTS' AND DRUGGISTS' centrally situate, are requested to send their address to the Editor.

HENRY RUSSELL (Great Yarmouth).—*Aura Epileptica*, vulgarly called "the Warning," is a peculiar feeling, which indicates to those afflicted with Epilepsy and other nervous disorders when a fit is about to come on.

A DOCK-YARD MAN (Woolwich).—Dr. Yeoman is compelled to be professionally "at home" on Sundays. He will receive you on that day.

C. D. DAVISON (Leadenhall Market).—We never advise invalids afflicted with deafness and ear-diseases whose residence is so near our own without the advantage of a personal examination.

HEALTH OF LONDON.—In the week ending last Saturday, the deaths registered in the metropolitan districts amounted to 1369. The return includes 239 cases of fatal epidemic disease, which is little different from preceding weeks, whilst the deaths from diseases of the respiratary organs have increased from 264 to 321—a result probably due to unseasonable warmth and moisture of the weather. The births of 829 boys and 763 girls, in all 1592 children, were registered in the week. The average number in corresponding weeks of six years (1845-50) was 1469.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 56.—Vol. III.] SATURDAY, JANUARY 25, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. IV.—THE LUNGS—THE VOICE—RESPIRATION.

The organs of voice and of respiration are—the larynx; the trachea, or windpipe, which divides into the right and left bronchi; and the lungs.

The Larynx (1, fig. 4), which constitutes the organ of the voice, is a complicated apparatus situated at the upper part of the trachea,—with which tube it communicates,—and immediately under the hyoid bone at the root of the tongue. It consists of five cartilages, the largest of which—the thyroid cartilage—produces that acute projection which can readily be felt in the fore part of the throat, especially in the neck of males, and has acquired the name of *Pomum Adami*, Adam's Apple, as though it had sprung up in consequence of Adam having eaten the forbidden fruit! This is not a complete ring, but is open behind, the open space being filled up, in order to make a complete ring, with two other cartilages, of smaller size—the arytenoid cartilages; the aperture between these is called the glottis, or immediate aperture out of the mouth into the larynx. A fourth cartilage—the epiglottis—lies immediately over this aperture, and closes it in the act of swallowing, so as to direct the food into the œsophagus, or gullet. These four cartilages are supported by a fifth, which constitutes their basis; it is narrow before, broad behind, and has some resemblance to a signet-ring, hence it is called the cricoid or annular cartilage.

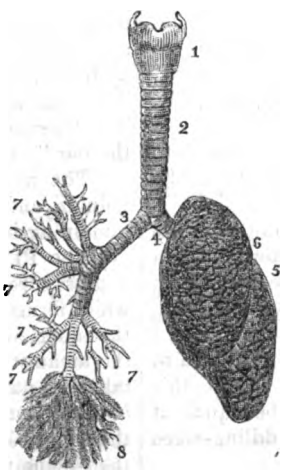

FIGURE 4.

1. The Larynx.
2. The Trachea, or Wind-pipe.
3. Right Bronchus.
4. Left Bronchus.
5. Left Lung.
6. The division of the lung into lobes, the black marks denoting the division of the lobes into lobules.
7. Large Bronchial Tubes.
8. Minute Bronchial Tubes, terminating in the air-cells or vesicles.

The Glottis in form resembles a small box, with a minute aperture or rima; in adults this opening is about ten or twelve lines in length, and two in breadth at its greatest diameter, and is protected by a fibro-cartilage, of an ovoid form, wonderfully elastic, and of a pale yellow colour, which may be readily seen by pressing down the root of the tongue with the finger; this is called the Epiglottis. Along the edges of the aperture of the glottis are placed the *chordæ vocales*—vocal cords, or vocal ligaments—which play the same part in the production of the voice as the various contrivances for producing vibration in musical wind instruments. When the aperture of the glottis is narrowed, the voice is acute or shrill; and, persons having the ability to narrow this chink at will possess tenor voices; when the opening is wider, the voice becomes grave or low in quality—a bass voice. The organ of the voice, then, is the larynx, its muscles and other appendages; and the voice itself is the sound of the air propelled through and striking against the sides of the glottis: the shrillness or roughness of the voice depends on the internal diameter of the glottis, its elasticity, mobility, and lubricity, and the force with which the air is protruded. Speech is the modification of the voice into distinct articulations in the cavity of the glottis itself, or in that of the mouth or of the nostrils.

The Thyroid Gland covers the lower and front part of the larynx and the first two or three cartilages of the trachea, and is well shown in our third illustration immediately above the figure 4: it is composed of two lobes, generally united in a great part of their extent; but frequently they are unconnected, except by a sort of transverse cord. The structure is soft and spongy, composed of a number of distinct lobules, and most commonly it is of a brownish-red colour. An oily or a milky fluid may be pressed from it, but it is an organ respecting the office of which we are entirely ignorant. This gland is the seat of the scrofulous enlargement known as the Devonshire neck, goitre—bronchocele.

The Trachea, or windpipe, (2, fig. 4,) commences at the under part of the larynx, and extends as far as the third dorsal vertebra, and in length is about four inches. It consists of three different tissues or structures; namely, membrane, muscle, and cartilage: the cartilaginous portion forms the front part of the sixteen or eighteen rings of which the whole tube is constructed—(they are clearly displayed in the engraving); they are incomplete at the back part, where they are united by a fibrous membrane, which is closely connected with the gullet, and yields to it in the time of swallowing. Each cartilage, therefore, forms two-thirds of a circle, having its edges opposed to each other, with small spaces between them, which is a continuation of the same fibrous membrane that completes the tube at the posterior part; it has great elasticity, and permits of the elongation or contraction of the trachea in respiration, speaking, and singing. When the trachea arrives at the third dorsal vertebra, it divides into two branches, which are termed

The Bronchi: one of these branches, called the right bronchus (3, fig. 4), goes to the right lung; the other branch, which is the longest, called the left bronchus (4, fig. 4), goes to the left lung. The point at which the bronchi enter the lung is called the root of the lung, and here each bronchus subdivides; the right separating into three principal branches, corresponding to the number of lobes in the lung of that side; the left only

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into two, which are distributed to the same number of lobes on the left side of the lungs. These tubes subdivide and form the large bronchial tubes (7, fig. 4), which again divide and subdivide throughout the whole pulmonary tissue, ramifying almost *ad infinitum*, so that it is extremely difficult to trace them to their termination, which is in the air-cells or vesicles of the lungs. These smaller branches are called the minute bronchial tubes (8, fig. 4).

The whole of the parts now described—namely, the larynx, the trachea, the right and left bronchi, and the large and small bronchial tubes—are lined with mucous membrane, which extends from the back of the tongue, covers and adheres to every projection, and lines every cavity of the whole respiratory organs. From this surface a bland, soothing mucus is constantly poured out, which lubricates the parts, permits their facile movement in inspiration and in expiration, aids their adaptation for every inflexion of the voice, and protects their delicate and sensitive organisation, by coating it with a natural mucus or varnish that prevents any irritating particles, or fumes, or cold air acutely afflicting the bronchial vessels and the lungs. When this membrane is irritated, as a consequence its secretion is changed in character; it becomes acrid and irritating, and thus produces cough; it may become inflamed, and then it produces bronchitis, or inflammation of the bronchial tubes (see No. 7, Vol. I., page 49).

The Lungs.—Each lung is divided by deep fissures into large portions or sections, called lobes (5 and 6, fig. 4). The right lung contains three lobes, and the left two; each lobe is subdivided into innumerable smaller parts, termed lobules, while the lobules successively diminish in size until they terminate in minute vesicles, or air-cells, that constitute the great bulk of the organ. The air-cells may be said to be innumerable, each of which is lined by a continuation of the same mucous membrane that lines the bronchial tubes; and to give an idea of their number, and the extent of membrane required for this lining, we may add that the latter is supposed to be equal, at least, to the extent of the skin, which is, in a middling-sized adult, about fifteen square feet.

Magendie found that in infants the air-cells were smaller than in adults, and less in adults than in persons of advanced age; and that this increase in size is generally so regular, that the age of the subject may be determined by it. They are also modified by disease. In individuals who have coughed much previously to death, they are in general large.

The vesicles, or air-cells, are held in connexion by the cellular and mucous web common to all animal organs; which, at the same time that it unites them and forms their boundaries, opens a communication between the one and the other, and is itself freely supplied with exquisitely fine blood-vessels, that are the minute branches of the pulmonary artery; these continue to divide and subdivide, till they at length form a beautiful network upon the sides of the air-cells, and ultimately they become invisible from their smallness. Thus it is that every drop of blood circulating in the system is exposed, in its turn, to the fresh air which we breathe; and it is in these cells that the blood undergoes those wonderful changes which occur in its transition from venous blood (that is, the impure black or purple blood, that is over-loaded with carbon and other noxious ingredients which it has acquired in its passage through the body) to the bright-red arterial blood which has in these cells, and by this exposure to the fresh air, gained new life and new vigour, and is again fit for its vital office.

It will now be seen that the lungs are soft, spongy, elastic bodies, composed of air-vessels to transmit pure air; one class of blood-vessels that bring in impure blood, and another that carry away pure blood; and that the whole are united and sustained by cellular tissue.

Their colour is a pale yellowish red, more florid in children, and of a deeper and purple hue in age: after the tenth or twelfth year numerous small black spots may be observed irregularly distributed on the surface, which give to the lung a mottled appearance; some of these are entirely superficial, others penetrate more or less deeply into the substance of the lungs.

The comparative weight, or specific gravity, of the lungs is much less than that of the other organs; when in their natural state, they swim in water, and this lightness depends upon a large quantity of air penetrating their whole tissue. In infants who have never breathed, the lungs generally sink if immersed in water. This test of an infant having been dead-born was considered important evidence in cases of infanticide; it is a proof that should never be depended on singly, and we fear the annals of medical jurisprudence may be found to record many cases in which a poor erring girl has been deprived of that benefit of a doubt, which our merciful laws afford to supposed criminals, through the "cleverness" and pertinacity of some small apothecary, who from the witness-box has said, "I tried the hydrostatic test; the lungs floated; the child was born alive." The counsel for the prosecution repeats, "Was born alive!" The "gentlemen of the jury" look fiercely at the "prisoner at the bar," and a verdict of guilty is recorded.

The absolute weight of the lungs varies in different individuals, and depends on the greater or less quantity of blood remaining in them at the moment of death.

The Pleura.—The outer surface of the lungs is covered by a glossy serous membrane, named the pleura, one portion of which forms the covering of the lungs, while the other is attached to the inner surface of the ribs, the upper surface of the diaphragm, the mediastinum, and the intercostal muscles. This membrane takes its name from its situation: thus there is the *pleura costalis*, the pleura of the ribs; the *pleura pulmonalis*, the pleura of the lungs, &c. Its office is to form a protecting envelope for the organs which it invests; its external surface adheres to the adjacent parts, whilst its internal surface, although in close contact, is nevertheless completely separated from them; it secretes a peculiar exhalation or fluid, by which it is lubricated, and thus perfect freedom of motion and gliding of the viscera is maintained. When the pleura is inflamed, it gives rise to that frequent, painful, and dangerous disease, pleuritis, or pleurisy. (See No. 17, page 133, Vol. I.)

It will extend this article to too great length to add to it an account of the wonderful function the lungs perform; we shall therefore defer Respiration to our next.

CAUSE AND EFFECT.

Perhaps there are no two words which more distinctly point out cause and consequence than these—gin and bitters!

True science is of slow growth, like the majestic oak, which has withstood the storms of a thousand winters; but false sciences are like mushrooms—they spring up in a single night. The day before, you saw them not; and the day after, you may look for them in vain. False science is like the meteor, which flashes for a moment, and then is buried in the gloom of everlasting night. True science is like the star, which may indeed be obscured by a passing cloud, but which will continue to shine on for ever in the firmament of heaven.

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DISEASES OF WOMEN AND CHILDREN.

BY THE EDITOR.

No. VIII.

(*Continued from page* 188, *Vol. II.*)

THE FINAL CESSATION OF MENSTRUATION.

THAT function in the female economy which is the most tardily perfected is the earliest exhausted.

The second critical period in the life of woman is, when the menstrual discharge is about to cease;* and she looks forward with some anxiety, and some apprehension, to its approach—and she has reason for her anxiety. It is emphatically called "the climacteric," "the critical time," "the critical age;" and is spoken of as "the change, or turn of life," or "the dodging time." At this important crisis to woman, on the due regulation of which so much of the health of her advancing years depends, she should always consult her medical attendant, and receive from him some general rules for her guidance; by doing which she may avoid disease, and perhaps ensure continued health in the evening of life.

The age at which this cessation occurs, in our climate, is generally, between the fortieth and fiftieth year; forty-five may be fairly taken as the average. It appears, however, to be a law of nature, that the earlier the age at which menstruation commences, the earlier does it terminate; except in the cases of women who marry late in life, when they may become mothers even at fifty, and consequently the final cessation is considerably postponed. This evacuation does not cease suddenly, but becomes irregular; at first not returning for two or three months, then profusely, and not appearing again for perhaps a still longer period; it may then recur, and continue in excess for a week or two, and then its return may be so frequent as once in a fortnight. At length the intervals of its recurrence are still more distant, until, about the age of forty-eight or fifty, when it ceases entirely.

At this time pregnancy is frequently suspected, yet very rarely exists. It has been remarked, that "females have such a detestation of being thought, or of becoming aged, that they would rather persuade themselves they are pregnant, than for a moment imagine that their condition arose from the inroads of time, which, in reality, is slowly taking down that beautiful and wonderful fabric which has lasted its appointed time. The abdomen is soft, and more uniformly swelled, enlarges more rapidly, and no motion is perceptible, or if there be, it is produced from wind in the bowels, shifting from place to place."

When menstruation is about to cease, many important changes take place in the constitution. The breasts collapse, the fulness of habit disappears, the skin shrivels and loses its colour and softness, and many diseases appear in the womb and breasts which had lain dormant for years. However, when this period has passed, women often enjoy better prospects of future health than do the opposite sex at the same age.

During the earlier years of life the constitution had to form sufficient blood for its own support, as well as a superfluous quantity for the function in question; if on its final cessation no more blood is formed than is necessary for the support of the constitution, this period will be passed over with very little disturbance; but, on the other hand, if blood is formed in the same quantity as previously, there will be a superfluity of this fluid for which there is no outlet, and there will then occur congestion, especially about the head, with other symptoms of plethora.

* For first "critical period," see No. 3, page 17, Vol. I.

The symptoms attendant on this change will vary according to the powers of the constitution; if the subject be plethoric and vigorous, we frequently find she will complain of violent headache and giddiness, either constant, or recurring after a fixed interval. There will be pain and weight over the eyes; flushings of the face; drowsiness during the day, and disturbed sleep at night. The bowels will be constipated; the urine scanty and high-coloured; the tongue foul; thirst urgent; the pulse will be quick and full; the skin hot and dry, and the usual signs of a sharp attack of inflammatory fever will be present.

It used to be the invariable practice to abstract blood from the arm in such cases; and certainly, if there be signs of congestion in the brain, blood-letting is absolutely required: but it should be avoided if possible, and never heedlessly resorted to, inasmuch as it may create a repeated necessity for its abstraction until it becomes a dangerous and debilitating habit. When the system is so repleted that an outlet for the superabundance appears absolutely necessary, an issue may be made in the arm, or on the outer side of the thigh, with much benefit—indeed, nature sometimes attempts to relieve herself in this way, by abscesses forming on the legs, boils, or other suppurating sores. The bowels should be sharply moved by an active purgative, as eight or ten grains of the compound rhubarb pill, followed, in two or three hours, by a draught composed of three or four drachms of the sulphate of magnesia in a wine-glassful of the infusion of senna. The preparations of aloes, which are of so much utility in the earlier stages of irregular menstruation, are now decidedly hurtful. The great object should be, to keep the system as quiet and free from all irritation as possible; to avoid mental emotion, and all violent exercise; the diet should be plain and nourishing, but free from every thing that can overstimulate: fermented liquors and wine should be prohibited. As a cooling, soothing, and gentle aperient medicine, the following may be taken with great advantage:

Take—Tincture of hyosciamus, three drachms;
Sulphate of magnesia, four drachms;
Dilute sulphuric acid, one drachm;
Syrup of roses, two drachms;
Compound infusion of roses, sufficient to make an eight-ounce mixture, of which two large spoonsful may be taken twice a day.

When the constitution is debilitated, it more frequently happens that the urgent symptoms are local: there is then pain at the lower part of the body, around the loins, and a-down the thighs; the patient suffers acutely from a forcing, or bearing-down pain; her feet and ankles are swollen, painful, and cold. Her spirits are greatly depressed; her countenance is anxious and blanched; she suffers from palpitation at the heart, faintness, and great weakness; she is irritable, anxious, and nervous. It is in such cases that the discharge is very profuse.

It is imperative that the patient should now enjoy perfect repose; she should avoid all motion and exertion, and remain in the horizontal position; she should sleep on a firm, level mattrass, of horse-hair, if practicable, and not on a feather-bed. A return of warmth to the feet should be encouraged by gentle friction, the application of the hot-water bottle, hot salt, &c.: the bowels should be so regulated that they are neither too much relaxed nor constipated; and when an aperient is necessary, castor oil is to be preferred. The strength must be carefully maintained by some light vegetable tonic, as the infusion of calumba, or the infusion of cascarilla; or two grains of the sulphate of quinine may be administered twice a day in a wine-glassful of compound infusion of roses. The diet should be light and bland, consisting of a very small portion of mutton or white poultry, and farinaceous food that does not turn acid and

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flatulent: stimulants, particularly spirits, must be resolutely abstained from, and though in a few cases of very delicate and feeble habit, a glass of genuine, dry, sherry; or, good old port, is not objectionable, yet, as a general rule, it will not prove beneficial. The mind must, as far as possible, be kept calm and unruffled, and the spirits raised by cheerful conversation; this is of infinite consequence, as hysterical, nervous, and mental irritation are peculiarly liable to occur at this time of life; even insanity has occasionally developed itself.

At this crisis some great corporeal change frequently takes place; some women become thin and emaciated; others unusually corpulent and buxom. Where the general health is good, no medicines are requisite; if particular symptoms make their appearance, they must be immediately attended to; the only objects being, in the majority of instances, to regulate the diet, to keep the mind and nervous system tranquil, and to avoid constipation of the bowels.

There are many painful and fearful diseases which first show themselves at this time. The breasts, which so immediately and so acutely sympathise with every uterine change, are the chief seat of their development: in some they are merely painful and irritable; in others they are affected with malignant disease, and it is well known that cancers of the breast now show themselves far, far more frequently than at any other age. Consumption may be delayed until the function ceases. Dropsy may be induced: a constant diarrhœa may distress and weaken the body: and, confirmed indigestion is of frequent occurrence. Some women become nervous, and fall into a "low way" and, alas! some resort to stimulants for relief; from sal volatile and spirits of lavender, they creep on to wine, they fall victims to spirits, and the fiend Gin enshrouds them.

Diseases of the uterus itself are now most rife; it may be simply irritated, or slightly inflamed; or the inflammation may be chronic; it may become indurated and hardened; it may be relaxed and prolapsed; it may be cancerous, or afflicted with one or more of the numerous maladies to which the organ is liable.

(To be continued.)

HYDROCYANIC ACID IN OPACITY OF THE CORNEA.

[The cornea is the anterior transparent portion of the globe of the eye: its opacity is a frequent cause of blindness.]

Mr. Walker has published in the *Provincial Medical Journal* a case of central opacity of the cornea, in which he gave a trial to the vapour of hydrocyanic acid, a preparation being used which was twice the strength of Scheele's, and, which was kept in contact with the eyes for two minutes. A sensation of heat was experienced, with a slight uneasiness, scarcely amounting to pain. Increased vascularity was also observable, and the eyes were watery. None of these effects, however, were so intense as after the use of the sulphate of copper to the eyelids, and they disappeared more quickly. The remedy proved to be of no service, and artificial pupils were afterwards made. Mr. Walker says, he has tried it in a few other cases with the same result. He has no doubt it will be useful in some cases, in those where other stimulants would act beneficially; but he is satisfied that a case which does not yield to ordinary stimulants will never be benefited by it. We believe there is a *tanner* practising in London as a physician, who professes to cure blindness with prussic acid, and some little quackery. In honourable hands the remedy has failed.

EFFECTS OF SUGAR DIET.

In seventeen experiments on dogs it is ascertained that in some cases sugar tends to fatten the animal, and in others it turns to bile.

PHENOMENA OF DEATH.

To be shot dead is one of the easiest modes of terminating life; yet, rapid as it is, the body has leisure to feel, and time to reflect. On the first attempt, by one of the frantic adherents of Spain, to assasinate William Prince of Orange, who took the lead in the revolt of the Netherlands, the ball passed through the bones of his face, and brought him to the ground. In the instant that preceded stupefaction, he was able to frame the notion that the ceiling of the room had fallen and crushed him. The cannon-shot which plunged into the brain of Charles XII. did not prevent his seiziug his sword by the hilt. The idea of an attack, and the necessity for defence, was impressed upon him by a blow which we should have supposed too tremendous to leave an interval for thought. But it by no means follows that the infliction of fatal violence is accompanied by a pang. From what is known of the first effect of gun-shot wounds, it is probable that the impression is rather stunning than acute. Unless death be immediate, the pain is as varied as the nature of the injuries, and these are past counting up. But there is nothing singular in the dying sensations, though Lord Byron remarked the physiological peculiarity, that the expression is invariably that of languor, while in death from a stab, the countenance reflects the traits of natural character, of gentleness or ferocity, to the last breath.

Some of these cases are of interest, to show with what slight disturbance life may go on under a mortal wound, until it comes to a final stop. A foot soldier at Waterloo, pierced by a musket ball in the hip, begged water from a trooper who chanced to possess a canteen of beer. The wounded man drank, returned his heartiest thanks, mentioned that his regiment was nearly exterminated, and having proceeded a dozen yards in his way to the rear, fell to the earth, and, with one convulsive movement of his limbs, concluded his career. "Yet his voice (says the trooper, who himself tells the story) gave scarcely the smallest sign of weakness." Captain Basil Hall, who in his early youth was present at the battle of Corunna, has singled out, from the confusion which consigns to oblivion the woes and gallantry of war, another instance extremely similar, which occurred on that occasion. An old officer, who was shot in the head, arrived pale and faint at the temporary hospital, and begged the surgeon to look at his wounds, which were pronounced to be mortal. "Indeed I feared so (he responded, with impeded utterance), and yet I should like to live a little longer, if it were possible." He laid his sword upon a stone at his side, "as gently (says Hall) as if its steel had been turned to glass, and almost immediately sank dead upon the turf."—*Quarterly Review.*

ADVERTISING INGENUITY.

We have all noticed the ingenuity of the advertisers in America. Here is a specimen from the *New York Mirror*:—"To be—troubled with a bad cough—or not to be? that is the question. Whether 'tis good sense in the mind to suffer the pangs of an outrageous cough, cold, hoarseness, &c., or to take arms against a sea of pulmonary complaints, and, by opposing them with 'Mrs. Jervis's Cold Candy,' end them?"

STRONG DRINKS.

Most men regard madness with horror, yet how few recoil from the practices whereby it is engendered. The annals of the lunatic asylums testify that *intoxication*, in itself a species of madness, is the primary cause of one-third of the cases of insanity; and yet men drain the wine-cup knowing that they drink *liquid madness.*

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QUACKERY.

The tendency of mankind to favour quackery is a necessary consequence of the difficulties which attend the treatment of disease. Where legitimate medicine fails, the patient, tortured, probably, by the misery of deferred hope, with the dread of death perhaps before him, is easily induced to throw himself into the arms of the charlatan, who is ready to indulge him in unbounded expectations. The greatest medical men have always been the readiest to deplore the necessary imperfections of their difficult art, even while they were striving for its advancement with their utmost energies. How great a contrast does this candour present to the vain-glorious boastings of the quacks!

But it is easy to show how much medicine has done. Hospital statistics are in existence, which prove, that in the same institution, where, about two centuries ago, one man in seven died, the deaths now do now exceed one in fifty.

But, prepared as we might be to anticipate the existence of quackery, the *extraordinary* proneness of the public to it is certainly a matter of surprise. Perhaps it arises, in great measure, from the ignorance of some of the sciences auxiliary to medicine which prevails. A moralist has remarked, that men are content to carry their minds like their watches, without any attempt to investigate the mechanism by which the work is carried on. But this moralist himself was probably content to live on in a body of whose structure and functions he was ignorant.

"Man," said D'Alembert, "is fire for falsehood, and ice for truth;" and the readiness with which, in every age, mankind have believed in one gross delusion after another certainly countenances the assertion, especially if we contrast this credulity with the reluctance with which great truths, like those taught by Copernicus, Galileo, or Harvey, have been received.

There is an anecdote of Mead, which we shall quote, as it is contained in a classical work.

A man of good education had become a quack, and had a booth in one of the most frequented streets of London. He calculated on the weakness and credulity of mankind and made a most fortunate speculation. Mead, regretting that an intelligent man, capable of advancing truth, should degrade himself to such a trade, advised him to abandon it. 'How many men a day,' said the quack. 'do you think pass through this street?' 'Perhaps 20,000,' said the doctor. 'And how many of these do you suppose possess the right use of their senses and a sound judgment?' 'Five hundred.' 'The proportion is too great,' said the quack. 'A hundred, then.' 'Still too much.' At last they agreed to reckon them at ten. 'Let me alone, then,' said the quack; 'let me levy on these 19,990 fools the tribute which they owe me, and I have no objection to the ten having in you that confidence which most assuredly you well deserve.'

Many sarcasms have been uttered against the medical profession; and as often, jocularly, by medical men themselves as by others. None was more forward to satirize our profession than Jean Jaques Rousseau, but he lived to repent bitterly of this injustice. Although he had suffered all his life from a painful and incurable disease, towards the close of his career he said to the celebrated Bernardin de Saint Pierre, as the latter reports: "If I were to bring out a new edition of my works, I would alter what I have said of medical men. There is no profession which demands so much study as theirs; in every country these are the men most truly and deeply learned and scientific."

The greatest moralist of modern times, Samuel Johnson, has said that a physician in a large town is the mere sport of fortune: those who employ him and those who reject him are alike ignorant of his defects and his merits.

AMPUTATION OF BOTH LEGS AT ONE OPERATION: RAPID RECOVERY.

Cases like the above are well calculated to make us pause and admire the power of endurance of the human frame, and the great benefit which may accrue from decisive and well-directed surgical operations. It is in some degree fortunate for patients when the injury they have sustained is not of that nature where considerable doubt and perplexity exist as to the propriety of amputating or not; for such cases are often lost by a well-intentioned delay, or the patients recover with limbs which they can hardly use. Our principal aim, in putting the following case upon record, is to place before our readers an example where two extremely severe shocks were encountered at a very short interval, both being recovered from in a very remarkable manner.

The patient was admitted into the London Hospital; he is a fireman on the Eastern Counties Railroad, thirty years of age, and of *temperate habits*. On the 14th of November, 1850, he had the misfortune to fall off his own engine, and was run over by a whole train. Both the poor man's legs were literally chopped up as far as the knee, and, as is usual with such terrible crushings, very little hæmorrhage occurred. The patient was immediately conveyed to the hospital, and when his precarious condition was ascertained, a tourniquet was placed on each thigh as a matter of precaution, and stimuli administered. When it was found that each leg was merely attached by a narrow slip of skin, they were removed, the patient being all the while unconscious of the terrible loss he had sustained, and constantly asking for a pillow to be placed underneath his ankles, as both the latter and his feet, as he said, were rather heavy.

Mr. Luke's assistant soon saw the poor man, and recommended amputation of both legs above the knee, much to the patient's astonishment, who could scarcely be convinced of his loss. The operation was forthwith performed, after chloroform had been administered with success; the simple chloroform being inhaled first for producing the anæsthesia, and afterwards chloroform and æther mixed to keep up the effect. The pulse fell very much immediately after the removal of the two remnants of legs, and the hæmorrhage from the femoral vein was very considerable. Amputation was performed by the double flap—a method of much value, if we are to judge from the excellent appearance which the stumps now present. Both the latter were made exactly the same length; they were dressed on the table, and the patient was put to bed, thirty-five minims of tincture of opium being immediately administered.

The laudanum was, however, almost instantly thrown up again, and it was thought advisable to give the opium in small doses, so as to allay by degrees the irritability of the stomach. Five minims of the tincture were therefore given every hour, and thus the sickness was subdued.

On the following morning the patient was still faint; he was ordered effervescing saline draughts, with five minims of laudanum in each, to be taken every two hours. He gradually improved throughout the day, and on the second morning after the operation he was ordered beef-tea, with a pint of porter; his bowels to be opened in the evening by house medicine. On the fourth day, the abdomen being tumid, and no stool having been obtained, a mustard cataplasm was applied on the abdomen, and a Seidlitz powder given. When the stumps were opened for the purpose of dressing them, they were found in a very healthy condition, and put up in the usual way. On the fifth day the patient was ordered a chop and two pints of porter, and from that time he rapidly improved. On the fifteenth day he was put on the full diet of the hospital, and went on very favourably until the twentieth, when the pulse was

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observed to fall, and slight delirium to occur at intervals. He was immediately ordered eight ounces of wine, which stimulant had the effect of rousing him considerably. A tonic of another class—viz. opium—was now and then ordered as a night-draught, and the rest thus procured did certainly contribute to the favourable results obtained. On the 1st of January, 1851, about six weeks after the accident, the patient's health was extremely good, and both stumps were cicatrised.

That there is a certain amount of congestion produced in internal organs after the removal of a considerable portion of the body, can hardly be doubted, and it is very likely that certain anomalous symptoms observed after amputations may at least be connected with this cause. If, however, such congestions were really dangerous, the present patient could scarcely have done so well, as he lost altogether but little of blood, and had a large portion of his body removed. It would, upon the contrary, appear that the stimulating treatment adopted almost immediately after the operation was principally conducive to the patient's recovery. It was likewise very remarkable how long the nervous sensations of the destroyed limbs were retained in the cerebro-spinal axis; for the patient, after this terrific injury and complete severance of both his legs, earnestly requested that his ankles and feet should be supported. That the man has a good constitution, uncontaminated by excesses of any kind, must be clear, by the results of the operation; and we venture to say that his temperate habits have had no little share in the preservation of his life.—*The Lancet.*

THE COLOUR OF CLOTHING.

The influence of the colour of a garment in modifying its warmth is not a little remarkable. Dark colours absorb and transmit heat, whilst light colours reflect it. Dr. Franklin, with his accustomed ingenuity, devised an experiment to illustrate this. He placed on the surface of snow, pieces of cloth of similar texture and size, but of various colours, so as to allow the sun's rays to fall equally upon all. After a time it was found that the black cloth had sunk a considerable depth, through the melting of the snow beneath; the dark blue almost as low; the green, red, purple, and yellow to a less depth, but in each instance in proportion to the depth of colour; whilst the white cloth remained on the surface. From this experiment it might be concluded, that the darkest colours are the warmest; and indeed, this is the general notion, almost everybody believing in the superior warmth of dark dresses.

It may at first seem paradoxical to say, that a light-coloured dress is both warmer and cooler; warmer in the winter and cooler in the summer. In the experiment just cited, it was shown that black absorbed most heat, and transmitted it to the surface below; but it must be remembered that this absorption and transmission may take place from the body. Thus, when the external temperature is much lower than that of the body, a black garment being readily pervious to the passage of heat will rob the body of its warmth; and for the same reason, when exposed to the direct rays of the sun, the temperature of which are higher than that of the body, black transmits their heat readily, and produces an inconvenient degree of warmth. On the other hand, white, which equally impedes the external passage of the heat of the body in winter, and the internal passage of the sun's rays in summer, is the colour best adapted for every season and all climates. Some curious experiments performed by Dr. Stark, of Edinburgh, show that certain colours have a greater attraction for odours than others. He subjected various coloured clothes to the vapour of camphor and other agents, and found that black absorbed twice as much as white. From these experiments he infers that when contagious diseases prevail, black is the worst colour that can be worn; and that physicians have unluckily chosen of all others the colour which most readily absorbs odorous and other exhalations, and therefore the most dangerous to themselves and patients. Dr. Stark here assumes that infectious matters are absorbed, like odours, more readily by black garments, which is a questionable inference, inasmuch as it is not proved that infectious emanations are appreciable by the nose. However, this subject well deserves further investigation, because, if Dr. Stark's opinion should be corroborated, many highly important sanitary precautions may be founded upon it. For example, the attendants upon patients labouring under infectious diseases might be clad in light-coloured dresses, which would in some degree tend to protect themselves from infection, and to diminish the chance of its communication to others through their clothing.

THE SMALL QUANTITY OF NOURISHMENT ON WHICH LIFE MAY BE SUPPORTED.

It is worth while to show upon how moderate an allowance of food human life may be comfortably supported. In the year 1840, some experiments were instituted in the Glasgow prison on the diet of a selected number of the inmates. Ten persons were fed for two months on the following fare: to breakfast, each had eight ounces of oatmeal made into porridge, with a pint of butter-milk; to dinner, three pounds of boiled potatoes with salt; to supper, five ounces of oatmeal porridge, with one half pint of butter-milk. At the end of two months they were all in good health; each person had gained four pounds in weight; and they liked the diet, the cost of which, including cookery, was twopence three farthings per day. Other ten young men were fed for the same period solely on boiled potatoes and salt; each had two pounds for breakfast, three pounds to dinner, and one pound to supper. They gained three and a-half pounds each; and they declared that they preferred this fare to the ordinary diet of the prison. Twenty others were fed on the same allowance of porridge and milk for breakfast and supper as the first ten; but to dinner they had soup, containing two pounds of potatoes to each, and a quarter of a pound of meat. At the end of two months they had lost each in weight one and a quarter pounds; and they all disliked this dinner: the expense of each daily was threepence seven-eighths. Twenty others had the same breakfast and supper, with one pound of potatoes to dinner, and half a pound of meat. They preserved good health, but rather decreased in weight, and preferred the ordinary diet of the prison. The expense was fourpence seven-eighths each. In these cases, perhaps the previous habits and tastes of the prisoners had some influence; yet it appears evident that the six pounds of potatoes daily was a more nutritious diet than the smaller quantities of soup or animal food.

NEW CAMPHORATED PREPARATION FOR TOOTH-ACHE, BY M. COTTEREAU.

The following is the mode of preparing this medicament:—In 3 oz. of sulphuric ether, dissolve as much camphor as the cold liquid can be made to take up, to which add a few drops of ammonia, thus is obtained a camphorated ammoniacal ether, which must be kept in a phial with a ground-glass stopper. This ammoniacal camphorated ether is made use of to cauterise teeth, and produces immediate relief from tooth-ache. During four years that M. Cottereau has been in the habit of employing it, it always succeeded in producing relief. In fact, from the sudden evaporation of the ether, a layer of camphor is deposited on the surface of dental cavities, too thin to produce inconvenience from its presence, but thick enough to protect the denuded nerve from contact with the air. The ammonia also acts as a cauterising agent.

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HINTS FOR HEALTH.

FEEDING INFANTS.

The most mild and bland foods, such as light sago, rice, tapioca, and arrowroot, &c., should form the nourishment for children from the age of nine months to the end of the second year, when the first dentition will, in ordinary cases, have been completed. The author has actually seen children of but twelve months old, and having but the four front teeth, biting and attempting to swallow pieces of meat; and upon addressing the mother on the impropriety of such a proceeding, the answer has generally been, "Oh, the little dear, he enjoys it so; *it keeps him quiet;* he has got *four* teeth, and it can't hurt him." Little does the mother think what seeds of destruction and disease she is sowing in, perhaps, the child that might otherwise have proved her solace and even support in the decline of her life. Let it be distinctly understood, that children should never have meat of any kind given them to masticate, until they are provided with the proper instruments which Nature has most wisely ordained they shall be furnished with, when the assimilating and other organs are in a sufficiently advanced state to concoct and healthily carry on digestion; and this time is about the seventh or eighth year, when the second dentition is completed. Their food in this latter period, viz., from the second to the seventh year, should consist, as before, of light puddings, bread and milk, potatoes, nourishing broths, and occasionally a small quantity of grated meat; these will be found amply sufficient to satisfy and appease any child's appetite, and if administered at proper intervals, and in moderate quantities, the physician or surgeon will seldom have occasion to cross the threshold of its habitation.

FINE ARTS,—THE BEAUTIFUL, THE INTELLECTUAL.

It is manifest that there are both in the body and mind of man faculties whose principal office is to convey gratification to the individual; although undoubtedly, in accordance with the general providence of nature, they do more than this,—"touching some spring or verging to some goal," to aid in the general scheme of the whole organism. Clearly of this sort are those mental endowments which fit us to receive the varied impressions, capable of exciting in us the feelings which have been usually classed under the head of Taste: as ministering to them we may reckon the sense of the Beautiful, the Grand, the Sublime: the emotions derived from Painting, Sculpture, and the Fine Arts generally; the feelings, which are gratified by Wit, Humour, by the Ludicrous, &c.; likewise the taste for Music. Filled as this outer world of our is with objects to gratify many of these feelings, and stored with objects to charm others, as are the writings of the great men who have most dignified our race, it would be no less foolish and absurd—not to say, ungrateful and wicked—to shut the doors of the mind against the enchantments last named, than it would be to refuse to gaze on the mountains, the ocean, or the sky—to see and smell the flowers—to taste the fruits—to listen to the songs of birds, or to eschew any of the other innocent delights which are spread so profusely and so benignantly over and around our path of life.

THE SKIN.

The most ignorant person is convinced that proper care of the skin is indispensably necessary for the existence and well-being of horses and various animals. The groom often denies himself sleep and other gratifications, that he may curry and dress his horses sufficiently. If they become meagre and weak, the first reflection is, whether there may not have been some neglect or want of care in regard to combing them. Such a simple idea, however, never occurs to him in respect to his child. Since we show so much prudence and intelligence in regard to animals, why not in regard to men?

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

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WE regret that many new subscribers have been disappointed in procuring the first volume. It is now ready for delivery. Our former stock was exhausted so much quicker than we expected that our binder has worked "double tides" to keep up with the demand. The gross sale of our "back numbers" equals the sale of each current number—a gratifying proof of the permanence of our position in the estimation of our Readers.

Z. W. D.—The presence of chicory in liquid coffee may be detected by an examination of the "grounds" contained in the cup. If any of the particles are found soft, like bread crumb, there is reason to suspect the adulteration in question.

W. C. F. (Holborn).—First: Let the wart alone. Second: The chief purpose of respirators is to cause the air inspired to be of a proper temperature, and to permit the ready escape of the expired air. Third: So long as the subscribers to our Journal continue their support, and so long as the Editor has health and strength, so long will the PEOPLE'S MEDICAL JOURNAL continue a periodical.

ALEXANDER A. B.—First: We are *not* too severe. The proprietors—authors they are not, for it would be difficult for them to write a line of English correctly and grammatically,—the proprietors of "Manhood" and "Self-Preservation" are brothers, Jews, quacks, and any thing else you like to add to the title of Jew and quack.—Second: Our answer to ALFRED (Scarbro') did refer to the infirmity in question.—Third: We never advise in such cases in this column.

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A SUFFERING ONE.—See answer to MAC P. CUTTER in this number.

A MOTHER (Bedford).—We sympathise with your anxiety. The scrofulous constitution of your child will ever render it prone to disease: it appears now to be suffering from disease of the mesenteric glands. As you say you will undertake the short journey if we deem it expedient to see the child, you had better do so.

X. Y. Z.—The rogue is an ignorant quack. The book published by him as his own production was written by an intemperate, needy, but shrewd Irish medical student.

W. RINGWOOD (Birmingham).—Dust the surface of the ulcer with a small quantity of finely powdered gum myrrh. The best way to apply it is by means of a camel's-hair brush. For one week take one of the following pills twice a day, then write again:—Take—calomel, one grain; extract of henbane, three grains. Mix. Should the mouth become in the slightest degree tender, discontinue the pills.

D.—The correspondence you have forwarded does not in the least surprise us. We have in our possession twenty such samples of the rapacity and roguery of the Jew and other advertising quacks. As soon as they can get no more money from their dupes, with a view of extorting more they then threaten to "take measures which will perhaps lead to an exposure of your complaint *and letters*." We quote this from correspondence placed in our hands *this week*, by a gentleman who had fallen into the snares of one of these imposters. If a novelist were in want of a *dénouement* to some exciting tale, let him send his hero to a madhouse, a raving maniac, deprived of reason by the villany and treachery of a Jew advertising quack. And if the novelist want *fact* for the basis of his fiction, our letter-basket shall supply the data.

MAC P. CUTTER (Glasgow).—Your's is a disease of error. We only attend to such privately. How often are we to repeat this?

R. T. W. (St. Pancras).—Call in Lloyd Square.

A CONSTANT SUBSCRIBER (which we doubt) favoured us with an unpaid letter, containing a quack pill, with a request that we would analyse it. Much as we were annoyed at the rudeness of A CONSTANT SUBSCRIBER, we forget him in our anxiety to expose a swindling imposter. The pill contains common yellow soap, resin, and a dangerous quantity of cantharides—Spanish flies!

DOUBTFUL can only be attended to privately. The man in Liquorpond Street belongs to the class of persons you refer to.

H. D. (Southampton).—Read YEOMAN ON CONSUMPTION, chapter "Hæmoptysis, or spitting of blood."

E. FOWLER (Camberwell).—We will willingly meet your arrangement.

MR. PEEDE, of Liquorpond Street, a person who undertakes the treatment of "certain diseases," is now threatening "to expose" the infirmity and the letters of a gentleman who resists further payment. The gentleman, assuming Mr. Peede to be a qualified medical practitioner, and as such possessed of the honourable feelings common to the profession, placed his confidence in advertised "inviolable secrecy." Mr. Peede's letters to the gentleman are now in our possession—the last dated January 16, 1851. Our advice to all who may be annoyed by similar applications and similar threats is, not to take the least notice of the *respectable* applicant. We may return to Mr. Peede and his doings next week.

PLANET (Reading).—The casual reader of a borrowed number of our Journal can have no possible claim upon our services. The disease for which you seek advice is one for which we do not prescribe in this column. See THE DISEASES OF ERROR.

W. REID (Glasgow).—You will see a notice applicable to your "pimples" in the answer to WILLIAM CHIBBORN (Dublin) in No. 55.

S. R. (Sandgate).—We should be very loth to advise active interference with the "mother's mark," or *nævus*, on your infant's breast. Apply gentle pressure by means of a strapping of soap plaster. If it is at any time hot and painful, apply an evaporating lotion.

C. W.—You will find an article on PILES in No. 10, and a more detailed description of their varieties and treatment in No. 43. As you date from Chancery Lane, the distance should not prevent you calling in Lloyd Square: we decline advising definitely without the advantage of a personal interview.

JOHN JONES (Putney).—We cannot make you an exception. All such cases are fee cases.

MONS. DE LA BARRE (Huddersfield).—We have received from this gentleman, a short but admirable dissertation on THE TEETH, entitled the "Ladies' Dentist."—We congratulate our fair countrywomen, ("*The* Yorkshire, too") on having a gentleman of such ability resident amongst them.

A YOUNG RAKE (Bloomsbury).—You must hold a very erroneous opinion, if you think the Editor would answer your vicious questions. Blush, young man;—and if you look for peace of mind and health of body, forsake your lewd pursuits.

J. R. C. (Bristol).—Send your address.

A SHOPMAN (Gravesend.)—Apply to Mr. Smith, Truss Maker, High Holborn.

JANE (Upper Holloway).—The "diseases of women and children" will, at some distant date be published in a separate form.

JOHN GRANT (Lord Street, Liverpool).—Mr. Shepherd, Bookseller, Scotland Road, keeps a "back stock" of the Journal and Cases for binding the Volumes.

L. M. (Whitby).—The spring in the "Caulk-hills" is a weak chalybeate of little medicinal value. The man who proposes to raise it to importance is an adventurer.

GEO. B. HARRISS (Totness).—Were we to answer your very *considerate* question in detail, it would require one volume of the Journal! You will find all the information you require in the papers on PHARMACOLOGY, under the heads TONICS and PURGATIVES,—in the papers on DISEASES OF THE HEART, published in the first volume, and in the papers on CHEST DISEASES and CONSUMPTION in Vols. I. and II.

HEALTH OF THE METROPOLIS DURING THE WEEK.—Deaths registered, 1023, being about 140 below the average of the corresponding weeks for the last ten years. Deaths from epidemics have declined from 239 in the preceding week to 173; and a material diminution existed in all the chief epidemics to which children are liable, except as to scarlatina, in which a slight increase was manifested. Deaths from typhus and erysipelas also greatly declined. Influenza was on the increase, and 9 deaths from it took place in the above week. Deaths from diseases of the respiratory organs had diminished to 275, from 321 in the preceding week; and from phthisis to 123, instead of 147. Births, 1356. Mean of barometer, 29·6 inches. Mean weekly temperature, 42 deg. 2 min. Wind south and south-west.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 57.—Vol. III.] SATURDAY, FEBRUARY 1, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. V.—THE PHYSIOLOGY OF RESPIRATION.—THE ATMOSPHERE.

That structure by which the blood or nourishing fluid of the body is, from time to time, brought into such proximity to the air as to have its vital properties renewed, constitutes a respiratory apparatus. There is an infinite variety of form observed in the organs of respiration in different classes of animals. In one class the respiration is effected by the direct contact of the atmosphere itself, whilst in others it is effected by means of water holding air mechanically suspended in it. In some of the very lowest forms of animal life, respiration seems to be carried on by the whole surface of the body; in insects the air is admitted by holes in the sides of the animal, communicating with tubes which ramify through its whole body; in fishes, the breathing is accomplished by the well-known organs called gills, in which the blood circulates freely, and is exposed to the air which is held suspended in the water in which the animal swims. In their highest and most perfect condition, as in man and quadrupeds, the respiratory organs assume the form of lungs; that is, the light spongy bodies made up of an immense series of tubes and cells, into which the air enters freely that we minutely described in our last number.

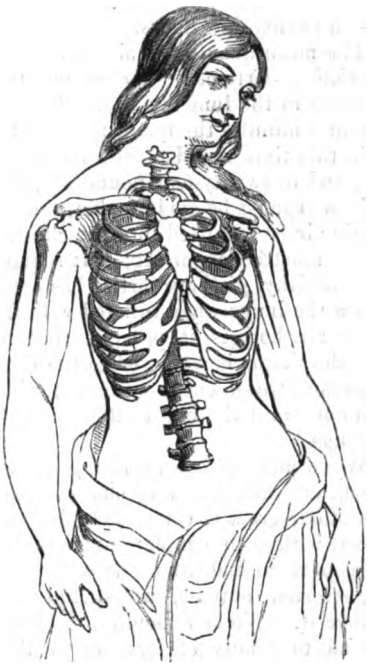

Figure 5.—The Natural Formation of the Female Chest.

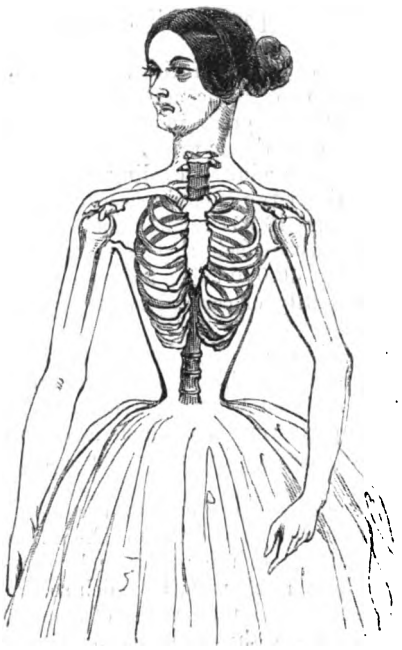

Figure 6.—The Chest distorted by Modern Art.

Supposing our readers to be acquainted with the construction of the organs of respiration, we proceed to give a short account of the fluid inspired, the results it effects whilst permeating through the lungs, its character when expired, and the physiology of the respiratory function.

The atmosphere in which we live, chemically considered, consists essentially of two gases, oxygen and nitrogen, or as it was formerly called, *azote;* the proportions being, in a hundred parts, about twenty of the former, and eighty of the latter. The nature of these gases we need not further comment upon in relation to our present subject, than to state that oxygen alone is capable of effecting that alteration in the blood which constitutes its change from the venous to the arterial condition. Air, therefore, to be respirable,—that is, to be able to carry on correctly and easily the function of respiration,—must contain a certain proportion of oxygen. Hence an animal cannot live in an atmosphere of nitrogen,—not because the nitrogen is poisonous or exerts any deleterious influence on the body, but simply because it is incapable of producing, when introduced into the lungs, the necessary alteration of venous to arterial blood. We would explain our opinion of nitrogen in a few words:—it is only hurtful because it excludes that which is beneficial. The atmosphere likewise contains a small proportion of another gas, carbonic acid gas, which, however, is regarded as rather an admixture than an essential component of the atmosphere, being present only in the proportion of about one part in a hundred of air. This gas, however, plays a very important office in the function of respiration; for, as we shall find immediately, it is uniformly produced by the act of breathing. It may be noticed that, chemically, this gas differs from oxygen and nitrogen—which are simple or ultimate elements—in being a compound gas, made up of carbon and oxygen. It, moreover, differs from other gases in its action on animals; for whilst oxygen supports life by maintaining respiration, and nitrogen proves fatal only by excluding oxygen, carbonic acid, on the contrary, when breathed, is a positive poison, proving fatal by

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a narcotic action; that is, producing the same degree of insensibility that opium does. It is this gas that is vaguely known by miners and others as the "choke-damp."

Having thus stated the nature and composition of the air which we breathe, let us now briefly observe the changes produced on the air by the act of respiration. If we confine an animal in a limited bulk of air, it goes on breathing naturally for a while, but very soon respiration becomes oppressed, then is arrested altogether, and the animal dies. If we now analyse this air, we find that the oxygen has nearly or entirely disappeared; that the nitrogen remains almost unaltered in quantity; that a considerable portion of watery vapour has been exhaled; and lastly, above all, that the place of the oxygen is supplied by nearly an equal bulk of carbonic acid. It is very easy to show, by a simple experiment, that carbonic acid is given off during the act of breathing; thus, if we place a little clear lime-water in a glass, and propel the breath through it by means of a small glass tube, it will become turbid and present the appearance of milk and water, in consequence of the formation of the carbonate of lime, which is an insoluble compound of lime and carbonic acid.

The decision of the point as to whether the quantity of oxygen consumed, and the amount of carbonic acid expelled during respiration are the same, is of very great importance in determining the manner in which this carbonic acid is formed. The quantity of oxygen consumed by an adult, according to Lavoisier and the late Sir H. Davy, is thirty-two cubic inches in a minute, which gives for twenty-four hours 46,037 inches; and, according to Thompson, the quantity of carbonic acid that passes out of the lungs in the same time is about 40,000 cubic inches,—probably it is a little less; and this quantity of carbonic acid represents twelve ounces of solid carbon.

Briefly, we may state that in the respiration of atmospheric air the oxygen disappears, is absorbed, and conveyed into the circulation; and that it is replaced by exhaled carbonic acid, which proceeds, wholly or in part, from that which is contained in the mass of the blood. In fact, we inhale oxygen—we give out carbon.

To confine, however, the office of the lungs to the mere removal of redundant carbon from venous blood, is to take a limited view of its operation, and to underrate the utility and necessity of the complex and astonishing mechanism by which so simple an object could be accomplished. To the process of respiration the construction of the chief parts of the animal system are subservient. If we are inattentive to our respiration, we find the degree of alteration that the air undergoes in our lungs, by a feeling which inclines us to renew it; if the breathing is suspended for many seconds, there is anxiety and fear, and, as it were, an instinctive warning of the importance of respiration. If respiration be suspended, so is life.

We know the important and extensive agency of oxygen in creation: can we doubt in the laboratory of the body, where chemical changes are incessantly taking place, that oxygen is less constantly in demand? And is it not probable that the medium of supply of oxygen to all these parts is that obvious one which, in order to receive the supply, presents the blood, in a thousand currents, to the oxygen contained in the air we breathe, and that its absorption is promoted by the two most efficacious means—motion, and an extensive surface?

The function of respiration consists of inspiration and expiration.

During inspiration, or the act of "drawing in the breath," the intercostal muscles (A, fig. 3) raise and draw out the ribs, and the diaphragm (B, fig. 3) descends; at the same time the muscles of the abdomen are protruded forwards, and the viscera contained in its cavity are pushed downwards. The result of these movements is, that the cavity of the chest is enlarged in every direction, so as to permit the perfect distension of the lungs.

Expiration is the respiratory motion which alternates with that of inspiration; the capacity of the chest is now diminished by converse motions of the same organs,—that is, by the descent of the ribs and the ascent of the diaphragm. The substance of the lungs, from its elasticity, recovers its former dimensions, and expels the additional volume of air just admitted; and the respiratory muscles follow the shrinking substance of the lungs, offering from their relaxation no resistance to the atmosphere pressing on the surface of the chest or abdomen.

Thus respiration is produced; thus, from the hour of our birth to the latest moment of our existence, the lungs are continually expanding to admit the atmospheric air, or contracting to expel it. This alternation in an adult perfectly at rest occurs about twenty times in a minute, or about one inspiration to every three beats of the pulse, which gives a total of 28,800 inspirations in twenty-four hours.

The mean quantity of air that enters the lungs at each inspiration is forty cubic inches, and the ordinary quantity of air contained in the lungs is 280. Thus, supposing twenty inspirations in a minute, the quantity of air that would enter and pass out in this time would be 800 inches, which make 48,000 in the hour, and in twenty-four hours is 1,152,000 cubic inches.

Now it must be evident that, unless a due amount of atmospheric air be admitted into the chest, the working of our machinery must be imperfect; if it requires a chest of the capacity of the healthy girl our artist has depicted on the other side, to contain the lungs when inflated with 280 cubic inches of atmospheric air, how is it possible that health can be maintained when the thorax is narrowed to the limit of her emaciated, sickly companion, whose chest—cabined, cribbed, and confined by stays—cannot admit the half of this amount of air to be received into the lungs?

We would appeal to the good sense and best feelings of woman, and ask her why she attempts to alter or to mend the work of our great Creator. He has made the human frame so perfect, with such complete unity of design, and such adaptation of means to an end, that it is wonderful that in ignorance, or led by perverted notions, we should dare any vain attempts to improve it. Women should know that a contracted waist is as opposed to beauty of form as is the spider or wasp, which it resembles; let them observe the paintings and sculptures of antiquity—let them see the beauty of form and harmony of symmetrical proportion displayed in the females of Turkey, of Georgia, of Otaheite, and other countries where Nature is left to her own unrestrained luxuriance, and then let them cast aside "a pair of stays." This salutary change may be effected as easily as the banishment of "bishops' sleeves" and the introduction of "polka caps."

The diseases induced by this unnatural diminution of the space allotted to the most vital organs of the body are not confined merely to the chest; every other part and organ is also affected, and we have no hesitation in saying that one half of the uterine diseases now so rife, many cases of abortion, piles, and general nervous debility, have their origin in the improper use of stays.

Let us draw a contrast between the rustic female who is guiltless of all knowledge of whalebone, and the belle who is the victim of modern fashion. The former is sprightly, active, and vivacious; her countenance lively, animated, and expressive of good health; her mind buoyant amidst all the troubles and vexations necessarily attendant upon the duties of a mother and a

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housewife; she enjoys the blessings of health and the society of her friends; she possesses a calm, serene mind, and is capable of meeting any reverse of fortune with fortitude; she is blessed with healthy offspring, and generally lives to see them grow up and acting for themselves. But the votary of modern fashion, how reversed her condition in after-life! Her corporeal powers at an early period begin to evince decay; her intellectual faculties to manifest imbecility; her mind becomes irascible, and her temper fretful and peevish; she is hysterical and a confirmed dyspeptic. Such women are generally sterile, or at most conceive but a few times. The functions of the uterine organs finally become entirely or so nearly suspended as to render all possibility of future offspring extremely doubtful.

In our next we shall describe and illustrate (two engravings) the anatomy of the heart and the physiology of the circulation of the blood.

FEVERS.

BY THE EDITOR.

No. III.

LOW NERVOUS FEVER—TYPHUS MITIOR.

Systematic writers describe mild typhus, or low nervous fever, as being a contagious fever, accompanied by extreme prostration of strength, great disturbance of the mental functions, and inducing diminished sensibility to external impressions and internal sensations.

Before we proceed further, we beg to express our views as to the contagious character of this type of fever, which are,—that it is only contagious under circumstances favourable to the encroachment of disease. If a person be in excellent health and in good spirits—if he use every means in his power to preserve this condition—he may be exposed to the contact and the emanations from a fever patient, and escape sickness. If, on the other hand, his mind become depressed—if he is fearful, if his body become debilitated in any way, the contagion (if it be contagious) will take effect, and he will become a victim to the complaint.

The Causes.—Low nervous fever more commonly attacks persons of a weak and delicate habit of body, and such as are of extreme sensibility and irritability of constitution. In localities occupied by the ill-fed, the badly clothed, and the intemperate, it is seldom altogether absent; and, when neglected, and as too frequently happens, aggravated by the increase of misery which always attends disease, it speedily runs into putrid fever.

The chief predisposing causes include whatever will diminish the natural strength of the body,—as, poor living, absence of cleanliness, over-crowding and breathing an impure atmosphere, over-exertion of the mind or body, anxiety and all the depressing passions, sedentary habits, profuse evacuations (hence it frequently succeeds exhausting bowel complaints), cold and wet seasons, also all habits of excess or irregularity, especially intemperance. When an individual is liable to these conditions, then will he be prone to receive the disease by contagion; or exposure to cold and wet, or some irregularity in diet, or intemperance in drink, may throw him on a sick-bed.

The Symptoms are at first slight, and present no feature to alarm the patient or his friends—in fact, they come on so gradually, that they do not greatly differ from a mild and comparatively insignificant fever of any kind operating upon a nervous temperament. He will complain of great languor and lassitude, accompanied by alternate chilliness and heat of the body and flushing of the face; pain in the head, back, and limbs; the tongue will exhibit but little change, the pulse will be somewhat smaller than usual, and only slightly quickened. But as the disease advances, all the symptoms of sensorial debility are more decided and severe. The pain in the head increases to a violent headache, with giddiness, dulness, and confusion of thought; there is great anxiety and depression of the spirits; the stomach loathes sustenance, and every thing nauseates; the respiration is short and laborious; the pulse is frequent, weak, and intermittent. At first the tongue is moist, and covered with a whitish mucus, but soon becomes dry, brown, and tremulous; there is little thirst; the urine is pale and watery; and low, muttering delirium sets in; from which, however, the patient is easily roused, so as to answer questions.

About the third or fourth day the heat of the body often becomes very great, rising several degrees above the healthy standard, and the skin gives a peculiar burning pungent sensation to the hand. In some cases it will be covered with a profuse, clammy, debilitating perspiration, often very offensive to the smell, and sometimes, according to Stoll, "as sour as the sharpest vinegar." The tongue is dry and brown, or morbidly red; the patient is very drowsy, but his sleep is disturbed by frightful dreams; he is less easily roused, and his answers are given more slowly. The suffused redness of the eyes, and the flushed countenance so void of expression, give a peculiar aspect to the patient which is highly characteristic of the disease.

On the ninth or tenth day the weakness greatly increases; all the limbs tremble, and the tremors soon become convulsive; the patient will make frequent attempts to get out of bed; he will be restless and desponding; and anxious wakefulness will supersede the previous drowsy state. The delirium is now constant towards night, but is of a mild or quiet character, rarely amounting to frensy. The disease often runs on to the twenty-first day, and occasionally to a much longer period. In its progress the pulse becomes intermittent or irregular; the urine is scanty, high-coloured, and of an offensive smell; the bowels are relaxed, and the skin sometimes bathed in a profuse perspiration.

Low nervous fever is seldom marked by that sudden change which can be called a crisis, but gradually becomes more aggravated in its symptoms, until it reaches a fatal termination, or slowly advances to convalescence. The favourable symptoms that announce the latter happy result generally commence by a refreshing natural sleep, succeeded by composure of mind; more steadiness and firmness in the pulse; a moisture breaking out upon the skin; the countenance more hopeful, the tongue florid at the edges; the appearance of scabby eruptions about the mouth; and a returning desire for food, often, indeed, capricious, but without nausea or sickness.

The unfavourable symptoms tell their own tale: they are, extreme debility; continued insensibility, or confusion of intellect; low, muttering delirium; convulsions, and tremulous motion of the tongue and lips; difficulty in swallowing; the patient lying prostrate on his back, and insensibly gliding down to the bottom of the bed; involuntary evacuations; hiccup; small, rapid, and intermittent pulse; the countenance expressing the most acute anguish, and the hands constantly picking the bed-clothes, or catching at imaginary objects in the air. These signs denote a fearful climax, but still do not absolutely preclude all hope: the patient may yet recover, but his friends should know and be prepared for the worst result.

The Treatment.—Cleanliness of the body, cleanliness of the sick chamber, thorough ventilation, and the immediate removal of all offensive materials and foul linen, are of the first importance. Without these essential means be insured, all treatment will be of little avail,—the disease will go on, will increase in virulence, and spread infection to all around. The condition of an apartment occupied by a fever patient merits the best atten-

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tion of physician and nurse. All useless furniture should be removed; carpets should be taken up and curtains taken down; the floor should be sprinkled with boiling vinegar, and saucers containing a solution of chloride of lime placed in the several corners: not any cooking ought to be permitted in the room—in fact, a fire is seldom admissible. The light should be excluded, all noise subdued, and the sick person's attendant should wear list or cloth-soled slippers. Nothing is more distressing to a poor irritable invalid in bed than the creaking of boots and shoes.

It should never be forgotten that typhus in every stage and variety is a disease of sensorial debility, and that our only hope of cure depends on economising the nervous power that remains, in subduing all local inflammation with the least possible loss of blood and strength, and opposing the natural tendency of the disease to run into the putrid type of typhus, by such gentle tonics and moderate stimulants as the system will best bear.

At the onset of the fever we must endeavour to lessen whatever appears to have been the moving cause of its attack; if the stomach be overloaded with an indigestible mass, it is necessary to administer an emetic,—as, one or two tea-spoonsful of antimonial wine; and to follow its operation by a saline aperient, or a small dose of castor oil. If the state of the bowels seem to require it—if the action of the liver has been sluggish for some time previous — small and repeated doses of a mild mercurial preparation, as three or four grains of mercury with chalk, may be given every four or six hours, until the evacuations are of a more healthy character, and all pain and tenderness around the liver and upper part of the abdomen be removed; but the mercurial should seldom be allowed to induce salivation. Conjointly with this treatment, some simple fever-mixture should be ordered. During the hot stage the surface of the body may be sponged with cold water with safety and advantage. It is necessary always to be on the look-out for any local inflammation, so that we may check it instantly; if allowed to progress, bleeding and leeching may be absolutely required for immediate relief; but it should be borne in mind that all depletion greatly retards the patient's convalescence, if it do not so prostrate the strength as to render recovery very doubtful. When inflammation is present, small and frequent doses of tartarised antimony, from the eighth to the tenth part of a grain, should be added to each dose of the fever-mixture; the bowels should be moved by the tartrate of potash, sulphate of magnesia, or castor oil; spoon-diet, as arrow-root, barley water, tapioca, &c. only allowed; and the patient should drink plentifully of acidulated beverages.

As the brain suffers more or less in all cases, it is desirable to guard against inflammation, by having the head shaved, and applying cold water, iced water, refrigerating lotions, or a bladder filled with pounded ice, according to the severity of the existing symptoms. Should inflammation of the lungs, or liver, or stomach, or intestines set in, it must be treated according to its peculiar seat, but always with reference to the typhoid character of the disease. With regard to bleeding in such cases, a great authority says: "If the pulse, though rapid, be soft and compressible, the tongue begin early to assume a brown tint, and there be considerable prostration, the loss of blood cannot be sustained."

If the patient is extremely weak, it will be prudent to give him, with great caution, some gentle stimulant—as the aromatic spirit of ammonia, in infusion of cascarilla—or a tea-spoonful of brandy in a little tepid water: some practitioners do not hesitate to give stimulating doses of opium; but we are always too apprehensive of the brain being affected by it, that we should be loth to advise its employment. Towards the close of the disease, when the debility and prostration is extreme, full doses of stimulants, wine, and brandy may be allowed, and the most nourishing diet that can be got into the stomach ordered; in some cases the administration of strong beef-tea with an egg beat into it, by means of a glyster, is expedient.

When the fever is over, we must not deny the patient food. In some cases the appetite returns immediately and wonderfully, and whenever all urgent symptoms are entirely absent, it may be moderately indulged. "I give them," says Dr. Elliotson, who before the days of mesmerism *was* an authority,—"I give them light animal food, plain mutton, and good fresh beef, not pork, or veal, or artificial trash." As convalescence proceeds, the returning strength should be encouraged by judicious doses of quinine, the moderate use of good beer—pale ale; removal from the sick room to the drawing room; occasional, but very quiet society; and then, happily, a tender wife or mother and a good cook may be promoted to the direction of the patient, *vice* Physician, superseded.

(To be continued.)

CASE OF SWEATING SICKNESS.

Dr. Lawrie has published in the "Monthly Journal of Medical Science" a case of this disease. The patient was a healthy, active, robust man, aged about sixty, but liable to biliary derangements. An attack of this kind came on apparently from drinking bad porter, and the patient continued poorly during the week; three days afterwards he was seized with pain round the navel, and bilious vomiting on the second night, after which he slept well till about one in the morning, when he awoke bathed in profuse perspiration, the sheets being literally dripping. This perspiration continued till six in the morning, by which time his blankets, pillows, and part of the feather-bed on which he lay, were dripping wet; the sheets in particular appearing as though they had been dipped in a stream of water. At ten on the same morning he had what his family described as a fit of ague, followed by cramps in his limbs and a return of the intense pain in the abdomen: a large blister was applied over the abdomen. Early in the forenoon he was found very weak and restless; his pulse small and easily compressed; voice husky and choleric; cold perspiration, especially on the head; countenance sunk; intense thirst and desire for cold water, and a feeling of internal heat. These symptoms were aggravated in the afternoon. The pulse became more and more feeble, and, at last, imperceptible at the wrist; and the other symptoms increased, with the addition of vomiting, purging, and a tendency to delirium and slight stupor. Brandy-and-water, cold water, and beef-tea were given as freely as they could be taken. At nine on the following morning the pulse was little more than perceptible,—it was not to be counted at the wrist, but quite distinct in the groin: constant restlessness and tossing; no urine. The patient had, in fact, many of the symptoms of a cholera patient in the stage of collapse. In the evening rallying had commenced, but the other symptoms were much the same. On the following morning the rallying was completed, and the patient during the day rose and shaved himself. He had a relapse on the day after, with bilious stools and vomiting of grass-green matter, and was subsequently collapsed. He gradually recovered from this state, however, and though convalescence was protracted by a mild secondary fever, he recovered perfectly in about a month.

DEATH.

There is but this difference between the death of old men and young men; old men go to death, and death comes to young men.—*Bacon.*

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INTEMPERANCE IN PHYSIC.

The English people have an appetite for physic that amounts almost to a disease. They swallow more drugs than any other nation in Europe. Their brethren in the United States have inherited the same vicious appetite. The quack flourishes there as here, and patent pills are disposed of by the ton. On an average of years, we pay £30,000 per annum in the shape of *taxes alone* on patent medicines. Calculating these at the retail price, the patent drugs annually sold in England amount to £270,000. But this is altogether independent of the sale of the common and well-known drugs, such as Epsom salts, a pound of which may be purchased for less than a pound of beef-steak; and black-draught, which may be had of cheap druggists at a lower figure than Whitbread's Entire. Castor oil, tincture of rhubarb, decoction of sarsaparilla, and diet drink, may also be indulged in at a very moderate expense, especially since grocers, drysalters, and small hucksters have entered into competition with the druggists to supply those articles to a "discerning public." "Godfrey's Cordial, Soothing Syrup, or Quietness," as it is usually termed, have also become regular articles of drink for children in some parts of the country; and the extent to which these poisonous potations are used may be guessed from the fact that a druggist, not long ago, admitted to the coroner that he had himself made up thirteen hundred-weight of treacle into Godfrey's Cordial in one year! In the report presented to parliament by the Children's Employment Commission, it was stated that at Nottingham, where the women are much employed in the lace trade, the general practice is, "to begin with the syrup of rhubarb and laudanum mixed together; then they go to 'Godfrey's pure,' and then to laudanum, as the effects become by habit diminished." At length as much as fifteen to twenty drops of laudanum are administered to children at a time! This poison is sold by gallons. Dr. Playfair states that one druggist informed him, in evidence, that he sold, in retail alone, about five gallons per week of "Quietness," and half a gallon of "Godfrey!" Mr. Horner stated at a late public meeting, that in one street in Manchester alone there were three druggists, who sold five gallons a week each of Godfrey's Cordial and Atkinson's "Quietus," the basis of both of which is opium. And thus the system of hocussing, or (to speak in plainer terms) wholesale poisoning, goes on! It is not, however, merely among the poorer and less-informed classes that the system of drugging and drenching is practised. Look into the advertisements in the newspapers, and see what long lists of royal, noble, and aristocratic names appear as the public patrons of quack medicines. There is not a pill, from Cockle's to Parr's, but has its list of lords and ladies, vouching that they swallow them; not a corn-cutter, or "chiropodist," but has his following of dukes. St. John Long and Hohenlohe were patronised by the great; and any man who has impudence enough to get up an *Elixir Vitæ*, or *Immortal Catholicon*, need be at no loss for a duke's name, and half a dozen countesses, to head his advertisement. They give their certificates for the newspapers and the hand-bills; and multitudes follow where lords and ladies lead—in pills as in most other things. Every new medicine that turns up has its "run." Now it is Quinine, at another time Carbonate of Soda; at present it is Cod-liver Oil. All new methods of medical treatment have their enthusiastic advocates among the people. We have known some ladies who have run from Carbonate of Iron to Cold Water Treatment, from that to Mesmerism and Galvanic Traction, and they have finally landed in Homœopathy and its millionth-grain doses. We need scarcely say, that enormous mischief is done by this indiscriminate system of drugging which prevails amongst us. When even medical men have spoken of themselves as a class who live by "pouring medicine, of which they know little, into a body of which they know less," we may be sure that still greater risks of doing injury will be run by those abundant administrators of medicine who know exactly nothing at all, either of the action of medicine upon the living fibre, or of the physiological organisation of the human system. Old Abernethy has said that the sending of a dose of salts into the system was like sending a murderous troop of Arabs into a quiet village; and he constantly inveighed against the indiscriminate "drugging and drenching," which people were in the habit of cruelly practising upon themselves. And the late Dr. James Johnson, a very able physician, when near the end of a long life, declared it to be his "conscientious opinion, founded on long observation and reflection, that if there was not a single physician, surgeon, apothecary, man-midwife, chemist, druggist, or drug on the face of the earth, there would be less sickness and less mortality than now obtains." "When we reflect," he says, "that physic is a *conjectural art*, that the best physicians make mistakes, that medicine is administered by hosts of quacks, that it is swallowed by multitudes of people without any professional advice at all, and that the world would be infinitely more careful of themselves if they were more conscious that they had no remedy from drugs; these and many other facts will shew that the proposition I have made is more startling than untrue." And, while we are quoting, we may give a word from old Montaigne, who says: "For my part, I think of physic as much good or ill as any one would have me; for, thanks be to God, we have no traffic together. I am of a quite contrary humour to other men, for I always despise it; and when I am sick, instead of recanting, or entering into composition with it, I begin yet more to hate and fear it, telling those who importune me to take physic, that they must at least give me time to recover my strength and health, that I may be the better able to support and encounter the violence and danger of the potion. *I let Nature work*, supposing her to be sufficiently armed with teeth and claws to defend herself when attacked, and to uphold that contexture the dissolution of which she flies and abhors. For I am afraid lest, instead of assisting her, when grappled, and struggling with the disease, I should assist her adversary, and give her more work to do."—*Eliza Cook's Journal.*

SURGERY.

The art of surgery may be said to be purely mechanical, and instinct alone will render one person more cunning of hand than another: hence the success of the uneducated bone-setter; but so much of surgery is altogether independent of manual skill that no one in the present day can be permitted to bear the title of surgeon who does not possess a certain amount of that kind of knowledge which is thus absolutely necessary. It is this knowledge which in a manner constitutes the science of surgery, and it is barely possible to move a step in the right direction without it.

Let us illustrate what we mean by the science and art of surgery by certain practical allusions. In former times, if a limb were affected with some incurable disease, the surgeon left the patient to his fate, or conducted the further treatment with fear and uncertainty. He felt that, if the part were entirely removed, health might be restored; but he knew that an incision into the limb would be followed by such a bleeding as he could not well control. He was aware that the limb was full of blood, but how it circulated, or whether it moved at all, he was uncer-

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tain. Some, to avoid the danger, had the wound made by the cutting instrument plunged into boiling pitch; others fancied they improved upon this practice by cutting the textures with a red-hot knife, which seared and closed the vessels in its course; while others, again, imagined that the operation was rendered perfect in all points by the method of gradually tightening a cord round the limb until it should drop off. If the operation were accomplished by any speedy cutting process, the patient was in imminent danger from bleeding. Now, anatomy and physiology taught the position of the main blood-vessels, and the nature and course of the circulation. By a very simple mechanical contrivance, the tourniquet, applied on the limb between the heart and the intended incisions, the surgeon could command the circulation during the necessary proceedings; and by the use of a thread he could close the end of each artery, and save the patient from all immediate risk of bleeding to death. And now, so confident is the operator of the precision and certainty of his movements, that, instead of refusing, from dread of hæmorrhage, to perform an amputation in the fore-arm—as was done by one of the most celebrated of ancient surgeons—he proceeds with scientific self-possession to remove a limb, even at the shoulder or hip-joint, if, unfortunately, the circumstances render such dreadful operations necessary. Here we may trace the perfection of art to the development of science. As another example, says Professor Fergusson, from whose introductory lecture we now quote, I may call your attention to this cast, and also this preparation of an aneurism, connected with one of the largest arteries of the body—the innominata. Doubtless you all know that such a bag as this contains fluid blood chiefly, and that if it once be permitted to escape, immediate death is the result. Now I have know such a tumour mistaken by a quack for a common abscess, to which poultices were recommended, with the object of bringing the matter to a head before using the lancet! Again, you observe this cast, which is intended to show the deformity resulting from an advanced stage of hip-disease. A dislocation of the head of the thigh-bone has taken place in the progress of the malady, and in some respects there is resemblance to a displacement resulting from violence; yet there are numerous striking differences which may at once be appreciated by any one who has been educated to the profession. I have known an unfortunate sufferer in this condition subjected, by a charlatan, to the useless process for reducing a dislocation — I need not say with what mischievous effect; for the disease is one in the treatment of which we expect the greatest amount of benefit from absolute quietude. Many similar mistakes, the result of ignorance, might be cited, but these will suffice for present purposes; and I need only add, that at every step we move we shall find how much the mere art of our profession depends upon preliminary and collateral information; and such information, gentlemen, may, I repeat, be said to constitute the science of surgery.

ON A MODE OF PERMANENTLY CURING ULCERS ON THE LOWER EXTREMITIES WITH SAFETY TO THE CONSTITUTION, AND WITHOUT THE NECESSITY OF REST.

By W. R. GORE, Esq., Surgeon to the City of Limerick Infirmary.

After an experience of fifteen years in some hundred cases of ulceration of the extremites, I desire to place the following observations before the profession, on a subject of such great importance to a vast number of human beings. The disease to which they have reference is of very common occurrence, and the opportunities of testing the value of the plan are within the reach of almost every practitioner. I have for years hesitated to publish the result of the first few years' experience which I had of its efficacy, from a desire to allow time to test its value, and to mature whatever results might become general principles in regard to it, and the collateral treatment which might arise out of its adoption.

In 1830 I was called upon to "dry up" a varicose ulcer in an elderly lady, to whom it had become a complete nuisance; it had been in existence for nine years, and for reasons of a peculiar nature she determined, under all circumstances, to have it healed if possible. On consideration I resolved to attempt the cure by ordinary means—adhesive straps, equal pressure, and rest. To protect her against the consequences of "drying up" a discharge to which her constitution had been so long accustomed, I placed a caustic issue under the knee between the head of the fibula and the tibia anteriorly. After the second day I could not keep her from the drawing-room, or from fidgeting about, as her habit was, all day. Contrary to all expectation, this ulcer was perfectly healed in twenty-five days from the insertion of the issue. The first two days I poulticed both. The original sore was subsequently treated with adhesive straps and bandaging, and a pea inserted in the issue, which was kept open for five months after the healing of the ulcer. Until her death, which occurred about four years since, she never had the least return of the ulceration. She always continued to wear a tight ribbed stocking on the leg; great dimunition of the veins followed.

This interesting case convinced me that the *counter discharge* of the *issue* was the true cause by which to explain the rapidity and permanency of the cure, aided subsequently by pressure on the veins—which, however, had no effect as a curative agent *previously* to the insertion of that issue.

I determined immediately to adopt the insertion of an issue in the situation referred to, as a *principle of cure* in all ulcers of the lower extremities which appeared to call for such a mode of practice, leaving its effect in the protection of the constitution from ulterior consequences to be involved as a *secondary consideration*. I did not meet with an opportunity until the following year, 1831, when, being at Killaloe in company with the late Dr. Reid, of the 68th Light Infantry, I was requested to prescribe for a Mr. North, who had had a sore leg for a very long time. This happened to be an extensive chronic ulcer, with a varicose state of the veins of the leg. He tried many remedies without any effect, and not being able to give it rest, I proposed to him the insertion of an issue, mentioning its advantages as a safeguard, and its probable utility as a mode of cure. To this he assented, and in presence of Dr. Reid I made an issue with my lancet, and a couple of common peas, in a similar situation to that occupied by the caustic issue in the old lady. The sore was treated exactly as hers was; healthy pus soon became secreted, and the sore healed with rapidity. I saw this sore in ten weeks afterwards, when it was covered with a healthy cuticle. Nothing would induce him to part with the issue, which remained in until he died several years subsequently, he felt that it so relieved the centre of his leg of a feeling of disease, and "kept his head so clear."

The secret of rendering animal substances hard as stone is said to depend on their immersion for some time in water holding in solution bichloride of mercury and hydrochlorate of mercury.

Mr. J. Moss, chemist, of Sheffield, has found test-papers made from an infusion of dahlias the most sensitive of the presence of alkalis and acids, very superior to litmus.

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HINTS FOR HEALTH.

THE BATH.

Next to eating and sleeping, the bath may be ranked among the very foremost of the necessaries and supports of life. It is of far higher consequence, and of more general utility, than any kind of manual exercise, gymnastic, or sport. It affects the system more powerfully than these, even in the very points wherein their excellence consists; and it is applicable in a thousand circumstances where they are not. It does not supersede, but it ought to come before, these other practices.

HEALTH OF MIND.

The health of the mind must be based in the first place on the health of the body; mental occupation and refined enjoyments turn into gall and bitterness if they are not supported by the freshness and vigour of the physical frame.

SOAP.—WASHING.

Soap, whatever its specific name, is a compound of the alkali soda with oil, the former being in excess. When used for washing, the excess of alkali combines with the oily fluid with which the skin is naturally bedewed, removes it in the form of an emulsion, and with it a portion of the dirt. Another portion of the alkali softens and dissolves the superficial stratum of the scarf-skin; and when this is rubbed off, the rest of the dirt disappears. So that every washing of the skin with soap removes the old face of the scarf-skin, and leaves a new one; and were the process repeated to excess, the latter would become so much attenuated as to render the body sensible to a touch too slight to be felt through its ordinary thickness. On the other hand, where the scarf-skin and the dirt are rarely disturbed by soap, the sensibilities of the skin are necessarily benumbed.

DIGESTION.

It is a principal object of medicine to give strength and tranquillity to the system at large, which must have a beneficial influence on all its parts, and greatly promote the well-doing of every local disease. We cannot reasonably expect tranquillity of the nervous system whilst there is disorder of the digestive organs. As we can perceive no permanent source of strength but from the digestion of our food, it becomes important on this account that we should attend to its quantity, quality, and the periods of taking it, with a view to ensure its perfect digestion.

CONSTIPATION.

An attention to the removal of costiveness, by daily voluntary and persevering efforts to procure evacuation, will powerfully aid the other means we employ. The morning is the proper time for the attempt, and the trial should be continued during at least fifteen minutes, if the peristaltic action be not earlier excited to adequate motion. Perhaps a few weeks may be unsuccessfully employed in this attempt; but the proposed effect will be obtained if the patient persevere. This has frequently superseded the necessity of medicine altogether.

CHEESE.

Decayed cheese is so notorious for the soothing effects which it produces, when taken as the climax of a dinner, that, if unnoticed, it may be thought by some to contradict the assertion, that cheese is difficult of digestion. Decayed cheese has, however, ceased to be cheese properly so called; it has to a considerable extent undergone decomposition, and has become a decided stimulant, which may be considered to exert much the same effect on the stomach as spices or other stimuli.

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Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by GEORGE VICKERS, Strand; and sold by all Booksellers and Newsvendors.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

GLOSSARY, OR DICTIONARY OF MEDICAL AND ANATOMICAL TERMS.—We are preparing a glossary of words that occur in medical writings, which will give an ample and correct definition of all scientific or technical words, terms, and phrases. It will be published as a supplement, and will appear with an early number.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth. gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

THE DISEASES OF ARTISANS will be resumed in our next.

HANNAH ELLIOT.—The basis of all "washes," botanic waters," and other nostrums for the hair, is *borax*. It frequently turns the hair red, rusty, and rough.

TOM TIBBETTS (Alton).—If you will read the letter of VICTIM, published in No. 2, you will be able to judge of the honour and ability of the rascally Jew quack into whose hands you have fallen.

D. X. Y.—Take compound decoction of aloes, four ounces; compound iron mixture (Griffith's mixture), five ounces; tincture of ginger, two drachms; compound tincture of cardamoms, six drachms. Mix. Dose, two large spoonsful three times a day. Diet: animal food; few vegetables; a pint of good beer daily. Out-of-door exercise, and regularity in all your habits.

A NEWS AGENT (Bristol).—The excellent article in the *Times* of the 23d ult. is scarcely suited to our columns. The case of Mr. Camomile is a true one graphically related. Medical men, especially country practitioners, are the worst paid persons in the kingdom. For £300 or £400 a year, a village doctor has to work day and night; to support an establishment equal to that of the parson and the lawyer; educate his family, keep an assistant and two horses, and pay his druggist's bill.

JOHN GREAVES (Sheffield).—At the present time we should not advise you to do any thing to the eye. Probably a cataract may form hereafter, when active treatment will be required. Strange to say, at the moment of reading your letter, a gentleman, who came from Northampton for the purpose of consulting the Editor, related his own case precisely in your words—the first intimation he had of the sight being affected was, as in your case, when out shooting; he has now a hard cataract, which requires an operation.

J. C. (Edmonton).—It is the result of scrofula, and until the boy's general health be re-invigorated, the sore will not heal. Is the joint affected? You may bring him to us if you like, but you must distinctly understand that we do not receive gratuitous patients.

M. A. C. (A Widow).—If you read YEOMAN on COUGH, BRONCHITIS, &c., you will find several valuable hints applicable to your age and chest malady. With regard to the "fat as hard as wood," we suspect it to be a tumour, and as it is so painful, we should advise you to have a medical opinion immediately.

EMMA (Dublin).—The *gentleman* "from Bond Street," now visiting your city, is an imposter. Run away from itinerant Jew quacks as you would run away from a mad bull.

H. J. (Cheltenham).—A well-written "Introduction to Botany" is published by Cox, St. Thomas Street, the author is Mr. Castle, the price moderate.

R. S. T. (Walsall).—As your infirmity is neither acute nor dangerous, and as you are one of the very many who have notified their intention of personally consulting the Editor during the World's Festival, we will not advise you until that time arrives.

N. M.—The Editor is not a "physic doctor." He would rather his patients made food their medicine than that they made medicine their food. Moral medicine, proper diet, exercise, and cleanliness will frequently do more than gallons of draughts and bushels of pills. Certainly, medicine unassisted by regimen must act injuriously.

JAMES TAYLOR (Penkhull, Stoke-upon-Trent). As you possess "all we have published," you will find that we have given at least thirty prescriptions for "an opening pill,"—see PURGATIVES in PHARMACOLOGY, Vols. I. & II. The prescription you have sent to us, containing colocynth, scammony, and calomel, would physic a horse.

THE ANTI-QUACK SOCIETY,—Secretary, Mr. Harrison, 6, New Inn, Strand.—This society is now in operation, and we earnestly advise our subscribers to apply for a copy of "A Few Words to News-readers," which we believe will be forwarded by the secretary on the receipt of the postage-stamp which will frank it. We beg our readers to understand that this association at present consists entirely of members unconnected with medicine—noblemen, clergymen, barristers, bankers, merchants, and we hope to be enabled soon to add, tradesmen, artisans, labourers, and every moral and respectable member of the community.

A SOLICITOR'S CLERK (Bristol).—See answer to THOMAS HIGGINBOTHAM (Macclesfield) in No. 13 (page 144, Vol. I.).

ELTHIRON.—"Linctus" is the name given to soft preparations, of the consistence of syrup, which are taken by being *licked* off a spoon. They are ordered in coughs, sore throat, thrush, and other affections of the tongue and mouth.

EXPENSE.—As a votary at "the shrine of Cypris," you are referred to the answer to IXION in this number.

GEORGE HILTON.—The "error" in question is the cause of your present misery and ill-health. If you will read any one number of our Journal, you will see why we do not give you more explicit information.

A SHOPMAN (Philpot Lane).—"Grocers' Itch" depends upon small animalculæ found in impure sugar, it is called the *acarus saccharí*, and belongs to the same genus as the *acarus scabiei*, or itch insect. Bakers are also liable to a somewhat similar disease; and it is known that flour frequently swarms—is, in fact, "alive"—with a species of acarus. Thus, the more impure the sugar you "handle" is, the more inveterate will be your complaint.

J. J. (Wapping Wall).—You will always be an invalid while you reside in your present neighbourhood. The Editor does *not* attend in Grace-church Street now; he restricts his consultations entirely to his own house, or at the residence of invalids.

CURIOSUS.—Glycerine is a bland, syrupy liquid prepared from olive oil; it is also found in other fatty oils. It is very useful in deafness arising from thickening of the drum of the ear, and also in the deafness that frequently succeeds the eruptive, or other fevers.

A GREAT SUFFERER.—Read the articles on RHEUMATISM, published in No. 8, page 57, Vol. I.

ELIZABETH ANN.—Do not be alarmed: pain in the breast may arise from many causes besides the fearful one—cancer: it is sometimes merely sympathetic with some little uterine irritation, or even indigestion. We must see you.

A FLAT.—You have rightly described yourself. Your letter is rig-ma-role to our dull comprehension.

WILLIAM WATSON.—If you call in Lloyd Square, we will give you a card of admission. Visitors are not admitted on Fridays and Saturdays.

IXION.—Were we to lend our Journal to a detail of the infirmities of mind and body induced by vicious habits, intemperance, and "gaiety,"—as some "men of the world" designate vice, folly, and error,—we should increase our circulation several thousands per week—and lose our own character! It is our pride to know that the PEOPLE'S MEDICAL JOURNAL is emphatically a *Family* periodical. The father places it in the hands of his son; the mother rears and teaches her daughter by its precepts; the pastor—and we own our obligation to the clergy for their patronage—takes it as his guide to relieve the pains and ills of the body. THE DISEASES OF ERROR, which we wrote to supply the information you ask for, can be procured of the bookseller from whom you obtain the journal.

A SHOEMAKER (Walthamstow).—The symptoms you relate are too important for us to prescribe without seeing you, or at least knowing more about the case than we now do.

A CONSTANT SUBSCRIBER (Wellington).—We are obliged by your explanation. We "doubted" because we have so often expressed our dislike to correspondents employing such signatures. Suppose we received twenty letters thus signed: how can the writer of each identify our answer with his question?

EUSEBIUS (Norwich).—The Editor returns his best thanks for your very kind letter. The encouragement of men able to appreciate, and generous enough to acknowledge his labours, is his best reward.

HEALTH OF LONDON.—The number of deaths registered last week amounted to 1037. Small pox was fatal in 25 cases, 5 of whom were adults. This disease is rife in the East of London, especially Mile End Old Town, and in Whitechapel. Consumption was fatal in 120 cases; other chest-diseases have declined from 275 to 202. The births were in all 1599 children; namely, 815 boys, 784 girls. The mean reading of the thermometer was 45 degrees, which is 8 degrees above the average of the same week in the last ten years! When are we to have a health-giving frost?

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 58.—Vol. III.] SATURDAY, FEBRUARY 8, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. VI.—THE HEART.—THE CIRCULATION.

All our readers are, we imagine, familiar with the form of the heart; to those who are not, the accompanying engraving will supply a correct representation.

The heart is a hollow, muscular body, situated between the two lungs (2, fig. iii) in the lower and fore part of the chest, nearly in the centre, but inclining a little to the left side. Its position is oblique; that is, its broadest part is directed upwards, backwards, and towards the right side; its *apex*, or point, is directed downwards, forwards, and towards the left, and is immediately opposite to the space between the cartilages of the fifth and sixth ribs. In adults of the ordinary stature, it weighs about a pound. It is enclosed in a loose membranous bag, termed the Pericardium (1, fig. iii), which consists of two layers. The outer one, tough and fibrous, is connected at its upper part with the heart and large vessels issuing from it, and at its lower part is attached to the diaphragm, or transverse muscle separating the cavity of the chest from the belly (B, fig. viii). The inner layer is a serous membrane, that secretes or exhales a peculiar bland fluid that facilitates its every beat; and it not only lines the whole of the inner side of this bag, but it is reflected over the surface of the heart itself, and closely invests it. It is inflammation of this membrane that constitutes the formidable disease, pericarditis (see No. 22, p. 170, Vol. I.)

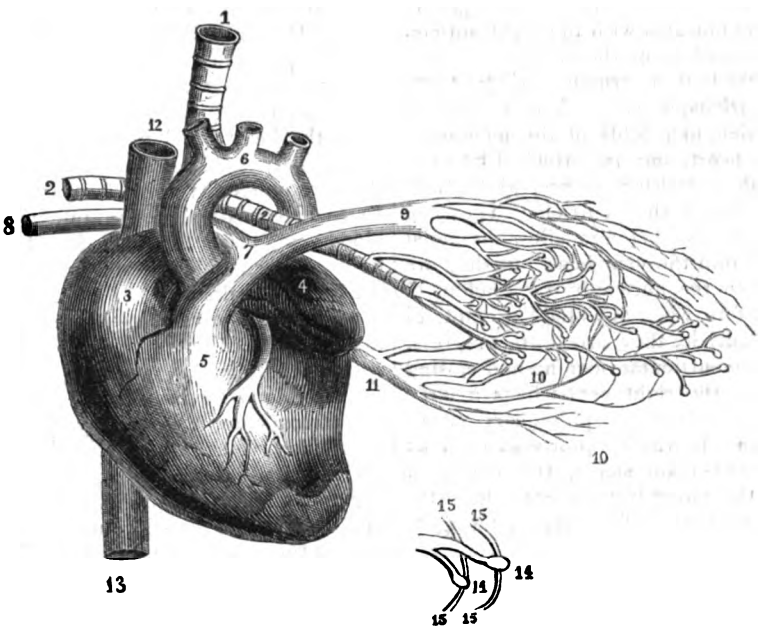

Figure vii.

1. The Trachea, or windpipe.
2. The right and left Bronchus; the left showing its division into smaller and smaller branches in the lung, and the ultimate termination of the branches in the air-vesicles.
3. The right Auricle of the Heart.
4. The left Auricle.
5. The right Ventricle.
6. The Aorta arising from the left ventricle, the left ventricle in this diagram is concealed by the right.
7. The Pulmonary Artery arising from the right ventricle, and dividing into
8. The right and
9. The left branch. This is seen dividing into smaller, and smaller, and smaller branches, and ultimately terminating on the air vesicles.
10. Branches of one of the pulmonary veins proceeding from the terminations of the pulmonary artery on the air-vesicles, where together they form the network of blood-vessels termed the Rete Mirabile.
11. Trunk, or main branch of the pulmonary vein on its way to the left auricle of the heart.
12. The Superior Vena Cava.
13. The Inferior Vena Cava.
14. Air-vesicles magnified.
15. Blood-vessels distributed upon them.

The heart being a hollow muscle, contains four chambers, or cavities; the two upper, at the base or flat end, are called auricles (3 and 10, fig. viii); the two lower, at the apex, bear the name of ventricles (4 and 11, fig. viii).

The right auricle (3, fig. vii; 3, fig. viii) forms the right and anterior part of the base of the heart. It, as well as the left auricle, has a loose appendage with tooth-like borders, which bear some resemblance to a dog's ear,—hence the name *auricle*. It is a hollow muscular cavity with thin walls, separated on the left side by a thin partition from the left auricle, as shown in fig. 8. In this partition we find an oval depression (*centrum ovale*), which before birth was open and allowed the two auricles to communicate directly with each other. There are three openings into the right auricle; two of these are the mouths of two large veins; the other is the right auriculo-ventricular opening, or aperture by which the right auricle communicates with the right ventricle.

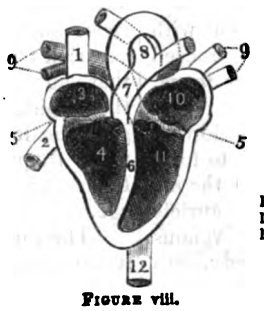

Figure viii.

A Section of the Heart, showing its several chambers, and the great vessels in connection with them.

1. The Superior Vena Cava.
2. The Inferior Vena Cava.
3. The right Auricle.
4. The right Ventricle.
5. The Septum, or division, between these two chambers, and the point of attachment of one margin of the valve.
6. The Septum between the two ventricles.
7. The Pulmonary Artery arising from the right ventricle, and dividing
8. Into the right and left Pulmonary Artery for the corresponding lungs.
9. The four Pulmonary Veins bringing the blood from the lungs into
10. The left Auricle.
11. The left Ventricle.
12. The Aorta arising from the left ventricle, and passing down behind the heart to distribute blood by its divisions and subdivisions, to every part of the body.

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The left auricle (4, fig. vii; 10, fig. viii) makes up with the right auricle the remainder of the base of the heart. It has the same general appearance and structure as the right auricle, except that it lies to the back and to the left side of the heart. It has five openings into its cavity. Four of these belong to the pulmonary veins (9, fig. viii), which bring blood from the lungs. The other is the left auriculo-ventricular opening, that establishes a free communication between the left auricle and left ventricle.

The right ventricle (5, fig. vii; 4, fig. viii) forms the right half of the lower portion of the heart: it is a triangular cavity with muscular walls, thicker than those of the auricles, and extends from the right auricle to nearly the apex, or point of the heart. The inner surface presents a great number of muscular bands, commonly designated by the name of *carneæ columnæ*, or fleshy pillars, some of which are furnished with delicate tendons or sinews, which are attached to a valve, the nature of which we shall presently describe. There are two openings into the right ventricle; one of these is the auriculo-ventricular opening, formerly noticed, by which it communicates with the right auricle. This remarkable opening, if viewed from the ventricle, is seen to be furnished with a valve, which is a structure of great importance. This is called the tricuspid valve, from its having three points, formed of three triangular folds of the membrane which lines the cavities of the heart, and are attached by their bases to the edge of the auriculo-ventricular orifice, whilst their points hang loose into the cavity of the ventricle. They can fold back freely into this space, and therefore allow the blood to pass readily from the auricle into the ventricle; but they are prevented from folding back into the auricle by the tendons of the carneæ columnæ; and therefore, when any blood attempts to rush from the ventricle to the auricle, they arrest its progress, by stretching across the auriculo-ventricular opening and closing it up. The other opening into the right ventricle is a large blood-vessel going to the lungs, called the pulmonary artery (7, fig. vii; 7, fig. viii), the entrance to which is protected by a set of valves called, from their half-moon shape, the semilunar valves, which act by allowing the blood to pass freely from the ventricle into the artery, but prevent it from regurgitating in the opposite direction.

The left ventricle (11, fig. viii, and in fig. vii it is concealed by the right ventricle, 5) forms the remainder of the heart. Its walls are thicker than those of any other portion of the heart, and extend from the lower part of the left auricle to the apex. Its internal appearance is very similar to that of the right ventricle, being marked by the fleshy columns, and having likewise two openings into the cavity. One of these openings is the left auriculo-ventricular orifice, which, like that of the right, is furnished with a valve, which, from its having only two points, and from a fancied resemblance to a mitre, is called the mitral valve. The other opening is the orifice of the great artery, the aorta (6, fig. vii; 12, fig. viii), by which blood is sent to all parts of the body. This is likewise furnished with three semilunar valves, similar to those which guard the mouth of the pulmonary artery.

We have now described, as briefly as may be consistent with intelligibility, the structure of the heart; and we now proceed to detail the manner in which the blood is sucked up by it and pumped out, so as to maintain life in the animal machine.

The Circulation of the Blood proceeds in the following manner:—The veins from all parts of the body unite to form the two venæ cavæ; the superior (12, fig. vii; 1, fig. viii), the inferior (13, fig. vii; 12, fig. viii), which entering into the right auricle of the heart (3, fig. viii), discharge their contents—the venous blood—contaminated by its traversing through the body, into that receptacle. By a muscular contraction of the right auricle the blood is pushed into the right ventricle (4, fig. viii), or second chamber, and is prevented from returning partly by the tricuspid valves, and partly by the pressure of blood from behind. The right ventricle being filled, contracts with great force, and discharges its contents into the pulmonary artery (7, fig. vii; 7, fig. viii), and here the blood is again prevented from going back by the semilunar valves. By means of the pulmonary artery, which divides into right and left bronchus (8 and 9, fig. vii), the blood is dispersed throughout the lungs. Here it meets the atmospheric air, and imbibing a portion of the oxygen, or vital principle of the air, which is contained within the lungs, the blood becomes altered in colour and quality; it loses its dark, venous hue, which it had acquired while in circulation; it parts with its carbon, as we described in the last number, and assumes a scarlet tinge, thus becoming true arterial blood, fit for the purposes of nutrition and secretion. From the very minute branches of the pulmonary artery in the Rete Mirabile (or wonderful network) arises another set of vessels, termed the pulmonary veins (10, fig. vii), which receive the blood from the venous vessels spread out on the air-vesicles of the lungs; for the pulmonary artery is functionally a vein, since it contains venous blood, though it is nominally an artery, because it carries blood from the heart; and in like manner the pulmonary veins are functionally arteries, since they contain arterial blood, though they are nominally veins, because they carry blood to the heart. In the Rete Mirabile the junction of the air-vessel with the blood-vessel is accomplished, and the manner in which the two fluids—air and blood—are brought together is well shown in the magnified drawing (14 and 15, fig. viii). The combination of these two sets of vessels—the minute branches of the bronchial tubes and the minute branches of the blood-vessels, in fact, constitute the lungs.

The blood having thus received its vivifying principle from the atmosphere, it is conveyed by innumerable channels—the pulmonary veins, which unite and form one common trunk (11, fig. vii)—into the left auricle (10, fig. viii), by the sudden contraction of which it is propelled into the left ventricle (11, fig. viii), and is here prevented returning by the mitral valve, aided by the continual pressure from behind. From the ventricle it rushes through the great arch of the aorta (6, fig. vii), from whence, by means of the arteries, it is distributed to every part of the body in a pure state; when, after performing all the duties demanded of it, in the various secretory processes to which it is subjected, it is returned by the veins in a contaminated condition, again to undergo the same passage through the heart, and to receive a similar revivification in the lungs.

It is important to bear in mind that both the sides of the heart fill at the same instant, the two auricles contracting at the same moment, and the two ventricles obeying the same law: thus, at the identical time that the right ventricle is pushing its blood into the pulmonary artery, the left ventricle is propelling its contents into the aorta, by which it will be seen that the auricles and ventricles contract and dilate alternately; the auricles and the arteries acting together, and the same with the ventricles and the veins. It is the contraction of the ventricles that causes the beat of the heart, and which is felt so plainly on the outside of our bodies. It takes place in a male adult, in good health, about once in a second; in females it is rather more frequent. It is greatest, both in males and females, at birth, and diminishes in frequency until we arrive at middle age.

The force with which the ventricles press the blood to push it out of the heart has been variously estimated, but it is quite

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impossible to arrive at any correct information; perhaps it may average, in an adult, a force equal to twenty or thirty pounds, or to a force apparently equal, if not superior, to that of the gripe of a very strong man with his fist.

Each ventricle is calculated to contain at least one ounce of blood. The heart contracts four thousand times in one hour, from which it follows that there pass through the heart every hour four thousand ounces, or three hundred and fifty pounds of blood. The whole mass of blood circulating in the system is said to be about twenty-five pounds, so that a quantity equal to this passes through the heart fourteen times in one hour, which is about once in every four minutes.

"Consider," says Paley, "what an affair this is, when we come to very large animals. The aorta of a whale is larger in the bore than the main pipe of some water-works; and the water roaring in its passage through a pipe of that description is inferior, in impetus and velocity, to the blood gushing from a whale's heart."

We have already minutely described the blood; the structure of the arteries and the veins; and the pulse, in Nos. 15, 16, 17, and 18, to which we beg to refer our readers, as a proper appendix to this article.

In our next we shall describe and illustrate the stomach (two engravings), the organs of digestion, and the physiology of digestion.

DROPSY.

When the body is is in a state of natural health, the functions of nutrition, secretion, and excretion are performed in a regular and proper manner; but in the performance of these all-important functions various vital organs are employed, and these organs are often liable to undergo changes which not only derange the function over which they preside, but the whole system suffers secondarily.

There are certain causes which produce dropsy without any organic change of parts: for instance, we meet with cases of anasarca (general dropsy) after sudden exposure to cold, and it is not an uncommon thing to see it after scarlet fever; these cases yield readily to treatment; there is no organic change, and, consequently, when a cure is effected it is permanent. These cases depend upon a disordered state of the capillaries supplying the skin; and the immediate cause of the dropsy is the same as it is in the other cases, with the exception of the absence of any organic change of structure. The circulation in the capillaries supplying the skin is for the time impeded, and the loaded circulation is relieved by the effusion of serum. Unfortunately, in most cases, there is some organic change of structure in a vital organ, and, consequently, our treatment can only alleviate the symptoms; we may sometimes remove them for the time, but we cannot cure them, the primary cause remaining, and the disease is therefore always liable to return. Perhaps one of the most common causes of this disease is an affection of the main organ of circulation itself, the heart becomes enlarged; it has not sufficient power to contract upon the fluid contained within its cavities, and consequently becomes an obstacle to the circulation; the return of blood to the right side of the heart is impeded, and the blood is thrown back upon the venous system. It is necessary that something should relieve this, or life could not exist; and to effect this the capillaries throw out fluid to relieve the loaded circulation. Here we see that the dropsy is merely a symptom of a much more formidable disease.

The following cases illustrate this subject:—

Case 1. J —— S——k.—Dropsy of the lower extramities, of six weeks' duration. The pulse is full and sharp; there is a foul tongue; he has had a cough with expectoration two months, but can draw a deep breath without pain; the urine is scanty and high-coloured, but not coagulable by the ordinary tests; and, lastly, a loud valvular murmur can be distinctly heard.

There then is, as far as we can judge, a pure case of disease of the heart; we have no reason to suppose that any other organ is affected. The urine is not coagulable, and its specific gravity is not lowered. There is no ascites, (dropsy of the abdomen,) and the sound of the heart itself marks the disease. The cavity of the heart is enlarged, while the orifice through which the blood has to pass retains its natural size, and, consequently, the rushing sound which we hear is produced. We have the same sound produced by another cause, but then the anasarca, and the other symptoms attendant upon it, are not present. The heart may be of its natural size, but the force of the circulation through it may be augmented: here, then, the force of the current is too great for the size of the orifice through which it has to pass, and we have the same blowing sound. We often meet with this in hysterical girls, in whom there is no disease of the heart. In such a case as S—k's, of course, the exciting cause of the disease cannot be removed, but much may be done to alleviate the symptoms; in fact, the anasarca in this case was, for the time being, entirely got rid of by the remedies employed. In the first instance he took a combination of digitalis, squills, and blue pill, which acted very efficaciously as a diuretic; his mouth became sore, and he then left off the pill, and took the bitartrate of potash, and was completely relieved, as far as the anasarca was concerned.

Case 2. E—— C——n, is also a well-marked case of dropsy from disease of the heart. There was palpitation of the heart, dyspnœa (difficulty in breathing,) rendering it impossible for her to lie down in bed; there is quickness of breathing and pain across the lower part of the chest, especially in the left side. There is some anasarca of the lower extremities, but this is described as having been much greater; and there has been some swelling of the abdomen. Here we have disease of the heart occurring in an elderly female, and, from the pain expressed during life, we might easily imagine that there was disease of the aorta as well; the pain in such cases being often very acute, and not met with in simple enlargement of the heart, that there was disease of the heart was made manifest by the anasarca, which never happens in cases where the aorta alone is diseased, the heart being unaffected. There is another thing worthy of remark in this case, and that is, the history which the patient gave of the subsiding of the swellings; the unhappy patient looking upon the dropsy as the sole disease, and looking upon its disappearance as a most fortunate circumstance, but in truth it is only the precursor of death, which in many cases occurs suddenly, either from effusion into the chest or pericardium.

In other two cases, D—— D——, and C—— B——, we have the same disease. The kidneys in both were large and congested, which is always the case in an early stage of the disease, though afterwards they become atrophied. Unfortunately for these two patients, the disease of the kidneys was combined with disease existing in other viscera, rendering the treatment more complicated, and the alleviation of their symptoms more difficult to be achieved. In the treatment of these cases what remedies are we to employ? If we use diuretics we do but add fuel to the flame; we must, therefore, trust principally to purgatives. If the action of the skin can be augmented, and perspiration can be produced to any amount, it is often of great

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service; but there is generally much difficulty in producing this effect. The remedies which seem to be most generally used, and often with marked benefit, are the neutral salts, with vegetable acid bases; as the tartrate of potash, or the acetate of potash, in large doses; for instance four drachms of the bitartrate of potash every morning; which in some instances will destroy the coagulable quality of the urine, where the disease has not proceeded to too great an extent.

We have heard from good authority the following account given of the *modus operandi* of these neutral salts, when they destroy the coagulable quality of the urine;—"An alkaline property of the blood is necessary to hold the particles of albumen in solution; if this be lost, the albumen is drawn off by the kidneys. A neutral salt with a vegetable acid base supplies a larger quantity of alkaline matter to the blood, and prevents the albumen being drawn off by the kidneys, causing it to be held in solution by the blood."

The species of dropsy concerning which we have been hitherto speaking consists in an effusion of serum into the cellular tissue in various parts of the body, called anasarca; but there yet remains another kind, in which the fluid is poured out into various cavities, constituting hydrothorax, (water on the chest—see No. 46, page 154, Vol. II,) hydrocephalus, (water on the brain) and ascites, (dropsy of the abdomen,) it is concerning this last form that we wish to make a few remarks. There are two states of the liver which may produce ascites; they differ in this all-important fact materially, that the one will yield to treatment, whereas the other is incurable. We meet with one occurring after an attack of ague; the spleen and liver become affected, and occasionally ascites follows; but this will yield under much the same plan of treatment that is employed during the continuance of the intermittent fever. Bark administered in large doses will remove the affection of the liver and spleen, and having removed the exciting cause the dropsy will disappear, and will not return. Not so where there is an organic change of structure in the liver; there, as in all cases where an organic change has taken place, it is beyond our power to effect a cure; we cannot renovate or restore to their pristine state organs which have already undergone this change; and, therefore, all we can hope for is to alleviate the symptoms and ward off the impending fate as long as possible.

In addition to ascites or an effusion of fluid into the cavity of the peritoneum, we meet with another form of dropsy very much resembling it, as far as outward symptoms are concerned, and this is ovarian dropsy (dropsy of the ovaries—important appendages of the uterus). The fluid here is not effused into the cavity of the peritoneum, but is encysted, being contained within the ovary. This form of dropsy, however, often proceeds to an enormous extent, and in such cases how are we to distinguish it from ascites? In ascites, where the intestines are free, they invariably rise to the surface of the fluid, in whatever position the patient may be placed, and they there give out a resonant sound on percussion. This is not the case in ovarian dropsy, the enlarged ovary rises in front of the intestines, which, from being tied down by the mesentery, are pressed back by the tumour, and, if any resonant sound be given on percussion, it is in the flanks, and there alone, whatever be the position of the patient. The same remark holds good with regard to the umbilical region, for, however much the position be varied, we always meet with a dull sound in that situation. These remarks, of course, only refer to the advanced stage of ovarian dropsy, for, in a more early stage, the situation of the tumour, and the fact that the fluid is not equally diffused throughout the whole abdominal cavity, and but circumscribed in extent, will at once mark the nature of the disease. Now, with regard to the treatment. The fluid, when it increases to a great extent (which it generally does,) should be evacuated, and this should be repeated as often as necessary; the intervals between the tappings become shorter, and generally after some length of time the patient dies, completely worn out by the disease. Of late years the operation of removing the diseased ovary has been resorted to, sometimes with success, but often with a fatal result; certainly it is a grave operation, and it behoves the physician to pause and think before recommending it, and the surgeon also previous to performing it.

HOMŒOPATHIC ABSURDITIES.

"ARSENIC, which, by its extreme power to change the state of the human system, may become as dangerous in the hands of an ignorant person as it is beneficial in the hands of an educated one, would not have produced such striking cures of cancerous ulcerations about the face, if this metallic oxide did not possess the power of exciting in healthy persons very painful and incurable ulcers, which, according to some, may be malignant and corroding, and according to others may put on a cancerous action."—(Organon). Arsenic, then, according to Hahnemann, produces in a healthy man corroding and malignant ulcerations? Nothing can be more incorrect or more absurd than such a statement. If the author of it had ever studied the effects of arsenic on animals, or its action when administered medicinally to man, he would not have stated fallacies for facts. If arsenic is useful in cases of cancer, it does not cure the disease, and it is not the only remedy which possesses the power it is said to hold. This power cannot arise from a supposed property, inherent in arsenic, of producing malignant and corroding ulcers, because it does not possess such a property. Homœopathists will say undoubtedly that we do not understand their founder's meaning. Very likely not; still the fact is a simple one; it must be either true or false. What constitutes a malignant and corroding ulcer? Is it possible, from the vague assertions of obscure authors, to draw such formal inductions as the above? Homœopathists, however, do not look so closely into matters. In Hahnemann we find numberless theories founded on facts of just as little value. Thus he tells us that arsenic produces in a healthy man buboes and dyspnœa, and that on this account it cures pestilential buboes and quinsies. We deny these assertions entirely, as being opposed to the true facts. We can easily conceive, however, that, on account of the ignorance which prevails in medical matters, men may be found who really believe such a system.

DR. MASON GOOD mentions the case of a clergyman who became raving mad in consequence of genital irritation. He recovered in six months, and soon after, finding the same symptoms returning which had ushered in the previous attack, and this clergyman, himself, having spontaneously referred his irritation to the right cause, married his servant, and was for upwards of twenty years most happily united. In a confidential statement to the doctor, soon after his marriage, he gave as his reasons for this apparent indiscretion, the necessity of marriage, and the impossibility of being admitted into any respectable family when having just emerged from a madhouse. His friends, however, thought this marriage only a greater proof of his madness. Now, suppose him to have had a title, or a large fortune, these friends might have goaded him into madness, by a commission, by confinement, and by restraint; but he providentially escaped this, and lived in unusual happiness with his wife and children for upwards of twenty years.

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TREATMENT OF STRABISMUS.—SQUINTING.

EVERYTHING in this world has its rise and fall—operations like the rest. There was a time when no unfortunate with a squint could walk the streets of London without being seized on by some juvenile Dieffenbach, and cut incontinently, whether he wished it or not. Awful eyes, indeed, did they turn out; but the mania soon subsided, and now we hear nothing of it. Dieffenbach, however, had proposed another treatment for strabismus,—or rather for certain forms of that disease,—which is little known, and seldom practised. In some cases of strabismus the deformity arises from paralysis of the ocular muscles, often of those supplied by the third pair of nerves. Here Dieffenbach was accustomed to employ cauterization of the conjunctiva over the course of the affected muscle. M. Deval has recently repeated the operation with the best effects. In one case the eye was turned strongly outwards. It was impossible to ascertain the cause of the deformity, which had appeared suddenly, but slight paralysis of the eyelid of the superior rectus muscle and feebleness of vision rendered it probable that loss of power was the main one. Other means having failed, M. Deval passed a nitrate of silver pencil over two points of the conjunctiva covering the internal rectus muscle. This produced an evident improvement, and after the fifth application the patient was completely cured. In applying the caustic care must be taken not to pass much beyond the limits of the muscle, and to prevent the melted nitrate from being carried by the secretions over the globe of the eye.

MEDICAL RELIEF TO THE POOR.

MEDICAL relief is afforded to the sick poor from three principal sources, namely, hospitals and infirmaries, dispensaries, and the medical staff and workhouses maintained under the poor-law. Now the mode in which the medical officers of these institutions are elected has often attracted attention as being palpably absurd and inefficient. It is notorious that there is almost invariably a struggle for each vacancy, and that merit has not the slightest chance of success against wealth, family connexions, low intrigue, or underselling. Those with whom the patronage rests are incapable of deciding upon the merits of the rival candidates. All produce an abundance of testimonials, and all make a show of being equally qualified to fill the office, so further inquiry is considered unnecessary; and private bias, or more frequently bribes, —bribes to individuals, or bribes to the main body of subscribers to the charity, in the shape of donations, decide the election. It cannot be matter of surprise, if the most incompetent candidate be frequently the most successful.

IT is difficult to imagine a position of greater perplexity than that of the young medical student on his first arrival in London. In the short space of a few hours he has been transferred from familar scenes and faces, to a city of strange places and strange persons; he has (at least in many cases) exchanged the quiet of the country for the noisy confusion of the largest city in the world; the society of home, and the pleasant intercourse with a large circle of acquaintance, for the chilling solitude of a crowd of strangers. With words of warm affection and kind encouragement still sounding in his ears, and looks of anxious sympathy still present to his eye, he encounters at every step the blank expression of indifference. An overwhelming feeling of isolation comes over him, and, for the first time perhaps in his life, he feels himself really alone.

MEDICAL ANECDOTES.

No. III.

A KNOWLEDGE of medicine is supposed by those who patronize quacks to come by intuition. The boy who carries his master's medicine to the patients, no sooner is emancipated from the shop than he commences business on his own account, thinking, like the parish clerk, who announced his intention to go into orders, that "*it is the duty of every one to rise to the top in his profession!*"

"When I was a younker, I first was apprenticed
Unto a barber, so dapper and airy;
I next was a carpentor, then turned a dentist,
Then tailor, good L—d!—then an apothecary.

"But blunders will happen, in callings so various,
I fancy they happen to some who are prender;
I once gave a patient, whose health was precarious,
A *terrible dose* of my best shaving powder."

So sings Dicky Gossip in the song; and it is a correct history of many a charlatan who has amassed a fortune.

Dr. Lettsom was in the practice of carrying the produce of his fees carelessly in his coat pocket. His footman, being aware of this, used to make free with a guinea occasionally, while the coat hung up in the passage. The doctor having repeatedly missed his gold, was suspicious of his footman, and took an opportunity of watching him. He succeeded in the detection, and, without even noticing to the other servants, called him to his study, and coolly said to him, "John, art thou in want of money?" "No;" replied John. "Oh! then, why didst thou make so free with my pockets? and since thou didst not want money, and hast told me a lie, I must part with thee. Now, say what situation thou wouldst like abroad, and I will obtain it for thee; for I cannot keep thee; I cannot recommend thee; therefore, thou must go." Suffice it to say, the doctor procured John a situation, and he went abroad.

Some years before his death, as Mr. Abernethy was walking up Holborn, he overtook one of his pupils: as was his custom when he had once noticed intrinsic talent, he entered into familiar conversation with him, observing that he had missed him for some time in the dissecting room. The young man, with tears in his eyes, told him he was involved in debt, and that his parents, overtaken like himself by the shafts of adversity, could not grant him the necessary supplies. "To what amount are you in debt?" "About £80, sir," answered the poor bankrupt. "Well," said Mr. A., "call at Bedford-row to-morrow morning at ten o'clock, and I will see what can be done for you." The young man was obedient to the wishes of his kind instructor, when a letter sealed up was put into his hand, on opening which he discovered a cheque for ninety pounds! This young man was seen at the grave of his late benefactor completely grief-stricken.

"Going round the hospital one day," says Abernethy, "I saw a patient with an ulcerated leg, as if of ten years' standing. 'What do you call this?' said I. 'Oh,' said the dresser, 'it is a case of erysipelas; and he only came in last week.' 'Good God,' said I, 'Is it possible?' 'True, I assure you, sir, the leg has sloughed, and that has made it in the state in which you see it.' I was induced to ask the patient what his previous health had been, and when his complaint first appeared. I found it all arose from the stomach—I regulated that, and the man soon recovered. Oh! L—, what an excellent rule that is, not to offend the stomach."

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A NEW STREAM OF IMMORALITY, THE PRODUCT OF QUACKERY.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

SIR,—Chance threw in my way a number of your praiseworthy periodical; I may tell you I immediately ordered the two volumes already published, and have directed my bookseller to supply the weekly numbers regularly.

As the father of many children I thank you for your efforts, and if the following fact is of any service to the cause you so ably advocate, use it. I am—as you will see by my card, which I enclose—a tradesman; and in this age of printing find it necessary to distribute a catalogue of the goods I sell. This I was recommended to get "folded and stitched" at a book-binder's residing in the neighbourhood of Chancery Lane. I called there, and was ushered into a work-room where there were at least five-and-twenty young women, busily engaged at work, whose ages appeared to range from twelve or thirteen, to five or six and twenty years. Whilst waiting for Mr. ——, I was curious enough to look at the pages the girls were folding. How shall I describe to you my disgust, my horror, at finding them to be a demoralising quack work, one containing "forty-eight steel engravings, highly coloured!" How shall I tell you how the blood gushed to my face, tingled my ears, and, old as I am, suffused my countenance with the blush of shame! The engravings were the most indelicate, the most obscene, the most disgusting, the most exciting, and at the same time the most frightful, things I ever beheld. There were young girls, not all yet depraved, perhaps, "folding" sheets of paper disfigured by foul representations which never should be exposed to the sight of women.

What other effect can such occupation have than to familiarise their mind with grossness and impurity? What daughters, what wives, what mothers, can these girls make? Of course I took my small order elsewhere.—Wishing you heartily "God-speed."—Yours, &c. A TRADESMAN.

Holborn, Feb. 1, 1851.

CONSUMPTION AND BRONCHITIS.

THERE is often very great difficulty in forming a correct diagnosis with regard to true phthisis pulmonalis, or the deposition of tubercular matter in the lungs,—consumption.

The disease with which this is most likely to be confounded is bronchitis, and in the first stage of phthisis the symptoms are similar to this affection; we have in both a cough, more or less tightness of the chest, and pain; and on applying the stethoscope we, perhaps, find the voice proceeds at once through the tube of the instrument and strikes upon the ear, producing that modification of bronchophony called pectoriloquy; this symptom might be considered decisive by some, but in truth it is very fallacious; we meet with it in both complaints, but from very different causes.

In phthisis it indicates the formation of a vomica, a cavity caused by the softening and suppuration of tubercles, the matter having been discharged into the bronchi and expectorated; in this case it is a truly formidable symptom.

In bronchitis we also meet with it, but then, instead of indicating the formation of a vomica, it is caused by the enlargement of a bronchial tube, and is not a fatal symptom. The symptoms, however, in bronchitis are often very severe; they are cough, tightness of chest, and pain; expectoration of mucus or muco-purulent matter, *sometimes* striated with blood; there may be also a good deal of fever, quick pulse, thirst, and sweating at night; there is often pectoriloquy; the patient may be much emaciated, appearing to be in the last stage of consumption, and the disease may sometimes proceed to a fatal termination.

There are certain symptoms which assist us materially in forming a correct diagnosis between bronchitis and phthisis; generally in bronchitis there is no spitting of blood; in phthisis, this is generally a prominent symptom; and on percussion we generally find a dulness under the clavicle, well marked on comparing the two sides of the chest; and this is of great assistance to us, for in ninety-nine cases out of a hundred we always find that the tubercular deposits occur at the upper part of the lungs first, and therefore, when we meet with dulness on percussion in the upper part of the chest, it most likely depends upon the presence of tubercles. There are, moreover, generally in the left side of the chest bronchial breathing, bronchophony, and a certain degree of crepitation; and, if these be combined with the other symptoms, we may be tolerably sure that it is phthisis.

We do not, however, always meet with dulness on percussion, though such is generally the case; in fact, if we try percussion just over a large vomica, we find that it emits a perfectly clear sound; but if we find that, on the application of the stethoscope to this spot, we discover bronchophony or pectoriloquy, and if this be not immediately over a large bronchial tube, we can have very little doubt as to the nature of the case. Double pleurisy is exceedingly rare, unless it occurs in patients having tubercles in their lungs; and it should therefore always be looked upon with suspicion. We should not always bleed in pleurisy, for in some cases where the patients have been lowered previously, either by profligacy or want of proper nourishment, they may die very speedily under such treatment, their vital powers being already worn out, and so unable to bear the depletion; or they may have delirium from diminished quantity of blood in the brain.

If the pleurisy proceeds to the effusion of fluid, and the case be left to nature, the fluid may be got rid of in three different ways. If it is simple serum it may be absorbed, or a communication may take place between the cavity of the pleura and a bronchial tube, and the matter may be thus expectorated; or again, it may make its way outwards through the integuments between the ribs. If the fluid be purulent, it must be got rid of in one of the last-mentioned ways, as it cannot be absorbed. It is often necessary in these cases to assist nature and let out the matter, but they frequently do very well when left to themselves. In these cases no respiration is heard on the side affected, but after the discharge of the fluid a very considerable portion of the lung often recovers itself. This process generally takes some time before it is completed, and sometimes we may give diuretics and expectorants, but generally all that is required is to support the patient.

In some cases of consumption the patient has tenderness of the abdomen, in fact, he labours under a kind of chronic peritonitis, dependent on the formation of tubercles in the peritoneum, or there may be diarrhœa caused by the deposition of tubercles in the mucus membrane of the intestines.

When we meet with the symptoms of pleurisy in conjunction with others, or if this be double, that is, on both sides of the chest, it is a very strong proof in favour of the complaint being phthisis. Generally speaking, in bronchitis we have no unequivocal physical symptoms of phthisis, there is no spitting of blood, and no great loss of flesh; but still the symptoms are often very much alike in both complaints; and in many cases we are unable to form a truly correct diagnosis, until we have watched the effect of treatment; if it be bronchitis, it yields; if phthisis, it is incurable, and sooner or later proceeds to a fatal termination.

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HINTS FOR HEALTH.

LONDON MILK.

The public should peremptorily and imperatively call for a reformation of the abuses existing in the London milk trade, which is incessantly endangering the health of the community, not only by the effluvium which is constantly steaming forth from those repositories of corruption, the cowsheds, but from the adulterations of the milk, the diseased condition of the cows that give it, whose flesh is only fit for cats' meat, or for converting into animal manure, but which the poor unfortunately consume for food in various ways,—these are considerations that should bring their own moral; we see that other countries know the value of good and wholesome milk, consequently have regulations respecting it. How much longer shall we be poisoned for the want of some such regulations? Shall it continue to be said that no sanitary laws exist in London, concerning the adulteration of the milk, the state of health of the cows from whom it is produced, or of the uncleanly, badly drained, and ill-ventilated sheds in which they are confined.

THE DUTY OF A GOOD HOUSEWIFE.

The preservation of our own health, and of those who are dependent upon us, and of those whom we can assist, is a moral duty, because without health we cannot do the duties of those stations in which God has placed us. And as the duty of preserving the health of the young falls especially on woman, the good housewife will study the conditions which are essential to health, and will endeavour always to secure these conditions for herself and family; and this she will do as part of her duty to God. And the same consideration of moral duty will influence the conduct of the good housewife in all her management; she will know that food well-cooked is more conducive to health than food ill-cooked; and that neatness and cleanliness of clothing, and cleanliness of body, are necessary for the health of the body, and are useful in maintaining purity of mind.

FOOD.

"Be watchful" said the late eccentric Dr. Kitchener, "of the effects of the food which you take; avoid whatever appears to irritate, and eat only that which experience has proved acceptable." Montaigne, in his Essay *on Experience* says, "My appetite is in several things of itself happily enough accommodated to the health of my stomach; whatever I take against my liking does me harm; but nothing hurts me that I eat with appetite and delight."

MANAGEMENT OF OUR EARLIEST INFANCY.

It is a frequent practice, immediately after the birth of a child, and as soon as the washing and dressing are accomplished, to quiet its cries by administering gruel, or what is even more customary, and still more pernicious, sugar and water. It should, however, be remembered, previous to administering food, that the child has but just emerged into its newly-acquired life, and that it requires a certain time to arrange its various organs; and, as *none* of the senses seem fully developed, or capable of undergoing any exertion, it cannot be considered that the digestive organs are sufficiently settled to undertake so soon their respective labours. Instead, therefore, of feeding the child immediately after it is dressed, it should be placed in its cot, warmly wrapped in flannel, and there is little fear but that it will soon recruit its strength by sleep.

This course of proceeding is clearly pointed out to us by all-wise Nature; for the secretion of milk in the breasts of the mother seldom takes place until some hours subsequent to the birth of the child.

ADVERTISEMENTS.

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DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by GEORGE VICKERS, Strand; and sold by all Booksellers and Newsvendors.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

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MEDICAL LABEL and GENERAL LETTER-PRESS, COPPER-PLATE, and LITHOGRAPHIC PRINTING OFFICE.—C. ADAMS, (Printer of the "People's Medical Journal,") begs to present his Establishment to the notice of the Medical Profession and the Public in general, for correctness, economy, and neatness of execution, and as the cheapest house in London for Surgeon's and Chemist's gummed and cut Labels. Estimates forwarded free of expense.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

W. L. B. (Islington).—Sulphate of quinine may be made into pills by means of any simple extract, as the extracts of hops or gentian; or it may be combined with the extract of hyosciamus. Aromatic confection is also a good vehicle.

J. H. (Somer's Town).—We never reply to complicated questions of health without examining the invalid, when his or her residence is so near to our own as is yours.

J. HAMAN (Yorkshire).—One letter—one question. Your letter contains nine questions.

MRS. ANDERSON (Paisley).—After washing the hands and carefully drying them, anoint the eruption on the palm with glycerine. Take eight drops of liquor potassæ in water three times a day.

WILLIAM D——T (Sunderland).—Send your girth to Mr. Smith, 1 High Holborn. The bandage can be sent by post.

WANDERING WILLIE (Carlisle).—See the article on DISEASE OF THE PROSTATE GLAND, in No. 45., Vol. II, page 146.

A FATHER.—Your question is an unpleasant one; nevertheless we do not hesitate to give you our opinion, to a certain extent. We have a dog, a favourite, a faithful, a handsome one (handsome in her ugliness). Were she to require an operation to remove any deformity of limb, we would rather hang her than send her to the Orthopœdic Hospital.

WHITBIENSIS.—Diet, as advised in No. 42, page 122, Vol. II. Take, tris-nitrate of bismuth, a scruple; Socotrine aloes, ten grains; extract of henbane, half a drachm. Mix and divide into twelve pills, of which take one every night. Also, sulphate of quina, a scruple; tincture of the sesquichloride of iron, an ounce. Mix. Dose, twelve or fifteen drops, in water, three times a day, half an hour after a meal.—Do we know you personally?

E. C. O. (Devonshire Terrace, Camden Town).—It should be dropped in the cavity of the tooth.

VALENTINE WEBB (Kennington Cross).—No, to your first question. Yes, to the second.

MARIA R.—Sarsaparilla is not a favourite remedy of ours. Before you attempt to "purify the blood," remove the cause that renders it *impure*. Pay attention to your diet, the state of your bowels; take exercise, and don't "quack" yourself.

HENRY WILSON (Halifax).—Our literary arrangements are complete; we cannot insert your extracts. Second: Read the article in No. 46 carefully. Third. The seven bones of the neck are *not* "left out." Fourth: We have given a series of articles on THE TEETH in the first volume. Fifth: It is not always prudent to stop "bleeding from the nose." Sixth: Other engagements have prevented the Editor completing the Glossary: it will be published as soon as possible. Any thing else, sir?

A YOUNG HUSBAND is an old woman. If your wife is about to add to your joys, let her consult her accoucheur.

H. JONES (Bristol).—In inveterate cases of RING-WORM we have noticed the greatest benefit from painting the ring with muriated tincture of iron. You do not mention the age of the child, consequently we cannot prescribe a proper alterative medicine for him.

WALTER GAY (York).—"The same, my lord; and your poor servant ever." We are always delighted to see old friends: call when you come to London.

BENEDICT.—All in good time. Remember the fable of the old man and his ass. We cannot insert articles merely to oblige one correspondent, but we assure you that CUTS, WOUNDS, and "other such incidentals," shall be noticed, if you will allow us our own "when."

D. H. S.—Your remarkable letter will appear in our next. Are we right in supposing you refer to the advertising Reverend Doctor Willis Mosely?—'Tis wonderful how men of some thought, as you appear to be, can be duped by such pretensions.

THOMAS B. (Great Portland Street).—Call upon the Editor.

C. H. (a Poor Clerk, Islington).—The hereditary transmission of consumption cannot be doubted; and the symptoms you mention are sufficient to excite anxiety.

J. M. (Bristol).—Mechanical support is absolutely necessary in the WEAK ANKLES of children. The general health should be improved by good diet—even beer—and attention to that state of constitution which constitutes scrofula and rickets. SCROFULA will be a subject noticed at great length in future numbers of our Journal.

HEALTH AND ITS PRESERVATION.—Some four or five years since we contributed to a London journal several series of papers on medical subjects bearing this title. We beg to inform the public that we have no knowledge of the person in Hatton Garden who has appropriated our "heading."

C. M'NEIL (Glasgow).—You are suffering from chronic bronchitis. Refer to YEOMAN ON COUGH, ASTHMA, BRONCHITIS, and INFLUENZA.

ELEANORA.—It will be very inconvenient, but we will be "at home" on the day and at the hour you appoint. The Editor's fee for a professional visit to Leamington Spa is twelve guineas; if the patient meet him at Rugby, it will only be eight guineas.

A SURGEON-DENTIST (?).—Apply to a medical bookseller.

OMEGA.—We do not keep a drop or grain of medicine: we only give prescriptions—"write for" patients. We have no secret remedy; we have no private formulæ; we have no favourite druggist; the Pharmacopœia of the London College of Physicians is our text-book. Any respectable druggist in the three kingdoms can dispense what we prescribe.

A. B. C. (Bermondsey).—YEOMAN ON CONSUMPTION is reprinted in the Journal: it is included in Nos. 27 to 37.

JAMES WALKINGTON (Matlock).—The dose of the tincture of chiretta is from half a drachm to two drachms; we have described its properties in PHARMACOLOGY, under the head of "Vegetable Tonics."

W. HEARTWELL (Manchester).—Mucus floats; purulent expectoration sinks.

DENNIS (Sunderland).—Take five grains of sulphate of zinc, ten grains of alum, and dissolve in two ounces of elder-flower water. Wash the part with this lotion night and morning. The affection is described under the title "Balanitis" in the DISEASES of ERROR.

MARY (Pickering).—You have been savagely treated by the "Doctor:" The man should have a been a farrier, not a physician. Consult Mr. Alderson of York, if the distance prevents you coming to London.

TOUCHSTONE (Exeter).—Take one of the following pills every night: Take—compound galbanum pill, compound rhubarb pill, of each a scruple; blue pill, extract of henbane, of each ten grains; oil of cloves, one drop. Mix, and divide into twelve pills.

A SUFFERER, and several others.—We are not at liberty to publish the address of MR. HORACE DIGBY. We believe his truly valuable preparation will shortly be accessible to the public.

D. R. T. (Henrietta Street, Cavendish Square).—Apply to Mr. Smith, the Surgical Bandage-maker.

R. F. (Glasgow).—The pills you have sent to us contain an immense quantity of gamboge and aloes—vegetable preparations certainly, but most dangerous ones in the hands of a quack, The man who is gulling the public in your city is an imposter.

MR. M'KEAN (Salford).—We apprehend the child is of a scrofulous *habit*; until the cause be removed, there is little probability of the *wound* healing. From its situation we should be fearful of a fistulous opening.

MR. PEEDE.—We are glad to find that this man has not attempted to annoy the person whom he threatened, since the notice we gave of his intention in No. 56. THE PEOPLE'S MEDICAL JOURNAL will ever be a shield to victims who discover the folly of their way, in time to be protected.

ALEXIS.—Such cases are never noticed in the Journal. See DISEASES of ERROR.

R.—The address of our artist, Mr. Henning, is 8, Thornhill Bridge Terrace, Chalk Road.

THE DISEASES of ARTISANS.—Many pressing engagements and some indisposition, have prevented the Editor inserting in this number the promised article.

ELIZABETH WATSON (Walthamstow).—We must see your husband.

HEALTH OF THE METROPOLIS DURING THE WEEK.—Deaths registered, 956—a great decrease below the average; but inflammation of the lungs (which is principally fatal to children), small-pox, and fever have increased. Deaths from epidemic diseases had risen to 211, from 196 in the previous week; and those from small-pox, from 21 to 32, of which nine occurred in persons above fifteen years of age. Births, 1523. Mean of barometer, 29·8; mean temperature, 40·3; wind mostly south-west.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 59.—Vol. III.] SATURDAY, FEBRUARY 15, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. VII.—THE STOMACH AND DIGESTIVE ORGANS.—DIGESTION.

The digestive organs include the mouth and gullet, with the teeth and salivary glands, the stomach and intestines, with the spleen, liver, and pancreas.

The food which is received into the mouth is masticated by the action of the teeth, and, by the mixture of the saliva, reduced into a pulpy mass; from the mouth it is sent into the pharynx, a membranous funnel-shaped bag, situated at the top of the œsophagus, or gullet, which leads to the stomach.

The Stomach is placed at the side of the diaphragm, or midriff (7, fig. iii.); in figure it resembles the pouch of a bagpipe, being concave at the upper side (6, fig. ix.) convex at the lower (5, fig. ix.), and most capacious towards the left (7, fig. ix.); in the adult it is capable of containing about three pints. The stomach has two openings, one for receiving the food from the gullet, termed the cardiac orifice (2, fig. ix.), and one for discharging the food into the small intestines, termed the pyloric orifice (4, fig. ix.; 2, fig. x.). In its substance the stomach consists of three principal layers or coats: externally it has a serous coat, which is derived from the lining membrane of the abdomen—the peritoneum, that covers in like manner the liver, the intestines, and those parts having a certain independent power of motion. The use of this coat is, to afford a smooth and lubricated surface, so as to permit the parts in contact to glide freely one over the other. The middle coat is composed of muscular fibres, which run in longitudinal (9, fig. ix.), transverse, and circular directions (10, fig. ix.); and by their contraction and expansion the capacity of the stomach is changed in every direction, by which means a gentle twisting, or vermicular, or peristaltic motion is communicated to the aliment, which is thus brought under the influence of the juices that have to act upon it. The inner, or mucous coat (1, fig. x.) is far more extensive than the other two, in consequence of its being arranged in folds or wrinkles, termed rugæ, which permit the distension of the stomach without injury to the other delicate tissues. This membrane is of a soft or velvet-like appearance, and is constantly bedewed with mucus poured out by the numerous mucous follicles, or small secreting cavities, with which it is studded: these give to the stomachs of animals the well-known honey-comb appearance.

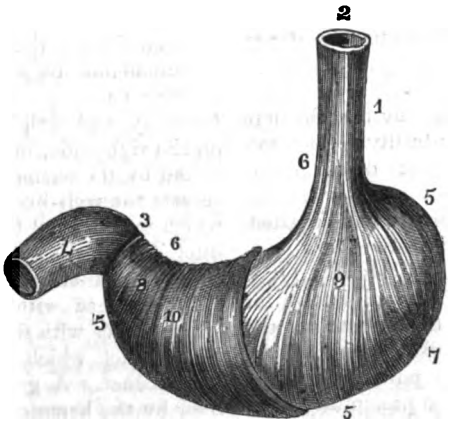

Figure IX.

The Stomach, with its Muscular Coats displayed.

1. The œsophagus, or gullet, terminating in the stomach.
2. The œsophagus divided, below which is the cardiac orifice, or entrance of the stomach.
3. The pylorus, or lower and contracted orifice of the stomach.
4. The commencement of the duodenum, or first portion of the small intestines.
5. The large curvature of the stomach.
6. The small curvature.
7. The large extremity.
8. The small extremity.
9. The longitudinal muscular fibres.
10. The circular muscular fibres.

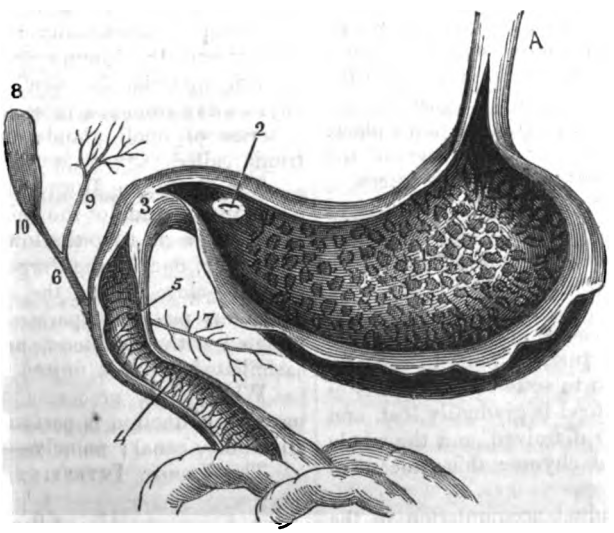

Figure X.

Internal View of the Stomach and First Portion of the Small Intestines.

A. The termination of the gullet, and commencement of the stomach — the cardiac orifice.
1. The mucous membrane forming the rugæ, or wrinkles.
2. The pyloric orifice opening into the duodenum.
3. The duodenum—the first portion of the small intestines, so called from its being equal in length to the breadth of twelve fingers.
4. Interior of the duodenum, showing the valvulæ conniventes, or the folds of the mucous membrane lining this gut.
5. The termination of the biliary duct.
6. The biliary or choledoch duct.
7. The pancreatic duct, terminating at the same point as the choledoch duct.
8. The gall bladder, removed from the liver.
9. The hepatic duct, proceeding from the liver.
10. The cystic duct, proceeding from the gall bladder; forming, by its union with the hepatic duct, a common trunk, the choledoch (6).

The several tissues of the stomach are connected by layers of cellular membrane, which have been described by some anatomists as separate coats; thus the membrane connecting the muscular with the internal coat has been designated the nervous coat; but, in fact, there is not anything in this layer sufficiently distinctive to entitle it to a peculiar name: it is here, however, that the branches of nerves and blood-vessels, with which the stomach is supplied in great abundance, interweave themselves so as to form an inextricable network; their final termi-

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nation being the inner coat of the stomach, which they thus render nervous and vascular in a high degree. It is from the extremities of these minute arteries that infinitesimally intersect the texture of the stomach and send to it a greater quantity of blood than is furnished to any other organ, except the brain, that the gastric juice is secreted.

The GASTRIC JUICE, when obtained unmixed with the mucous, salivary, and other secretions existing along with it in the stomach, is found to be a clear or greyish-white, ropy liquid, slightly saltish and acid, but sometimes destitute of acidity. The characteristic properties of this fluid are, its astonishing power of counteracting and correcting putrefaction; of dissolving the toughest substances in nature; and an apparently opposite, yet equally well-marked, power of coagulation. Dr. Fordyce, in a variety of experiments, found that the most putrid meat that dogs could be induced to swallow was, after remaining in the stomach a short time, deprived of its putrescency, and became perfectly sweet. Spallanzani ascertained that the gastric juice of the dog preserved veal and mutton perfectly sweet, and without loss of weight, thirty-seven days; whilst the same meats, in the same season, immersed in water, emitted a fœtid smell as early as the seventh day, and by the thirtieth was resolved into a state of most offensive putridity. The solvent property of the juice in dogs enables them to digest bones, ivory, and the enamel of the teeth: it is not many years ago that the handles of several clasp-knives were found half-digested, and the blades blunted, in the stomach and intestines of a man, who had some time before swallowed these substances out of hardihood. The power of coagulation has been well known for a great length of time, since the infusion of the stomach of the calf has been in all ages used to coagulate milk, forming curds. In infancy we are greatly dependent on this power, when the whole food taken, being fluid, the gastric juice precipitates that which is truly useful, and thus permits it, in a more solid form, to be acted on by the digestive functions: the rapidity with which this is accomplished may be detected by the curdled milk rejected from the stomach of an infant shortly after it has been swallowed.

The gastric juice, to a very great extent, is incapable of acting upon living bodies: when, however, the stomach is in a state of disease, it ceases to create a gastric juice of full vigour and activity, and certain worms and the larvæ of insects have, in consequence, remained within it for a considerable period without destruction. Cases are recorded of frogs, serpents, and leeches, swallowed unintentionally in a draught of muddy water, being afterwards found in the stomach, where they have thriven and grown to an enormous size. When life is suddenly withdrawn, and at the same time a quantity of the gastric fluid happens to be just poured out, corrosion frequently takes place, and under such circumstances John Hunter first observed the singular fact of the stomach being dissolved in its own juices.

The food, when first received by the stomach, is always deposited in the cardiac portion, and is there arranged in a definite manner. The food first taken is placed outermost—that is, nearest the surface of the stomach; the portion next taken is placed interior to the first, and so on in succession, until the food last taken occupies the centre of the mass. When the food is thus arranged, the gastric juice is poured out, and after a time its solvent powers begin to soften the contents of the stomach, until the texture of the food is gradually lost, and the most solid portions are completely dissolved, and the whole is converted into a new product called chyme: this process of digestion is termed CHYMIFICATION.

As soon as the chyme, by its gradual accumulation in the pylorie extremity, amounts to about two or three ounces, the following phenomena take place:—First, the intestine called duodenum (4, fig. ix.), immediately continuous with the stomach, contracts: this contraction is propagated to the pyloric end of the stomach, which by its contraction carries the chyme backwards to the cardiac end, where it does not remain, but quickly flows back again into the pyloric extremity, which is now expanded to receive it. The pyloric orifice (2, fig. x.) then relaxes, opens, and affords to the fluid a free passage into the duodenum. The chyme thus arrives in the first portion of the small intestines.

The SMALL INTESTINES (9, fig. iii.), taken together, constitute a tube about four times the length of the body: they are named the duodenum, the jejunum, and the ileum.

The DUODENUM may be considered a second stomach that carries on the process commenced in the first: it is assisted in the performance of its function by the pancreas and the liver.

The PANCREAS* is a conglomerate gland, which secretes a peculiar fluid, called the pancreatic juice, which is carried into the duodenum by a tube named the pancreatic duct (7, fig. x.).

The LIVER (6, fig. iii.) is the largest and heaviest gland in the body, and weighs about four pounds. It lies horizontally on the right side, immediately below the diaphragm, and is protected by the extremities of the lower ribs. Its function is to secrete the well-known greenish yellow fluid, the gall, or bile, which is conveyed from the liver by a canal called the hepatic duct (9, fig. x.). On the lower surface of the liver is situated a small pear-shaped bag, the gall-bladder (8, fig. x.), which is also furnished with a duct, called the cystic duct (10, fig. x.), which unites with the duct from the liver and forms the common biliary duct, which enters the duodenum close beside the pancreatic duct. A great part of the bile goes directly from the liver by the hepatic duct into the bowel; but a portion regurgitates into the gall-bladder, and is perhaps slightly altered in character during its residence in this reservoir. As soon as the chyme meets the secretions thus poured out, it loses its own sensible properties, and acquires those of the bile, especially its colour and bitterness. A spontaneous change takes place in the compound, and it separates into a white fluid, and into a yellow pulp. The white fluid is the nutritive part of the food, called the chyle; and the yellow pulp is the excrementitious matter.

The CHYLE, thick, glutinous, and adhesive, attaches itself to the mucous lining of the small intestines, and by their peristaltic action is gradually moved along so as to be placed in contact with the innumerable mouths of the lacteals which suck up this material for new blood: the lacteal vessels carry the chyle away from the intestines, passing in their course through a series of small glands, until they all unite into one large trunk, called

The THORACIC DUCT, which passes upwards from the belly, along the left side of the spine, by an opening in the diaphragm, through the chest, to the lower part of the neck, where it empties itself into one of the largest veins in the body—the left subclavian—close behind the collar-bone (A, fig. i.); and thus the nutritious matters separated from the food by digestion become mingled with the blood, and are soon rendered fit for being assimilated—that is, united with the living textures of the body.

While these processes are going on, another and a very important function is performed by the remaining portion of the alimentary canal; namely—

The LARGE INTESTINES (8, fig. iii.), which consist of the

* Page 18, Vol III.

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cœcum, the colon, and the rectum. It is the office of this part of the apparatus to carry out of the body the effete and useless portion of the food which is incapable of being converted into chyle. The same muscular action which moves the small intestines is continued to the termination of the rectum—the anus; and by the propulsive power of this gut, assisted by the abdominal muscles, the contents of the bowels are evacuated.

(To be continued.)

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. IX.

(*Continued from page* 12, *Vol. III.*)

Diseases incidental to Jewellers, Watchmakers, &c.

DURING the last eight years I have had daily opportunities of observing the habits and the diseases of workers in gold and silver, watch-makers, and clock-makers. The result of my experience constrains me to say that this intelligent, industrious, and ingenious class of our working population do not "enjoy," as the phrase runs, average good health, but, on the contrary, the majority are ailing, and debilitated; they appear to have allowed the wear and tear of ten years' toil and care to "tell" on their constitutions equal to the wear and tear induced by fifteen years of other mechanical, but less thoughtful, calculating and delicate occupations.

Some branches of the above trades, as casting and moulding, require frequent and moderate muscular exertion; and the workmen perform their work generally standing; the only noxious influence these men have to contend against is the slight dust arising from the charcoal or brick powder, which, although irritating, seldom produces any serious amount of evil in men of temperate and regular habits, and who are not predisposed to disease. An occasional attack of severe catarrh appears to be the extent of the pulmonary disturbance they suffer.

Workmen engaged in "chasing," "hampering," "mounting," &c., are not so favourably situated. They are compelled to sit; and they constantly lean against their table or bench; and some not only lean, but, with a view of steadying the arm and hand, press the chest or the pit of the stomach firmly against an unyielding substance. To such, indigestion, pain in the region of the stomach, flatulence, and a "stomach cough" are familiar, though painful companions. Constipation of the bowels, and frequently piles, are also troublesome symptoms. It has been remarked that men engaged in hampering, who are compelled to lean forward, are much paler than their fellow-workmen who are employed in polishing, by reason that the latter have frequent changes from sitting to active exertion; for while one man turns the wheel to which the brush is affixed, the other holds the article to be polished.

One great cause of the unhealthiness of these occupations is the "blue vapour" that arises from the charcoal that is burnt in their work-rooms; it produces pain in the head, sickness,—sometimes vertigo, loss of appetite, pain and oppression at the chest, and a constant morning expectoration of dark, or blue-black, pellets of tenacious mucus. The continued inhalation of the carbonic-acid gas arising from charcoal, and the vapour produced in the process of *dry colouring*, from the fusion of saltpetre, alum, and common salt, act most injuriously on the nervous system, by depressing the whole powers of life, and reducing the general health. A state of continued languor and depression of the spirits, in fact debility of mind and body are the consequences of breathing habitually, and for a prolonged period, in an atmosphere thus deteriorated. Remaining for any length of time under its influence will produce suspended animation and death. The first signs of its poisonous effects are great drowsiness, difficulty in respiration, and suffocation. Should these fearful effects begin to shew themselves, the individual should be removed into the open air, the face and chest dashed with cold water, and the whole surface of the body, especially the chest and soles of the feet, stimulated by continued friction; the nostrils should be cautiously stimulated with ammonia; and if the case be extreme, the attempt should be made to excite the organs of respiration to a renewed action, by inflating the lungs with common air, or, if it can be procured, oxygen gas, by means of the double bellows, and a flexible tube introduced into the trachea through the nostrils.

The *wet* colouring, of jellewery, in which the mineral acids are employed, does not appear to give rise to any, or certainly not to many, serious departures from health in this country, although M. Merat speaks of the *derochage* and the consequent inhalation of gas from the acids as injurious, as observed by him in France—he says, such occupations induce "very often the germ of disease of the chest, even of consumption, or at least an almost continual state of debility." Mr. Thackerah, on the contrary, says, "I doubt the production of consumption or other organic disease of the lungs by the inhalation of the gases;" and certainly we cannot call to mind, or find in our case-books, any note of a case of consumption that we, at the time of examining the patient, could or did refer to the inhaling of mineral acids.

Jewellers' work-rooms are generally over-crowded, and the atmosphere is consequently fouled by the respiration of workmen, animal effluvia, and the smoke of the lamps, as well as by the peculiar exhalations of the manufacture. To persons affected with chest diseases,—we mean chest diseases produced by other causes than this peculiar occupation—as hereditary predisposition, malformation, an accidental catarrh, or intemperance—this vitiated atmosphere must prove a constant helpmate to disease. We could cite twenty cases in which gin and impure air are now striving to filagree the lungs with a fatal rapidity.

Notwithstanding the labour is light, working jewellers are weakly persons; being restrained to a leaning posture, with the head much depressed, and the elbows generally fixed to the sides of the body, for ten, fourteen, or sixteen hours a day; the consequence of which is that the chest becomes contracted, and the shoulders elevated, and thus the space for the healthy play of the lungs is lessened. They suffer from soreness of the chest, cough, indigestion, pain in the right side, and a torpid secretion of bile; and they are also very liable to plethoric headache, which is sometimes relieved by a spontaneous bleeding from the nose. In a book published in 1832 we find the following remarks, which are essentially correct at the present date. "They enter the employ at about thirteen or fourteen years of age, and are obliged to abandon it at forty-five or fifty. In an establishment of thirty-seven men, two were under twenty years of age; twelve were between twenty and thirty; thirteen between thirty and forty; and nine between forty and fifty; one only had passed the age of fifty." An old jeweller is worthless to the art, and seldom indeed to be found. A master observes, that "the men drop off from work unperceived and disregarded, I am quite at a loss to know what becomes of them. When they leave off working, they go, and are seen no more. Some, perhaps, become applicants for charities; but so few have I known of the age of sixty or seventy, that, leaving work, they seem to leave the world as well, a solitary one appearing at intervals to claim some trifling provision, or seek admission to an alm's house." This gentlemen, who regularly

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employs twelve or sixteen workmen, adds—"Their habits are various, say two of every dozen are rather abstemious, taking about a pint of malt liquor per day, and spirituous liquors not once a month, and live regularly; eight of the same number are men who live well the first four or five days in the week, that is eating meat two or three times a day, and drinking, perhaps from two to four pints of beer. They then appear dull and heavy, but the last two days they 'study Abernethy,' as we say; take perhaps no meat, and water instead of beer, which makes them as cheerful as possible, aided a little by the idea of being near the eating and drinking days. The remaining two, or one at any rate, is a regular drunkard, taking from four to eight pints of beer per day; and perhaps three or four glasses of spirits in the same time."

Clock and watchmakers are compelled to sit all day with the trunk bent forward. The digestive organs almost always suffer, and the lungs are sometimes affected. The close and continued application also greatly injures the eyes. Many youths apprenticed to watch-making are obliged to leave the employ, and individuals who remain seldom live to old age.

(*To be continued.*)

VEGETABLE DIET.

Persons who, from a peculiarity of constitution, or perhaps rather from a vagary of taste, have lived entirely without the use of animal food. A writer in the Dublin Journal of Medicine thus gives his own case:—"When about four years of age, having been much bantered by some friends for petting lambs and rabbits, and afterwards eating the flesh of such animals, in a fit of childish indignation he declared he would never again eat flesh. This resolution was adhered to; and his parents, who were not very much impressed with the necessity of animal food, and who believed that the whim would soon wear off, did not interfere. For the last twenty-one years he has entirely abstained from eating anything that ever had life, as well as from eggs and cheese; whilst he never partook of even one glass of wine, spirits, or any intoxicating liquor; nor does he make use of tea or coffee. His health has been invariably good; and at school and college he was possessed of more activity and strength than any of his associates of the same age, whilst he exceeded all in endurance. Though sedentary habits must have prevented the full development of his muscular powers, he has on more than one occasion walked sixty English miles in one day, without any other inconvenience than blistered feet. His average weight has continued much the same for the last seven years; but increases half a stone during summer, and diminishes the same ratio in winter."

TOBACCO.

We are often asked, "Is the use of tobacco injurious?" Viewing the question in the abstract, we answer, "Yes." To a person in full health, nothing is required but pure air, food, and drink; every thing else is superfluous, and consequently oppressive, to the constitution. A narcotic substance must be more than oppressive, because it makes a direct attack on the nervous system. It affects the stomach and the brain. But viewing man as the creature of civilisation, subjected hourly to excitement foreign to his nature, and injurious to his health, narcotics, by allaying excitability, may, in certain circumstances and constitutions, be really useful. We would not therefore deprive the smoker of his consolation, but we would keep the practice from excess. We would guard against that unnecessary potation, to which the practice so frequently leads. Drinking is a great and positive evil; smoking is at best but a slight good. If the two must be associated, banish them as decidedly opposed to health and to reason.

THE TREATMENT OF DISEASE.

The general treatment of disease is called *therapia*, or *therapeutics*—and it includes the means of preventing, palliating, and curing disease. Some diseases we can cure; others we can only palliate—that is, we may lessen the patient's sufferings, or check the progress of the malady—others, again, we may prevent. The animal frame is endowed with wonderful restorative powers, so that when deranged by mechanical violence, or by chemical agents, or by the effects of mind, it shews a strong tendency to repair its structure, and to resume its healthy functions. This tendency is known by the name of the *vis medicatrix naturæ*, (the natural, or curative power of nature,) and the art of medicine is employed in guiding and assisting this tendency. We may do too much or too little—some do nothing, and they are said to practice the *medicine of expectation*. Indeed, the best mode of treating a patient sometimes is to let him alone; and the first thing to be done in many cases, which have been rather too vigorously treated by the patient or his quack, is to suspend all medicine for a day or two, and practice the *medicine expectante* until nature has brought them into a condition to bear our interference. Homœpathy is occasionally beneficial, not by using medicine, but by not using it.

We call the treatment *prophylactic*, if it is intended to ward off an impending disease, the first symptoms of whose approach have manifested themselves. We call it *curative* when we hope to cure by it, and *palliative* when no more than some alleviation can be expected. Or it may be both curative and palliative; we may find it necessary to palliate the symptoms whilst we are also advancing with the cure. Thus we use prophylactic treatment in the case of a person who has a slight cough, but whose family is subject to consumption, because we know his approaching danger. Should inflammation of the lungs follow we use curative means, and succeed in restoring him to health; but when consumption is actually established, we shall probably give up our curative intentions and content ourselves with palliatives, in the hope of protracting life, if we cannot restore health.

In the use of means in any of those cases we are sometimes guided by a knowledge of the proximate cause—we also know how the medicines act, and can give a reason for every part of our treatment—then the method we pursue is called *rational*. But it often happens that our knowledge on these subjects is very vague, and that the only reason we can assign for the adoption of any course is, that it was successful before—then our method is *empirical*. We bleed in inflammation of the lungs, and treat it rationally. We give iodine in scrofula, and mercury in syphilis, and these we treat empirically. The same disease we may be treating rationally or empirically, according to the diagnosis we have formed.

SINGULAR CASE OF LATE LACTATION.

By M. Audebert.

Madame Chauffaile, aged 62, while occupied in spoon-feeding her grand-child, occasionally pacified the infant by presenting to it her nipple; and on one of these occasions was astonished by finding her breasts distended with milk, apparently wholesome and nutritious. She now suckled the infant, and continued to do so for a year; and at the expiration of that period commenced to suckle a second grand-child. When the secretion of milk commenced 27 years had elapsed since Madame Chauffaile's last pregnancy. Her mother had borne 13 children, and was 63 years of age when her youngest child was born.—*Dublin Medical Press.*

LONGEVITY.

In the obituary of *The Times*, Feb. 4, ten deaths are recorded; the aggregate years of the deceased amounts to 794, making the average age of person 79 years.

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NERVOUSNESS.

NERVOUSNESS!—What is nervousness?

Ask an irritable, disappointed, speculating adventurer, and he will reply—"'Tis H—upon earth!" Ask a struggling tradesman, and he will sigh—"'Tis a bill to take up." Ask a drivelling, ale-swilling, gin-drinking tippler, and he will tell you "'Tis the want of a 'drain'." Ask the "Young man about town,"—the frequenter of night houses, the man who spends his employers' money, not his own; he will groan, "'Tis 'funk'—the dread of being diskivered." Ask the over-worked, pale-faced shopman; he will tell you, "'Tis the effect of standing for sixteen hours in every twenty-four, breathing impure air and coal-gas." Ask the indolent, idle *flaneur*, or lounger, and he will drawl, "'Tis the mithery of lolling at th' window on a thainy day." Ask a young girl of twenty, and she will lisp—"Moping at home, after being, for four nights at four delightful balls." Ask Mrs. Theophilus Soft, and she will pout—"'Tis the fear that she will not 'look well' in *that* green satin frock." Ask Absolon Stiff, esq., and he will mutter, "'Tis the dread of Mister Levy and a writ." Ask Mr. Orange Flower, and he will sigh—"I am going to be married!" Ask Arabella Poodle, and she will groan, "Oh *that* perfidious Wretch!" Ask a Jew advertising quack, and he will boldly tell you: "I don't know what nervousness means,—but I know what it does: it brings me post-office orders; it enables me to extort five pounds, ten pounds, aye, and fifty pounds from silly fools; it enables me to sell my Balm of *Z*azezizozu; it enables me to ride in my own blue and yellow coach; to dress Mistress Curtis Perry Jordan Brodie Smouchee, like a duchess; and it pays the barber for oiling my beard." Ask the *Reverend* Dr. Willis Mosely, and he will meekly tell you that you may learn what it is by paying "three guineas per week for extra means of cure."

Ask a hardworking, temperate, intelligent artisan, and he will say, "I don't know what it is." Ask your grandmother, a dear old lady of eighty, and she will say, "Thank God, my dear child, that disease wasn't fashionable in my days."

Now really, retorts the reader, this is very provoking: how am I to know what Nervousness is, from this vague asking and answering. All the answers are so opposite; some ridiculous; others—I imagine perfectly impossible.

You are correct, dear reader—so are the answers.

In our next you shall know what nervousness is, and a nervous man shall tell you.

SPECTRE-STRUCK.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

January 26th, 1851.

SIR,—I am induced by the kindly tone in which you answer your correspondents, and by the feeling that probably the particulars of my remarkable and unhappy case may be, to some extent, interesting, if not useful, to the medical profession, to communicate to you the history of the strange and horrible delusion, (if, indeed, it is delusion,) under which I suffer.

Although not yet thirty, I am a widower; my wife, to whom I had been married about three years, and whom I tenderly loved, died ten months ago in childbed. Her decease was sudden, indeed altogether unexpected, for she was supposed to be doing well. I was utterly prostrated by so severe an affliction; no inducement could make me leave the chamber in which my dear saint had breathed her last. I sat by her pallid corpse the whole night; I trust I am not wearying you by the detail of these particulars, but they are so intimately connected with the horrible malady under which I am suffering, and which is slowly consuming my life, that I must relate them. The next day I had a little sleep, but disturbed and feverish; and on the second night I sat again by the coffin of my beloved wife. I am of a religious turn of mind, although not a member of the Episcopalian Church; and I had brought with me into the chamber of death Jeremy Taylor's devout and eloquent work, "*The Holy Living and Holy Dying.*" You, sir, are doubtless acquainted with the ardent zeal of that pious man, it wrought in me a fervour of religious excitement, and, leaning over the coffin, I mingled my half-articulate prayers with suppressed sobs. At length, raising my head, (for I felt cold, and was about to rise and stir the fire,) I beheld,—standing a few paces from me, and regarding me with a fixed and melancholy look,—my *Wife!* She was attired in a white night-dress, such as she usually wore during life, there was nothing unusual in her appearance, but the marble whiteness of her face, and the steady immoveable gaze of her eyes. I tried to speak, but I felt a suffocation in my throat, and could not. The silence of the room was so appalling, that I heard most distinctly the violent and rapid beatings of my heart. This might have lasted about three minutes, when I rose and endeavoured to approach her, my eyes were weary with watching, and misty with tears; I could not see distinctly; the room reeled around me—she was gone; I staggered back to the coffin, and raised the covering, my departed angel was there, calm and still as before. It was past three o'clock and very cold; I cowered over the fire until daylight, and then went to bed, to which I was confined for several days, from a slight attack of fever.

And now, sir, I will relate what I suffer. Ever since that period I have been afflicted with constant spectral appearances: sometimes I see a coffin laid upon the rug before the fire in my solitary parlour; sometimes at night hideous faces glare at me out of the darkness; at others, a wrinkled, evil-looking man, bent and grey with age, sits by my bedside, and even takes his place at table during my meals. Latterly he has been my constant companion. I have been into society; but although unperceived by every one else, he is there also. When I go to chapel I see him, and even at the theatre (where I have been, thinking that the light and music would banish him) have his strange Satanic-looking eyes been fixed upon me. Oh, sir, is there no remedy for this horrible and fearful visitation; I try to persuade myself that it is an optical delusion, but I am often seized with insupportable terrors, profuse perspirations and tremblings come upon me, to allay which I have lately taken large doses of laudanum; but the respite thus produced is short, the terror returns in an aggravated condition. I am reduced to a state of nervous irritation bordering upon madness, but do not think I am mad, I almost wish I was; I can reason calmly enough upon the ordinary business of life, but these horrible appearances drive me to desperation.

In my misery I applied to a person who advertises under the name of the Rev. Dr. ——, and who promises to cure all nervous and mental diseases; but I spent my money in vain—I left him worse, if possible, than before. Heaven help me! even now, while I write, that aged fiend is glaring at me across the table.

I have been to the minister of the chapel to which I belong, who tells me to trust in prayer; but even that brings me no relief. I am literally spectre-struck, and I feel myself gradually sinking under constant nervous terrors: Can medical science do anything to diminish or remove my sad affliction?

You are perfectly at liberty to publish my extraordinary case, if you think it interesting or useful to scientific men; but I

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suppress my name and address, as I have no wish to be exposed to the prying curiosity of the idle, or those who might be disposed to scoff at my fearful distress. If you can do anything to relieve my sufferings, I should be truly grateful."—I remain yours obediently D. H. S.

[We publish the foregoing letter just as we received it. We confess we have a doubt of its *bona fide* character. If the writer really be in the condition he so fearfully depicts, he will obtain our sincere sympathy and our best consideration for his case; if he be an amateur romancer, we congratulate him on his ability to interweave a physical and medical possibility with fiction. In "The Diary of a Late Physician," written by Samuel Warren, there is a similar history related.]

STATE OF THE PUBLIC HEALTH.

(From the Quarterly Return of the Registrar-General.)

THAT the health of the country is in a state not so unsatisfactory as it has been is evident from the reduced mortality. 92,023 deatbs were registered; and allowing for the probable increase of population, the rate of mortality is lower than it has been in any of the last quarters of the years 1839-50, except 1845. The rate has been such that 1 in 197 of the population died in the quarter. The chances were 196 to 1 in this quarter that a person would live through the three months; the average chance of living through the three months in England is 184 to 1.

London has suffered less than usual from zymotic diseases, and the deaths from all causes have been 12,544. Of this number 1,946 took place in public institutions—namely, 114 in the military hospitals and asylums, 1,070 in workhouses, 636 in hospitals (exclusive of nine deaths in hospitals for foreigners,) 108 in lunatic asylums, and 9 in prisons; so that 1 in 12 who died in London ended his days in workhouses, 1 in 20 in hospitals, 1 in 115 in lunatic asylums, and 1 in 1,381 in prisons. The deaths from small-pox and hooping-cough are increasing; of scarlatina, 429 persons, chiefly children, died; diarrhœa declined; influenza, which destroyed more than 1,161 lives three years ago, was fatal only in 26 cases; of typhus 619 persons died; of childbirth, including metria, 117 women died. The deaths from bronchitis and inflammation of the lungs together amounted to 1868, these diseases being fatal both in infancy and advanced age. Consumption was fatal to 1,455 persons of all ranks; it is the great constant inexorable destroyer of men and women in the prime of life; and notwithstanding the efforts and researches of the most eminent inquirers, has not yet been disarmed of its fatal powers. 17 deaths were due to intemperance, 9 to privation; 51 were ascribed to the want of breast-milk, 2 to neglect, 1 to cold, 22 to poisoning, 49 to burns and scalds, 54 to hanging and strangling, 59 to drowning, 142 to fractures and contusions, 20 to wounds, 11 to other violence.

In every division of England the mortality has declined, and been lower than in the corresponding quarters of 1846, 1847, and 1849. Lancashire and Cheshire present the greatest fluctuations.

The mortality in the south-eastern division has been generally low. In Kent scarlatina was epidemic at Gillingham, near the Medway, where cholera was prevalent last year; in Sussex, at Lewis; in Hampshire, at New-Forest, Southampton, and Basingstoke. At Southampton the deaths (300) nearly equalled the births. In Oxford and other parts of the South Midland counties scarlatina prevailed. At Harpenden, St. Albans, four deaths from fever occurred in one house, and three other members of the family were attacked. The house stands in an open situation, but has only one bedroom.

A very accurate and interesting account of the health and diseases of Oxford has been given by Dr. Greenhill; who has for some time prepared for that city tables of mortality which other cities and large towns would do well to imitate.

Norfolk, Yarmouth, Norwich, and the neighbouring districts suffered severely from scarlatina. Scarlatina and small-pox prevailed in the south-western counties. Plymouth has been exceedingly unhealthy; in Exeter and Bath the mortality has been low; Bristol and Clifton about the average. Measles was epidemic at Gloucester; small-pox at Hereford; scarlatina, at Kingsland, Leominster, and at Shrewsbury. In Staffordshire, at Cheadle, a striking instance of immunity from mortality was noticed; out of a population of 7,000 only two deaths occurred in the month of November, and one of these was in a child prematurely born. Small-pox has been fatal at Wolverhampton, and has raged six months at Bilston; where in the last quarter it destroyed 69 persons, 50 of whom had never been vaccinated. Birmingham and Coventry enjoyed an average degree of health. The mortality of Leicester, Lincoln, and Nottingham was about the average; Derby was visited by a virulent kind of measles which raised the deaths above the average. Liverpool has been less unhealthy than usual; of Manchester the mortality is much below the average, although small-pox has been prevalent. The mortality at Leeds has been low; at Sheffield near the average, although there scarlatina, measles, and hooping-cough prevailed. Scarborough, Whitby, and Durham were healthy. The mortality in Newcastle-on-Tyne and Carlisle does not differ much from the average.

The comparatively good health of several districts is ascribed by the registrars to the employment and the improved condition of the people.

Hull was the only town in which any appearance of epidemic cholera was observed. In that district and Sculcoates, so fatally visited by cholera last year, several persons died of cholera in the quarter; 10 at Sutton, 1 at Drypool, 15 in East Sculcoates, 9 in West Sculcoates, 19 in Humber, and 20 in Myton. At present the district may be considered healthy. After the great epidemic of cholera in 1832, a second outbreak followed in 1833, and was fatal in towns that had been before spared. It is a subject of congratulation, and is perhaps ascribable to the better circumstances of the people, and to some of the sanitary measures in progress, that the country escaped a second visitation in 1850.

The mortality in the autumn quarter was at the rate of 2,323 per cent. per annum in 117 town districts; and 1,824 per cent. per annum in 506 districts, comprising small towns and country parishes. By causes still in operation, the towns to every four deaths from what may be called natural causes lost, in a favourable season, one life by the poisons generated in crowded, dirty houses, in the churchyards, slaughter-houses, in undrained streets, and sewers.

THE BINDING OF OBSCENE BOOKS.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

SIR,—I am a porter at a book-binder's * * * With regard to the Jew Quacks, the correspondent last week was quite correct: for I was a porter at the place he speaks of, above two years, and they are disgraceful for any female to look at, let alone fold and sew them. I know them quite well, and have handled a great many of their books. I enclose my address, W. T.

Feb. 8, 1851.

[We insert the above verbatim.]

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HINTS FOR HEALTH.

THE EYES.

Rubbing the eyes on awaking is a destructive habit which many people have contracted; and though healthy persons, whose sight is moderately used through the day, may not be sensible of receiving any injury from this custom, yet those whose occupations demand close application of their visual organs for any continued space of time, will soon be convinced, by painful experience, of the truth of this remark. Besides the daily injury thus done to the eyes, it sometimes also happens that hairs and other foreign matters are forced into them by their being violently rubbed, which may occasion inflammation, and are frequently very troublesome to dislodge. The inflamed and weak eyes of many persons are likewise in a great measure to be attributed primarily to this most imprudent habit. Should, however, the eyelids be so fixed that a difficulty in opening them is felt, let them be moistened with a little warm milk and water for a few minutes, which, in all cases where the organ is healthy, will be found to answer the purpose in a manner such as they can have no idea of who have never tried this simple remedy.

THE BATH.

When the cold bath is disagreeable to the sensations or to the constitution of the bather, it may be raised in temperature to suit his feelings. It then changes its designation, and, according to its heat, is termed temperate, tepid, warm, or hot. A temperate bath ranges from 75° to 85°; a tepid bath from 85° to 95°; a warm bath, from 95° to 98°; and a hot bath, from 98° to 105°. In other words, the warm bath comes up to the elevation of the warmest parts of the exterior of the body, the hot bath to that of the interior, and a little beyond; the temperature of the blood on the left side of the breast being 101°. "To those who are past the meridian of life, have dry skins, and begin to be emaciated," writes Darwin, "the warm bath, for half an hour, twice a week, I believe to be eminently serviceable in retarding the advances of age."

MALT LIQUORS.

Home brewed ale, clear and pale, and thin and mild, and not new, is preferable to porter, however good; for porter contains a large quantity of extraneous matters, The dyspeptic, the valetudinarian, and the sedentary, ought, however, to view malt liquors with much suspicion, and more particularly in the evening, when their use is more usually indulged in. But if a man has once warning given to him of a seriously disordered stomach; if, day after day, some slight uneasiness is experienced; if the smallest excess is followed by the slighter or more severe fit of dyspepsia, or if gouty pains have begun "to fly about," let him look to it, and make up his mind to abjure the tankard, or the bottle, or the glass, diminish his daily dose as quickly as possible, and content himself with Nature's beverage, *water*.

THE "FIRST STEPS" OF INFANCY.

It is never prudent to anticipate the time at which a child acquires the art of walking. When the bones of the legs have acquired sufficient firmness, instinct will teach the child to "find its feet." It will raise and support itself by means of chairs, or any convenient article of furniture, and soon acquire the power of moving about. When infants are placed upon their legs too soon, they become "bandy-legged;" and even if they escape this infirmity, they are more timid and less secure from falling than those children who have been left to their own natural and instinctive efforts. A child may be reckoned healthy and strong when it can walk alone between the ages of twelve and sixteen months.

ADVERTISEMENTS.

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London: published by GEORGE VICKERS, Strand; and sold by all Booksellers and Newsvendors.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN has been reviewed by at least fifty of the leading Newspapers and Magazines in the three Kingdoms. In fact we have now in our possession upwards of 200 critiques: (some papers honouring our periodical with a notice monthly, others every two or three months, others on the completion of each volume.) The kind, and we believe just, temper in which ALL the reviews have been written, prove, if proof be required, that the Editor occupies a position capable of influencing and IMPROVING THE HEALTH OF THE PEOPLE, and that he fulfils the responsible duty he has taken upon himself to the advantage of his generation, without lessening the dignity of the profession to which he has the happiness to belong.

GRATITUDE (Newcastle).—Your annoyance is of a venereal origin, and as a "constant reader" you will know that it is all we intend saying to you in this column.

M. R. STAMMERS (Exeter).—Order Vols. I. and II. through Mr. Fitze, in your city.

S. L. L. (Whitehall).—The early mortality of a heavy per-centage of our population may be traced to the cause you refer to.

M. L.—See answer to MARIA R. in No. 58.

L. A. STANLEY.—As your letter is posted at "Bethnal Green," we imagine you reside within a distance that should not prevent you calling personally for that advice which you write for.

KATE T. H. C. (Bethnal Green.)—We must see you before advising.

K. O. R. (Eaton Square).—Refer to No. 39, page 103, Vol II.

PILULÆ SEX (Dublin).—There is not any such person described as a qualified medical practitioner. We never heard of the man or his book before, but from the title of the latter we imagine it be a quack production.

CLUMSY SKULL (159 Cheapside).—See answer to J. H. (Somers Town) in 58.

R.D. (Charlotte Street, Great Yarmouth).—The "sore" depends on the child's general health. In all probability scrofula is the cause: until this taint be subdued, (supposing it to exist) all *local* treatment will be nearly useless.

S.R. CRISPIN (Edinburgh).—See YEOMAN ON INDIGESTION; read carefully pages 40, 41, 42, "on the Influence of Indigestion on other Diseases."

A WORKING MAN.—It is not Medicine by itself that will cure you; so do not grumble at your "club doctor" for not giving you enough "physic." See answer to THOMAS HIGGINBOTHAM, in No. 13.

R. H. G. (Wellington).—First they are most injurious. Second: The habit of "taking physic" periodically is hurtful. Third. The man is a fearful quack. The name he advertises is an assumed one—his pills are quack pills. Fourth: Any Jew or journeyman baker may put M.D. after his name, and unfortunately there is no law to prevent him.

A SUBSCRIBER. (Merthyr Tydvil).—Some females suffer so little inconvenience from the disease, that they may be tainted with it for months without knowing it: at last some irritability of the system may make the symptoms more apparent. It may also remain dormant in the system for six or eight weeks—the average period is eight or ten days. The man cannot possibly be convicted of the capital offence. You will find some information bearing on the case in "Ryan's Medical Jurisprudence." We should like to know the result of the trial.

J. G. (Stock Exchange).—Yours' is a case of Urethritis; as such we can only give our advice privately.

ANXIOUS.—Your complaint is one of the few excluded from notice in this Journal.

DYSPEPSIA (Camden Town).—You do not describe your case with sufficient accuracy. We can do nothing for you without examining you.

D. D. (Lampter).—See answer to R. S. T. (Walsall). in No. 57.

FRED. (Houndsditch).—Take three drops of "Fowler's solution of arsenic" in a small quantity of water three times a day; always on a "full stomach"—*i. e.* after a meal. Take a hot bath, at 100 degrees, twice a week.

A MATRON.—With you we are disgusted at the purpose of the book. A qualified physician who places on his title-page "Practical Observations on Diseases of Women, showing the Necessity of *Physical Examinations*, and the Use and Application of the Speculum," can have very little knowledge of the native delicacy of Englishwomen.

TALLIS'S DRAMATIC MAGAZINE.—"Light reading" is often excellent medicine. To the convalescent requiring such "physic," we beg to recommend this amusing periodical. In the words of the great Sir Walter Scott, "it will succeed in amusing hours of relaxation, or relieving those of languor, pain, or anxiety." The Magazine is now conducted by a scholar and a gentleman, whose delicate health has compelled him to forsake the "boards;" and thus to lessen the *press* at the pit, to add to the intelligence of THE PRESS in dramatic literature. We wish a long life to the Editor and the journal he conducts.

DELIRIUM TREMENS:—In No. 21 of this Journal, page 162, Vol. I., we inserted an autobiography of a lunatic, written by himself. The writer was examined, on Friday last, as a witness at the Central Criminal Court, on the trial of Samuel Hill for the manslaughter of Moses James Barnes. The same hallucination still clings to him, and altogether the case, as regards his evidence, is most interesting. The admission of a lunatic as a legal witness is a novelty in jurisprudence, and this instance will be handed down as a precedent.

CHARLES M'NEILL (Glasgow).—Why should we make you an exception to our well-known rule?

RICHARD DAWSON (Bocking).—Wash the mouth night and morning with a solution of the chloride of soda—not sodium—one part solution, four parts water. Get the decayed stumps extracted.

F. D. S. (Croydon).—One visit, three guineas; two visits, five guineas; four visits, seven guineas. Our visit must always be made between three and four o'clock, P.M.

A WEST INDIAN (Cotton Street, Poplar).—Call in Lloyd Square. We ourselves were laid on a sick bed, on shipboard, in the Gulf of Mexico, for thirteen days, in yellow fever, and on our return to England suffered from the consequent dysentery for weeks. Therefore depend on our sympathy.

WILLIAM HARRISON (Dale End, Birmingham).—What can we do for you? Take a day-ticket, and come up to Lloyd Square.

AMELIA ANN (Clifton, Bristol).—We suppose we *must* give an article on LEUCORRHŒA (the whites—"weakness"), but really it is a delicate subject to insert in a family journal. In the meantime, send your address.

JOHANNES (Cambrensis).—First: You have been imposed upon. The genuine Flour of Lentils is manufactured by Nevill and Co., and each packet is signed by the patentee, "A. H. Nevill." To prevent a repetition of the imposition, ask for "Nevill's Arabica Food." Second: See the article on GRAVEL in No. 46. Third: Refer to the advertisements in the "Gentleman's Magazine." Do you mean private collectors of old books, or dealers in them?

H. JONES (Bristol).—For your child: Two grains of *Hydr. cum Creta*, three of rhubarb, made into a powder; one to be given, in preserve, daily, for eight doses.

A YOUNG HUSBAND.—A correspondent at Woodford, who on several occasions has addressed us under this signature, requests we will say, he is not the "old woman" whom we "snubbed" in our last number. The handwriting of the different letters confirms his statement.

JAMES MONKMAN (York).—The symptoms you describe resemble those of erysipelas: your letter, however, is too indefinite in detail to enable us to form a correct diagnosis and point out the required treatment.

RICHARD SHORTER (Clifton, by Bristol).—The "lobelia and cayenne-pepper" treatment is fearful. At least fifty persons have been committed for manslaughter for administering this quack poison.

ELLEN (Oxford Street, Mile End).—Take a five-grain pill of the *pil aloes cum myrrh* every night. Use a hot hip-bath frequently.

A TALLOW-CHANDLER.—In a future number containing the DISEASES OF ARTISANS.

ROBINA (Perth).—See the articles on INFLUENZA in Nos. 5 and 6.

S. G. E. (Pentonville).—"Dr." Coffin's treatment is well adapted for the increase of business with those tradesmen whose employment is to make the wood resting-place of us all. "Coffinism" leads to a coffin. Second: The price of each volume is four shillings.

FLORENCE (Reading).—Grey hair is frequently apparent in persons of the age of thirty. It is a most absurd notion to suppose that the hair once "dyed" will grow for ever after of that colour. If you will take our advice, let Nature have her own way: we love to see grey hair; 'tis certainly as beautiful as the powdered toques of our grandmothers.

HEALTH OF LONDON.—Deaths, 1041 Measles fatal in 30 cases; scarlatina, 16; small pox, 19; hooping cough, 51; typhus, 48. Births: 773 boys; 764 girls.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 60.—Vol. III.] SATURDAY, FEBRUARY 22, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. VIII.—THE BRAIN—THE NERVOUS SYSTEM.

Figure XI.

Figure XII.

Figure XIII.

Figure XIV.

In no class of created beings, except in animals, do we find a system appointed for the perception of external impressions, and the communication, to certain instruments of motion, of an internal impulse to action. Such a system is the nervous system. By it we gain all our knowledge of the world that surrounds us; by it, through the medium of the nerves of special sensation, we see, hear, smell, taste, and feel; by it we are made aware of the presence of such objects as are useful and agreeable, or, on the contrary, injurious and destructive; and finally, by it we so direct our *motive* powers, consisting of muscles, tendons, bones, &c., that we may approach the one or avoid the other. It is thus in direct and necessary connexion with the development of the muscular system. To what use the power of seeing the approach of danger, if we are unable to fly from it? to what use the power of flying, if not directed by a perception of what was to be avoided? It is thus that the power of changing place becomes less and less in the lower orders of animals; the nervous system becomes more and more imperfect, till in the zoophytes—which stand, as it were, on the verge of the vegetable kingdom, and spend their lives attached to the spot where they had their origin—the body presents an uniform pulpy appearance, from which muscles and nerves seem equally banished.

There is no animal whose brain is an exact counterpart to that of man; and hence it has been conceived that, by attending to the distinctions between the human brain and that of other animals, we might be able to unfold a still more mysterious part of the animal economy than that of sensation or motion, and thereby account for the superior intellect with which man is endowed.

Aristotle endeavoured to establish a distinction, by laying it down as a maxim that man has the largest brain of all animals, in proportion to the size of his body; a maxim which has been almost universally received from his own time to the present period. But it has of late years, and upon a more extensive cultivation of comparative anatomy, been found to fail in many instances; for, while the brain of several species of the ape kind bears as large a proportion to the body as that of man, the brain of several kinds of birds bears a proportion still larger. Sömmering has carried the comparison through a great diversity of genera and species, which the following brief table may serve to illustrate. He found that the weight of the brain to that of the body forms:—

In Man	$\frac{1}{17}$ to $\frac{1}{35}$ part
Dog	$\frac{1}{171}$
Elephant	$\frac{1}{570}$
Sparrow	$\frac{1}{8\frac{1}{2}}$
Canary bird	$\frac{1}{11}$
Goose	$\frac{1}{214}$
Turtle (smallest)	$\frac{1}{1024}$

Sömmering has hence endeavoured to correct the rule of Aristotle by a modification, under which it appears to hold universally; and thus corrected, it runs as follows:—Man has the largest brain of all animals, in proportion to the general mass of nerves that issue from it: thus the brain of a horse gives only half the weight of that of a man, but the nerves it sends forth are ten times as bulky. The largest brain which Sömmering ever dissected, in the horse kind, weighed only 1 lb. 4 oz., while the smallest he met with in an adult man was 2 lb. 5½ oz.

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It becomes interesting to inquire how far the development of the brain may serve as an indication of the mental powers of the individual.* For this purpose it is necessary to decide on some mode according to which the measurement should be made; and of those proposed, Camper's, Blumenbach's, and Cuvier's have attained the greatest celebrity. The head may be considered as divided into the face and the skull: the face being chiefly occupied by the organs of sense, the skull by the organs of the mind, it was concluded that the preponderance of one or the other would indicate the superiority of the senses, as in the lower orders of animals, or of the intellect, as in man. To ascertain their proportions, Camper proposed his "facial line" and "facial angle." The former was gained by drawing a line from the most projecting point of the forehead to the insertion of the teeth in the upper jaw; the other, by causing a horizontal line, passing from the external orifice of the ear to intersect the facial line. Thus, if we draw a line from the forehead of the ourang (fig. xiii.) to the extreme of the mouth, and another from the ear to meet this line, the angle will be 58°:—if we draw the same lines in the negro (fig. xiii.), the angle will be 70°; in the European (fig xii.) it will be 90°; and in the Jupiter Tonans, of the ancient Greek artists (fig. xi.), the angle is 95°. To apply these angles to a practical purpose, we may say that, in the portion of the brain which lies anterior to the ear, reside the intellectual faculties; in that portion behind the ear reside the animal propensities. Therefore the larger, the broader, the higher the forepart of the head is, as a general rule the more intelligent, the more intellectual will be the individual; the lower the forehead is, the more it recedes, the less intellectual will he be.

Blumenbach proposed a different mode of estimating the proportions of the brain; he placed several skulls upright on their hinder or occipital part, and having ranged them on a table, placed himself behind, and was thus able at one glance to observe the most important points in which they differed; such as the greater or less breadth at any particular part, the projection or non-projection of the jaw beyond the level of the forehead, &c.; and from these he was able to establish many national and mental characteristics. But the most perfect mode is that proposed by Cuvier, which consists in making a vertical section of the skull from the front to the rear, and then observing the relative proportions of the cavity which contains the brain, to that part which forms the frame-work to the face, or organs of sense. In the European, the area of this cavity is almost four times that of the face, not including the lower jaw. In the negro, the cavity remaining the same, the area of the section of the face is augmented about one-fifth.

Are we to consider that the wisest man has the largest brain? "This is a point," says a firm opponent to phrenology, "which we should rather have determined by observations than by argument, did we know of any sufficiently numerous and trustworthy to be admitted as proof. Phrenologists have taken a good deal of pains on this question, yet their conclusions do not seem very decided. It appears, according to Mr. Combe, their most ingenious defender, that size of brain must be considered under certain modifying circumstances, such as health, form, activity, and temperament. The not attending to these circumstances will, he remarks account for the common saying that large heads have 'little wit'." If, however, all these circumstances are the same, Mr. Combe then asserts that the larger brain will denote the superior intellect.

As a general proposition, it will, we apprehend be admitted as true, that persons of very remarkable talents have usually a full, well-developed brain, though it by no means follows that people with large heads have distinguishing talents. Dr. Milligan has given a table, furnished by a hatter in extensive business, whose conclusions were, therefore, founded on a sufficient number of examinations, and were also unbiassed by theory; from which it appears that in the educated classes of society the head is generally superior in size to that of the lower and uneducated orders; and Mr. Lord says, the same fact has been asserted by a gentleman who carefully examined, in London, the hats made at the West End, and also those made by manufacturers who chiefly supplied sailors, coal-heavers, and such persons, and in all cases the average size of those latter hats was considerably less than the former. *Per contra*, Leigh Hunt says: "Keats's head was a puzzle to phrenologists, being remarkably small in the skull; a singularity which he had in common with Lord Byron and Mr. Shelley, neither of whose hats I could ever get on."

[In our next we shall illustrate and describe the brain.]

* For an account of the "Physiology of the Brain," "The Mental Faculties," and the "Senses," the reader is referred to Nos. 20, 21, 22, 23, 24, 32, 35, and 36.

THEORY OF SEA-SICKNESS.

Wollaston attributed sea-sickness to congestion of the brain, an opinion against which the paleness of the face of sea-sick persons powerfully militates. It cannot be more satisfactorily accounted for by repeated agitation of the abdominal viscera, for the intestinal succussion consequent upon horse exercise does not occasion nausea; and it is more easily produced by the motion of an easy than a rough carriage. It is with reason that M. Jobard, of Brussels, considers sea-sickness to result from a mechanical cause; but we must also take into account the many unpleasant impressions arising on board a ship from the odour of tar, the sight of sick people, &c. It is when the vessel rises on the wave that nausea begins, but it is in the descending motion of the boat that sickness increases and acquires its highest degree of intensity. We must attribute the affection of the stomach in sea-sickness to a disturbance of the circulation caused by the motion of the vessel. The result of that disturbance is to deprive the brain of a certain amount of blood—a necessary stimulant to healthy action; it is an analogous suffering to that endured by persons who are bled standing. Perhaps also stasis of the venous blood in the cerebral sinuses may be admitted to exist during the first period of sea-sickness, as a natural result of the general slackening of the circulation. Dr. Pellorin's ingenious theory is supported by the paleness of the face, the refrigeration of the extremities, smallness of pulse, weakness of action of the heart, and the general state of collapse of persons who suffer at sea. If this theory be correct, those individuals will best resist the sickening influence whose circulation is active, and heart voluminous. Young children seldom are sea-sick, doubtless on account of the size of their heart—relatively larger than it is in adults. Animals are less affected than man, because their brain, being placed on the same horizontal line with the heart, receives blood from it with greater facility than in the human species. The marine soldier, compelled to exert himself when he goes on board, suffers less than his officer; and experience shows that all circumstances by which circulation is accelerated diminish, or altogether prevent, sea-sickness. The vomiting and retching which characterise the ailment must be looked upon as an effort of nature to restore to the brain its proper amount of blood. The treatment of sea-sickness should be conducted on the following principles:—Before it appears, the circulation should be stimulated with opium, wine, acetate of ammonia, or spirituous fluids; when the symptoms are present, the horizontal situation in a well-suspended hammock should be adopted.

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NERVOUSNESS.

BY THE EDITOR.

No. I.

Nervousness we shall define to be,—a depressed or debilitated, and an irritable or excitable, state of the mind and of the body. This definition, we know, is open to many objections; nevertheless, as it includes those conditions which are popularly considered to constitute nervousness, and also those conditions which we propose to describe in this series of articles, it will serve the purpose of our readers and ourselves—so let it pass.

The man who is nervous, and whose nervousness depends in a great degree upon some peculiarity of constitution, as being of a nervous or bilious temperament, or possessing a combination of the two,* truly merits all our sympathy and compassion, although, by the way, we need not always evince such amiable feelings to him or her,—for his sufferings, real and imaginary, are legion, and more unbearable than fractured limb or gaping wound.

In a former number we said, a nervous man shall describe what nervousness is. In writing this article it recurred to us, how much better it would be if twenty or thirty nervous patients described their symptoms in plain unvarnished words,—words that shall be the very reflex of their symptoms, that shall describe their pains, their doubts, their fears, in language as expressive as it is truthful. With this view we applied to our letter-basket, and selected many communications, all bearing upon the complaint now under consideration: from some of them we made the following extracts. We may premise that we have not added one word, or altered one word from the *ipsissima verba* of the correspondent, but we have in several instances omitted words or sentences that were irrelevant or objectionable. After perusing them, we think our readers will admit that our definition of nervousness is popularly, if not scientifically, correct.

Case [431].†—I am twenty years of age in May next. I am lean and tall; my occupation is that of a solicitor's clerk; and judging from your article on Dyspepsia in No. I. page 5, I am of a nervous temperament. About two years ago I was afflicted with extreme debility and nervousness, and was attended by the family surgeon. I got better, but my nervousness never left me. My complaint at present is as follows:—I am very nervous and subject to violent beating of the heart on the least excitement or emotion; and when I go up stairs my heart beats violently, with a throbbing in the head. I am at times very much depressed in spirits, especially when alone, and often feel as though I was going to die, or at least my mind becomes impressed with the idea. I have the nightmare very bad at times, yet I sleep pretty well; I have a slight oppression on the left side of my breast, and I always wake in the morning with a pain at the pit of the stomach.

Case [31].—I have been for the last ten months attacked with visional and auditory illusions; and I do not know whether the cause of them is physical or mental. The case is this:—Objects which I look at take the form of persons' faces, threatening and mouthing; and sounds are changed into voices talking to me, and this is continued while I am not actively employed. When left alone, my mind becomes erratic and slightly delirious, and my head feels heavy and drowsy, as if I should fall asleep. I don't know what has produced this, for I am of sober habits; my mind is always restless, and temper irritable.

Case [117].—I shall now endeavour to describe my present condition, which is *wretchedness*. Continued low spirits, with occasional severe despending fits, without evident cause; always worse after eating; no relish or aptitude for business; anxiety of mind, indecision, bad memory, irritable, and always greatly worse from being excited; disturbed sleep, or rather unrefreshing sleep; difficulty of articulation at times; under excitement or study, the mind almost reels. Appetite not to be complained of, though often capricious; digestion very weak, and often requiring a little medicine. I need scarcely add physical debility, &c.

Case [28].—I am a young man of thirty years of age; I am generally thought by my friends to be strong and healthy, when I know and feel I am weak and miserable. I have suffered more, mentally, the last three years than at any previous time. I am in "a low way," nervous, and low-spirited, which I cannot shake off, although I have been employed out of doors for the last six months. What I complain of chiefly is, meeting my friends with a feeling of dread, instead of pleasure; involuntary blushing, want of energy, a kind of dread. My feelings are acted upon by the weather, being dull when the weather is dull, and the reverse in frosty and fine weather. I keep good hours, and never frequent public-houses. My breath is often hot and feverish.

Case [15].—I am suffering severely from extreme nervous debility; to so great an extent am I afflicted, that my life is rendered miserable; in consequence of it, I am unable to associate with, or to enter society of any kind, and there are times when I am not at ease even amongst the members of my own family, and moreover (much to my regret) cannot attend a place of worship on the Sabbath. I walk to and from the City daily, a distance of about two miles and a half; but by the time I reach the place of my destination I feel so exhausted and am so nervous, that if I happen to meet a friend or acquaintance, I become so confused, and so lose my self-possession, that I generally endeavour to avoid the meeting. I also feel so incapacitated in regard to business habits, that I have been compelled to decline accepting several advantageous situations; and so long as I remain in this state, I shall labour under the same disadvantage, and be prevented improving my condition.

Case [50].—I am twenty-five years of age, by trade an iron and tin-plate worker; have always been of sober habits. I was, about five years since, taken with a dizziness in my head, with loss of memory and indifference to every thing about me; going about my work like a mere machine, and not being able to bear a strong light. I cannot bear to look through the windows in the middle of the day; and when I am in bed I have a singing in my ears like the noise of a distant waterfall. I have been under several medical men, who never inquired my previous habits, or gave me any directions as to my diet, or directions of any kind, as to exercise or moral medicine, which you recommend. My sufferings are the more severe, as my friends ridicule me for my fancied complaints, as they call them, for my appearance shows no symptoms of the sad disease I labour under.

Case [684].—I am suffering from severe nervousness, induced chiefly by family bereavement; my mind is frequently harassed, embarrassed, and confused; I am always so, but more so when walking in a public street. I feel giddy, and am debilitated in my limbs. My sufferings have been chiefly in the head; the excitement in the brain seems to communicate with the stomach, injuring the digestive organs, and causing a very irregular action of the heart. I am at present exceedingly weak, and suffer much from despondency, and totally unfit for

* For an account of THE TEMPERAMENTS, see No. 1, page 5; No. 54, page 11.

† The figures in brackets refer to my own private case-book.

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business. I am thirty-nine years of age; stout frame, fair complexion.

Case [11].—I am thirty-five years of age, of delicate conformation, light complexion, and nervous temperament; unmarried, of steady habits, religiously inclined, and have led a very regular life. I have pain at my heart, and have been examined by an eminent physician, who says I am totally free from disease in that organ. I have very little appetite, and have no inclination for business or pleasure. My breath is not affected, and I have no cough. I have recently consulted another medical man, and he said I had a good chest—that there was disease, but he could scarcely tell whether it was sympathetic or not; he said medicine would do me no good: I was to go more into society, and try to forget it.

Case [695].—I have always a constant pain at the left side, and all down the left arm. I am getting so thin, and growing so tall, and losing flesh daily. I have always a fear that I shall die suddenly; indeed, whenever I go out, I have a doubt whether I shall come back alive or not. I'm always depressed in spirits, melancholy, and nervous. The least look or word from my master—I am apprenticed to a bookbinder—makes me shake like a leaf. He says I am lazy; but I can't help it. I try to shake it off, but cannot. I crave to be alone, to brood over the melancholy which weighs me down; in fact, sir, I cannot tell you all that I feel, for I have a load of suffering.

(*To be continued.*)

OBSERVATIONS ON THE ABSORPTION OF METALS INTO THE BLOOD IN CASES OF POISONING. ILLUSTRATED BY AN ACCOUNT OF A CASE OF POISONING BY LEAD, OCCURRING IN A COW.

Mr. Taylor observes, that arsenic, antimony, and copper, have been detected in the animal tissues; but that mercury has not yet been so discovered. The latter statement, however, is incorrect, as in M. Caulson's papers in the *Archives Gen. de Med.* numerous references will be found, establishing the presence of mercury in various animal fluids and structures. As regards lead, however, we agree with Mr. Taylor, in not being aware of its presence having been detected in any animal fluid.

The subject of Mr. Taylor's paper is the case of a cow that accidentally swallowed half a pound of green paint, containing a considerable quantity of carbonate of lead. The animal soon appeared to suffer extremely, resting, in a contracted posture, with its horn fixed against a wall. There was obstinate constipation, and on the eighth day general paralysis of the trunk and limbs, so that the animal could scarcely stand. Sulphate of magnesia, carbonate of ammonia, oil of turpentine, and, finally, large doses of sulphate of soda, were administered, with good effect; but the animal did not perfectly recover till the end of ten weeks. At the time of the accident, the cow was upwards of two months gone with calf, and after three weeks she slunk her calf.

Soon after the ingestion of the poison, and while its effects still continued, Mr. Taylor examined a quart of the animal's milk, which was rich, and yielded an abundance of cream. The cream being separated, hydrosulphuret of ammonia and sulphuretted hydrogen were employed to test the milk, but without effect. Sulphuretted hydrogen gas was then passed into ten ounces of the milk, and after a short time the fluid acquired a faint brown colour, but the precipitate that subsided was in too small quantity to allow of the tests for sulphuret of lead being applied. Mr. Taylor performed comparative experiments on the milk of other cows, but with a negative result; however, on adding a very minute portion of a salt of lead, the effect produced by the gas was precisely similar to that produced in the case under investigation. Mr. Taylor concludes that some traces of lead were present in the milk, but in what state it is impossible to say.

HERNIA—RUPTURE.

The protrusion of any of the abdominal viscera from their proper cavity into a sac formed for them by the peritoneum,* which is pushed before them, is the most common species of hernia that we meet with, though the protrusion of any viscus from its proper cavity is comprised equally under the same name.

Labouring persons are more particularly liable to this complaint, which is generally caused by great exertion, as dragging or lifting heavy weights, jumping and the like, by which violence a portion of the intestine slips from within the belly through one of the openings, or "rings," and thus a "rupture" takes place.

There are various kinds of rupture, but the most common are the inguinal and the femoral. *Inguinal hernia* is the name applied to a rupture in which the gut protrudes at the abdominal ring, and only passes as low as the groin in the male, or the labium pudendi in the female. It is called *femoral hernia* when it takes place below *Poupart's ligament*—that is, the lower border of the delicate tendinous expansion of the external oblique muscle of the abdomen, which is stretched between the anterior superior spinous process of the ilium and the spine of the pubis (1 & 2, figs. ii.);—*scrotal hernia* if the parts descend into the scrotum; *umbilical hernia* when the bowels protrude at the navel; and *ventral hernia* when it occurs at any other promiscuous part of the front of the abdomen. *Congenital hernia* is a rupture which exists at birth.

Hernia may be divided into three kinds—reducible, irreducible, and strangulated. Reducible hernia is that in which the intestine is capable of being returned into the abdominal cavity, though the sac may have contracted adhesions, by its external surface, to the surrounding tissues. An irreducible hernia is that in which the sac has not only contracted adhesions to the surrounding tissues by its external surface, but the intestine has also contracted adhesions to the interior of the sac, thereby rendering reduction impossible. A strangulated hernia is one which may eventually become reducible, but which, for the time is incapable of being so, from the prolapsed part of the gut becoming strictured by the aperture through which it passes, and which requires an operation to divide the stricture, if all other attempts to reduce it fail. There may be some rare instances where the constitution is strong enough to go through all the stages of strangulation, subsequent inflammation, and mortification; the mortified, or sphacelated, portion of intestine being voided through an abscess in the abdominal parietes, and an artificial anus being formed. Few persons can go through all this; whereas, when the operation is performed in good time, very many are saved by it.

A rupture generally shows itself as a swelling suddenly appearing in the groin after violent exertion; the protrusion of the gut may be distinctly seen when the person stands upright, but it will fall back when he lies down, and return again when he gets up. If the patient be directed to cough, the impulse may be distinctly felt by the finger when gently pressed on the enlargement. If left alone, it continues increasing in size, so that, instead of the bowels being contained, as they should be, in the belly, a large portion drops into the swelling, which may become of an enormous size. Persons who are ruptured often feel a dragging weight about the pit of the stomach, and after great exertion more bowel comes down, and they have an inclination to be sick, which becomes worse till the rupture has, by lying down and gently pressing, either been diminished to its ordinary size, or put back completely into the belly.

* See No. 59, page 49, Vol. III.

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Whenever any one finds a swelling at the groin or navel, especially if it have come on suddenly after exertion, he should lose no time in obtaining a competent medical opinion as to the nature of his complaint, for if it be a rupture it will require immediate attention; and from delay many persons have lost their lives. Females are often subject to a rupture, which, from motives of delicacy, they imprudently conceal, and ask for no assistance until it is too late.

If it be determined that the swelling is a rupture, the person must then wear a truss or instrument to prevent the bowel slipping out of the belly.

And here I would impressively caution my readers against the advertised remedies which a foul class of empirics would fain persuade suffering and confiding humanity shall supersede the use of the truss. That such things are IMPOSSIBLE does not in the least diminish the number of applicants for their vaunted medicaments or applications, nor lessen their unholy gains; for man is ever hopeful, ever confiding, and John Bull, of all men, places the greatest faith in whatever he sees in print.

A truss, to be of real use, should be made especially for the person requiring it;* it should never be taken off, except for a few minutes to cleanse the skin with a sponge, and this should never be done but whilst the afflicted person is lying down. The truss should always be kept on, whether up or in bed; and if this plan be pursued by young people under eighteen or twenty years of age, and they be careful not to use violent exertion, a rupture will generally be cured after wearing a truss three or four years..

If persons who have ruptures do not wear a truss, or if the truss they wear do not keep the bowel up in its place, but allow it to slip down by the side of the pad, either from the instrument not fitting, or from it not being strong enough to resist the constant exertions of daily labour; or if the truss be worn broken, as is very frequently the case, the person goes about at the risk of his life. Some may have a rupture for years—nay, even for a lifetime—and yet wear no truss; as the gut may be readily returned when the patient lies down, or it may continue down and incapable of being returned at all—yet not strangulated—and no other inconvenience may be experienced beyond a little occasional lassitude. But this is the exception, not the rule: from some trifling circumstance the bowel becomes strangled, and if not released and returned, the person will be inevitably destroyed.

When a person has been costive two or three days, and he becomes violently and frequently sick, at first throwing up stuff like coffee-grounds, and, after some hours, like stools, and very offensive; if there be a feeling of a cord tied round the waist, a constant feeling of sickness, much uneasiness and anxiety, there is then great reason for supposing that these symptoms may be referred to a rupture. If, on examination, a small or large swelling be discovered in the groin or its neighbourhood, at the navel or anywhere else upon the belly, the cause is then apparent.

It very commonly happens that persons who do not wear a truss, and who are aware of the nature of their complaint, now and then have some difficulty in getting their rupture up, and feel sickish and uncomfortable from it being rather larger and less readily inclined to return than usual. From past experience they are sometimes enabled so to handle the part, that, after greater or less effort, they can replace it; and therefore they often rely on their own treatment, till they get into a very dangerous condition. When the rupture cannot be readily returned, a medical man should always be sent for immediately; for if, says Mr. South, with great truth, circumstances should require the performance of an operation, its safety mainly depends on its being performed early, and its danger on being delayed. Until professional assistance arrive, the patient may be placed in a warm bath till he feel very faint; he may then attempt, according to his own usual method, to put the rupture up, by pressing it gently, if it be in the groin, or by lifting it up if in the scrotum, and gently squeezing it towards the belly; but no violence must be used, or the gut will burst.

Should this not succeed, cold may be applied over the swelling, by means of a bladder half filled with ice and a small handful of salt. If ice cannot be obtained, a wet rag, saturated with vinegar and water, with the addition of a little spirits of wine or gin, may be applied.

Some continental surgeons have attempted to reduce a rupture by reversing the position of the body—in other words, by placing the patient on his head, or nearly so; and they state that in many instances it has succeeded.

It is useless to give purgative medicine by the mouth, as it will certainly be thrown up again, and only renders the vomiting more severe and distressing. The same objection, however, does not apply to an enema, or glyster, either of gruel and salt, or gruel and castor oil, as such injections are occasionally useful in assisting the return of the gut.

We shall return to the subject of ruptures in a future number.

* We need scarcely say that we consider Mr. Smith of High Holborn the best truss-maker. We have told our readers this often.

THE BURYING FAQUEER.

THE following account of an individual who lately attracted much attention in the Punjab may be interesting to our readers. We extract the passage from "The Court and Camp of Runjeet Sing," by the Hon. W. G. Osborne:—

"He is held in extraordinary respect by the Sihks, from his alleged capacity of being able to bury himself alive for any period of time. So many stories were current on the subject, and so many respectable individuals maintained the truth of these stories, that we all felt curious to see him. He professes to have been following this trade, if so it may be called, for some years; and a considerable time ago several extracts from the letters of individuals who had seen the man in the upper provinces appeared in the Calcutta papers, giving some account of his extraordinary powers, which were at the time, naturally enough, looked upon as mere attempts at a hoax upon the inhabitants of Calcutta. Captain Wade, political agent at Loodhiana, told me that he was present at his resurrection after an interment of some months, General Ventura having buried him in the presence of the Maharajah and many of his principal sirdars. As far as I can recollect, these were the particulars, as witnessed by General Ventura:—After going through a regular course of preparation, which occupied him some days, and the details of which are too disgusting to dilate upon, the Faqueer reported himself ready for interment, in a vault which had been prepared for the purpose by order of the Maharajah. On the appearance of Runjeet and his court, he proceeded to the final preparations that were necessary, in their presence; and after stopping with wax his ears, nostrils, and every other orifice through which it was possible for air to enter his body, except his mouth, he was stripped and placed in a linen bag; and the last preparation concluded by turning his tongue back, and thus closing the gullet; he immediately died away into a sort of lethargy. The bag was then closed, and sealed with Runjeet's own seal; and afterwards placed in a small deal box, which was locked and sealed. The box was then placed

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in a vault—the earth thrown in and trod down, and a crop of barley sown over the spot, and sentries placed round it. The Maharajah was, however, very sceptical on the subject, and twice in the course of the ten months he remained under ground, sent people to dig him up, when he was found to be in exactly the same position, and in a state of perfectly suspended animation. At the termination of the ten months, Captain Wade accompanied the Maharajah to see him disinterred, and states that he examined him personally and minutely, and was convinced that all animation was perfectly suspended. He saw the locks opened, and seals broken by the Maharajah, and the box brought into the open air. The man was then taken out, and on feeling his wrist and heart not the slightest pulsation was perceptible. The first thing towards restoring him to life was the forcing his tongue back to its proper position, which was done with some little difficulty, by a person inserting his finger, and forcibly pulling it back, and continuing to hold it, until it gradually resumed its natural place. Captain Wade described the top of his head to have been considerably heated, but all other parts of the body cool and healthy in appearance. Pouring a quantity of warm water over him constitutes the only further measure for his restoration, and in two hours' time he is as well as ever. . . . . He states that his thoughts and dreams are most delightful, and that it is painful to him to be awoke from his lethargy. His nails and hair cease growing, and on his first disinterment he is for a short time giddy and weak, but very soon recovers his natural health and spirits. His only fear whilst in his grave is of being attacked by insects, which he obviates by having his box suspended from the ceiling."

In an unlucky hour for his saintship, he volunteered to have his pretensions tested in the presence of the English envoys, on their arrival at Lahore. On their suggesting a few additional precautions—producing padlocks, and proposing to post sentries of their own, the poor Faqueer first diplomatized, then blustered, and finally "bolted," and fairly refused to submit to the conditions. But his fear of Runjeet's anger, and the loss of his own importance, quite overcame his objections to being actually buried alive. He offered to

"Agree to the terms proposed, though he felt sure our object was only to destroy him, and that we knew very well that he never would come out alive! I told him in reply, that I was as certain as himself of the latter fact, and that though there were no coroners' inquests in the Punjab, I had still a strong objection to having his death laid at my door; and that, as he himself now allowed the danger of the attempt, I must decline having anything more to do with it."

MEDICAL ETHICS.

THERE is no point of practice which more frequently occasions perplexity in the mind of a medical man of upright principles than the propriety of continuing or discontinuing his professional visits, or the intervals at which he ought to pay them. If they are made frequently, he incurs the risk of the imputation of a dishonest cupidity after gain; if they are only made at distant intervals, he may, on the contrary, be accused of neglect or carelessness about the fate of his patient. A man of nice feelings, alive to the fear of being thought to be stimulated only by selfish motives in his attentions to his patients, is more likely to incur the latter imputation than the former; and to such a person, the most distant hint is sufficient to induce him to discontinue his attendance. He who is in the habit of increasing his store by paying unnecessary visits is likely to meet his punishment by not being called upon again, when any subsequent illness of the patient requires medical assistance.

THE MEMORY OF THE DEAD.

WITH what different feelings do we wander through a cemetery! I am well aware that many of the gewgaw attributes that there decorate the grave have been called the "*frippery*," the "*foppery*" of grief; but does there exist a generous, a noble sentiment, that may not be perverted by interested motives and hypocrisy into contemptible professions? How often is the sublime rendered ridiculous by bad taste and hyperbolic affectation! When we behold the fond lover pressing to his lips a lock of hair, or the portrait of all that he holds dear, the cold calculating egotist may call this the *frippery of love*; but the stoic who thinks thus has never known the "sweet pangs" of requited affection, when, in bitter absence, the recollection of bliss gone by embodies in our imagination the form we once pressed to our respondent heart. The creation of our busy fancy stands before us, gazing on us with that tender look that in happier days greeted the hour of meeting; or trembles in our tears as when we last parted—to meet, perhaps, no more! With what fervour of religious love do we not behold the simple girl kneeling, with uplift eye and hand, on the green sod that covers all that endeared her to existence, till, overwhelmed with burning, choking regrets—as idle as they are uncontrollable—she sinks prostrate on the cold earth that now shrouds that bosom which once nestled her young hopes and fears! There have I seen the pale, the haggard youth—to all appearances a student—seated mournfully by the side of a tomb, absorbed in deep thought, heedless of the idlers who passed by him, looking at him perhaps with contempt! heedless of the swift flight of time, which shrouded him imperceptibly in darkness, until he was warned by the guardian of the dead that it was time to depart—and to depart *alone!* No, inscription recorded the "one loved name;" he would not expose it to the unfeeling gaze of the heartless tourist: all he would willingly have traced upon her tomb would have been, "Here lies *my own!*"

The mouldering earth, the fleshless skeleton over which he mourns, cannot obliterate the remembrance of what she was: though her eyes, perhaps, no longer exist, still their former languid, liquid look of bliss beams freshly in his recollection. The lips which once pronounced the long-wished-for avowal of mutual love are still moist and open to memory's embrace—still seem to lisp the delicious "I love you!"

Sublime are the words, "Blessed are the dead who die in the Lord!" Would it be irreligious to say, "Happy are *the* dead who die beloved?" Their fond and ardent heart had never been chilled by the withering hand of infidelity and ingratitude. They died in an ecstatic dream of perfect bliss on earth, and never were awakened to the world's mocking realities! they died when they felt and believed in their heart of hearts that they were dearly beloved—could not be loved more dearly: with that conviction, death, in a worldly acceptation, can never be untimely. Probably they died still sufficiently animated by a latent, lingering spark of life, to press the hand that was so often linked in mutual pressure in happy days—to feel the burning tear of anguish drop on the pale cheek—to hear the sad, the awful, last word, *à Dieu!*—an expression that habit has rendered trivial, but which bears with it, in the tenderest solicitude, the most hallowed meaning; since, in pronouncing it, we leave all that we cherish under the protection and the safeguard of OUR GOD.

"A MERE MATTER OF FORM."

Of all things that are worn for the "mere matter of form," stays should be the very last, they have ruined more forms than any other article of dress;—such, at least, is the medical opinion of *Dr. Punch*.

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HINTS FOR HEALTH.

A STYE IN THE EYE

Is best managed by bathing the eye frequently with warm water, or with warm poppy-water, if very painful. When it bursts, and the "scab" falls off, an ointment, composed of one part of citron ointment, and four of spermaceti ointment, well rubbed and mixed together with a bone paper-knife, should be smeared along the edge of the eye-lid every night at going to bed. A grain or two of calomel, with five or eight grains of rhubarb, according to the patient's age, should be taken twice a week. By these means the complaint may be checked or got rid of; but it is often very tiresome and unmanageable.

THE STOMACH.

There is not—there ought not to be—any *conscious excitement* or sensation induced in the stomach by the presence of food or drink, in a state of health; so true is the observation, that "to feel that we have a stomach is no good sign."

TIME FOR SLEEP.

When the Jesuits settled the plan of education in the College of Clermont, the physicians were consulted on the portion of time which the students should be allowed for sleep. They declared that five hours were sufficient, six an abundant allowance, and seven as much as a youthful constitution could bear without injury.—*Butler's Reminiscences.*

HINTS FOR YOUNG HOUSEWIVES.

The daily duties of the housewife, in cleaning, are many. The doors and windows are to be opened in the mornings, to air the rooms and to allow the dust to pass away when sweeping. The lower part of the chimney is to be swept down often, that the soot may not fall into the pot. The stove is to be cleaned, and the hearth swept, and cinders taken care of, that the fireside may look tidy and cheerful, and nothing be wasted. The room is to be swept, taking care that the dust is not brushed up roughly to fall down again on the furniture, and the articles of use and ornament, are to be dusted. The tables and chairs are to be scoured or rubbed. The table-cloth is to be white, smooth, clean, and neatly put on. The bed-room windows are to be opened, and the bed and bed-cloths exposed to the air. Tin and iron saucepans, and all other utensils of the same metals, are to be kept free from dirt and damp, or they will be destroyed by rust. Copper saucepans are to be kept clean or they may poison us. Floors are to swept and sanded; boared floors are to be scrubbed, and brick and stone floors washed, when they require it; but boards should not be wetted oftener than is necessary to keep them clean, for damp boards are prejudicial to health. Always remember that it is better to keep clean, than to make clean.

THE TEMPERATURE OF OUR WARDROBE.

The practice of keeping clothes in a cold room, and of putting on chilled garments, is very injudicious and dangerous. Dr. Kitchiner remarks: "A great coat must be kept in a room where there is a fire; if it has been hung up in a cold damp hall, as it often is, it will contribute about as much to your calorification as if you wrapped a wet blanket about you."

COUNTER-IRRITANT.

Mr. M'Diarmid recommends a solution of ten grains of tartar-emetic in an ounce of distilled water as a counter-irritant application, to be used in lieu of the tartar-emetic ointment, the use of which is disagreeable to many persons.

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&c. &c. &c.

Preface to Second Volume:

"The FAMILY PHYSICIAN has now made his fifty-second visit. During the last year he has ascended the tapestried halls of wealth, he has entered the dimity-clad chamber of the well-doing, he has descended the pit of the miner. In each, by all, he has been received as a Family Friend, as well as a Family Physician. For the courtesy of his reception, and the confidence reposed in him, he begs to offer his grateful thanks. In closing a year of toil, anxiety, and pleasure, he ventures to hope he has done much good, and, he prays, but little evil, in the hints and advice he has offered to thousands who have sought his counsel. The same industry, the same caution, the same integrity of purpose that has raised his periodical to the proud position of being in fact, as well as in title, THE PEOPLE'S MEDICAL JOURNAL, shall ever guide his exertions, and direct his humble ability."

"Dr. Yeoman's large practical experience renders him eminently capable of conducting a journal of this nature. We most heartily recommend this work, as its price places it within the reach of all, while the matter of which it is constituted, touching on organic and other diseases incidental to humanity, is of the most invaluable kind."—*Weekly Dispatch, June* 23, 1850.

"There was a want of such a publication, conducted by a sound practitioner—the desideratum is now supplied."—*Cambridge Advertiser.*

"Dr. Yeoman is doing good service in exposing those pernicious quack systems, which, ostentatiously paraded before the general eye, have allured and deceived too many of the children of suffering humanity."—*Waterford Mail.*

"In this age, when quackery is rampant, and every medical work must be closely and narrowly scrutinised ere an opinion can be pronounced upon it; it is highly refreshing to meet with one that puts forth no pretensions, and yet is deserving of the very highest commendation. Such is the nature of the periodical now under notice. Dr. Yeoman is a gentleman who has acquired an honourable name in his profession; and, apart from his immediate practice, he is devoting himself to the inculcation of what may be termed 'popular medical knowledge' amongst the masses."—*Weekly Times.*

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, Back-boards, Dumb-bells, Wooden Legs, Crutches, Supports for Weakened Legs, and all Instruments and Apparatus for the Cure of Deformities.

Mrs. Smith attends on Ladies.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

MEDICAL GLOSSARY.—We postpone the publication of our DICTIONARY OF MEDICAL TERMS, as it has been suggested to us that it would be more useful if published, separately, as a small book, uniform with INDIGESTION, HEADACHE, &c. We shall be glad to receive the opinions and wishes of our subscribers.

W. W. (King's Road, Chelsea).—Read the articles on ANEURISM in Nos. 50 and 52.

T. M. (Brick Lane).—Yes.

"WHAT'S IN A NAME?"—We cannot, at the moment, give you the derivation of the word *coffin*. There is a quack who has prematurely filled many, alas! how many! but as he is of mushroom growth it cannot obtain its startling name from him.

J. HAMAN (Yorkshire).—Dr. Yeoman never was connected with the periodical you mention. You are perfectly mistaken. The remaining part of your letter is under consideration.

ANN SMITH.—We should not advise you to have "the lumps" cut out, unless they give you more pain and inconvenience than you at present suffer.

M. S.—We must see you.

W. T. (Shooter's Hill Road).—We cannot advise any decided treatment without seeing you.

WM. REID (Glasgow).—We never advise guided only by the "I think" of a patient.

G. WILKINSON (York).—Our "kindness" does not extend to the *gratuitous* treatment of disorders arising from vice, folly, or indiscretion.

JOHN SPENCE (Walmgate Bar, York).—We have an idea that Mr. Spence is identical with Mr. Wilkinson. We shall be glad to be undeceived.

FANNY S——.—Call in Lloyd Square; or write more definitely. Never "cross" your letters.

TOM TOMKINS.—To four ounces of any common pomatum, or bear's grease, add four drachms of tinctura lyttæ; brush in a portion well, night and morning.

D. (Loughborough Road, Brixton).—You cannot do better than send your numbers to Mr. Myhill, No. 35, Little Charlotte Street, Blackfriars Road—he binds for us.

M. MORRISON.—We cannot spare you the space your case demands, in this column.

SAMUEL JONES (Ashton-under-Lyne).—We do not understand the former part of your letter. We cannot make the alteration in the size of the Journal that you suggest.

INQUIRER (Strand).—It will not be necessary to "lay up." See answer to G. WILKINSON (York), in this number.

SAMUEL BOWERS.—We have received letters from at least one hundred correspondents who, like you, have, we fear too partially, said, "a portrait of the Editor would meet with a favourable reception." We appreciate the compliment, but you and other unknown friends must be content with seeing us through the medium of type,—not of the graver. Our modesty will not allow us to give our *countenance* to your proposal.

H. S. (Royton).—We are gratified by your confidence, but cannot undertake the treatment of your case as a gratuitous patient.

HENRY (Bryanstone Square).—A guinea. It is a most ungracious, at the same time a necessary task, to speak of fees. Remember our printer, our butcher, our baker, our servants, the tax-gatherer. How can we pay them if you do not pay us?

A COMPOSITOR.—What can we say of the diseases peculiar to your occupation, more than that your eyesight sometimes fails; that you are addicted to gin, and know not what punctuality means? Of course there are exceptions to these *complaints*, and the three infirmities may not be centered in one man. We wish we could cure you all of want of punctuality.

JAMES B—T (Shrewsbury).—All our publications that are forwarded by post are enclosed in envelopes.

REGINALD DALTON (Manchester).—See the DISEASES OF ERROR.

A WAREHOUSEMAN (Friday Street).—It is impossible we can say whether the disease be bronchitis or consumption, without we have an opportunity of examining your chest.

A WATCHMAKER (Northampton Square).—We are much pleased that you approve of our last article on the DISEASES OF ARTISANS in reference to the trades in which you are interested. If you will send to Lloyd Square, your messenger shall receive a dozen copies of the number, agreeable to your request.

W. W. M.—First: Yes; three months. Second: Not absolutely necessary. Third: Five guineas.

ROBERT HARRISON (Sloane Street).—Take a four-grain "Plummer's Pill." (*Pil. Hyd. chlorid. comp.*) every night for seven nights.

ELIZA.—Read the first article on the DISEASES OF WOMEN AND CHILDREN, in No. 3.

D. R. P. (Hayes, Middlesex).—Do not complain of the distance, when patients daily arrive at our house, for the purpose of consulting the Editor, from the Clyde, the Tyne, the Mersey, and the Severn. Yours is a case that cannot be comprehended without the physician examines you. You say your complaint is bronchitis—it may be so; but it may be consumption, or diseased heart, or indigestion.

ANN (a housemaid).—Take five drops of the muriated tinoture of iron, and ten drops of the tincture of hyosciamus, in water, twice a day.

S. Y. S. (Newcastle-on-Tyne).—A teaspoonful is equal to a drachm; a table-spoonful to half an ounce; a wine-glassful to two ounces; and a teacupful to three ounces. A drop is generally considered to weigh a grain; so that sixty drops are reckoned equal to a drachm or teaspoonful.

W. GILES (Ledbury).—Quinine wine may be made by adding two grains of the di-sulphate of quina to a bottle of Maderia. Some prefer orange wine. Half a wine-glassful is about the quantity for a dose.

S. L. P.—Will you refer to our answer to THOMAS HIGGINBOTHAM in No. 13?

OLIVE BRANCH (Dublin)—The pulsations of the heart can be more distinctly felt and heard on the left side. See DISEASES OF THE HEART, in Nos. 15 to 26, inclusive.

W. LOWNDES (Brighton).—Depend on it cheerfulness is the best promoter of health; fretfulness and ill-humour its destroyer. Few very aged persons will be found who have not preserved an evenness of temper with a gaiety and cheerfulness of heart. Health and cheerfulness mutually beget each other; with this difference, that we seldom meet with a great degree of health which is not attended with a certain cheerfulness, but very often we see cheerfulness in those who possess no great degree of health.

RUMOURED DEATH FROM "DR." COFFIN'S PILLS.—A young woman, named Eliza Gould, aged twenty-one, daughter of William Gould, tailor, Burton Lane, Sheffield, died suddenly, says *The Sheffield Times*, after taking some pills, supplied to her by Mr. William FOX, of Barkerpool, agent to "Dr." Coffin. The case is under investigation before T. Badger, Esq., coroner. We hope to be able to give a *satisfactory* account of the verdict of the jury in our next. In the mean time we shall be glad to receive authentic communications from our Sheffield correspondents on the case.

BELPHOGOR.—See INDIGESTION, page 42, then write again.

JOSEPH BRADLEY (Greenwich).—If you will call on Sunday *morning*, we will give you our candid opinion on the case.

ROBERT INGLIS (Hull).—The man is a notorious quack; all the advertising firms of dentists who itinerate from one town to another are ignorant Jews.

PHILLIS.—Your curiosity will be satisfied in an early article on the DISEASES OF WOMEN AND CHILDREN.

J. S. (Granton).—We do not pay attention to such cases in the Journal.

FORFAR.—Take ten drops of *liquor potassæ* in water, twice a day.

A MECHANIC (Birmingham).—Take two grains of calomel and four grains of the compound extract of colocynth, made into two pills, every other night.

MARIANNA.—You will find a prescription for CHILBLAINS in Nos. 42 & 43.

C. C.—One guinea.

T. R. S. (Islington).—Your letter is incomplete in detail.

THE PUBLIC HEALTH.—Deaths 1,063, being a considerable increase on the last weekly returns. The excess of last week over the previous one is due in a great part to the aggravated fatality in inflammation of the lungs, and likewise in bronchitis, among young persons. The aggregate of deaths caused by diseases of the respiratory organs, comprising all ages, was last week 253. Small-pox destroyed 20 children, and 5 persons above 15 years. The births of 848 boys and 756 girls, in all 1,604 children, were registered in the week.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 61.—Vol. III.] SATURDAY, MARCH 1, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

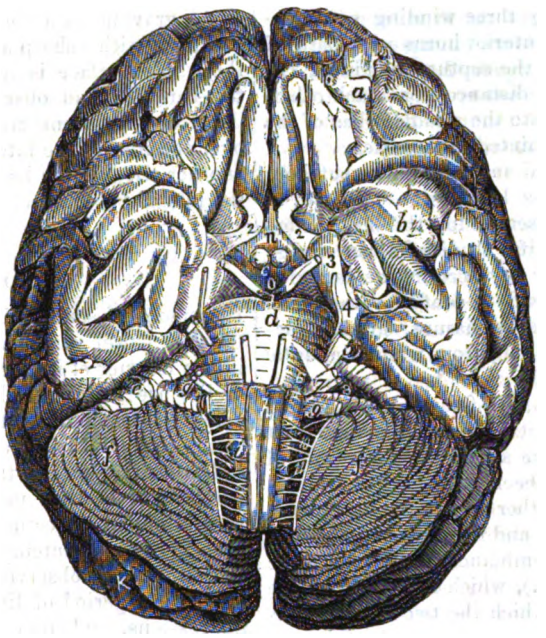
No. IX.—THE BRAIN—THE NERVOUS SYSTEM.

The Nervous System is destined to regulate the functions of the animal economy, to receive impressions of external objects, and to transmit them to the understanding. This system consists of the brain, the medulla oblongata, the spinal marrow, the nerves, and the ganglia.

Having already, in No. 33, 35, & 36, described, in general terms, the anatomy and physiology of the brain and nervous system, we beg to refer our readers to those articles, which may be read in connexion with the present paper.

Under the term Brain is comprehended three parts distinct from each other, although united in some points. These parts are the cerebrum (*a*, *b*, *k*, fig xv.), the cerebellum (*f*, *f*, fig. xv.), and the medulla oblongata (*h*. fig. xv.).

In each of these principal divisions we find also other parts, easily distinguishable, and which have a kind of insulated existence, so that nothing is more complicated, nothing more difficult in anatomy, than the study of the organisation of the brain. In proportion, however, to the importance of the functions of this organ, anatomists and physicians have in all ages applied themselves to dissect it. From the boundless labour which has been bestowed on this part of the animal economy, great accuracy of anatomical detail has been acquired, and a profusion of names given to its various parts and processes; but it must be candidly confessed our knowledge is still very imperfect, and that we yet require sound physiological views of its operations. That it is intimately connected with sensation, motion, digestion, in short with every function of the body, by means of its nervous connexions, we are sure of; but how these results are effected, and from what special part of the cerebral mass each derives its influence, we know not, as of an incontrovertible fact. Without the due performance of the functions of the brain we should neither possess external sensation, nor be competent to execute any voluntary movement; consequently it has been said by that great philosopher, Cuvier, with much truth, that "the nervous system is, in fact, all the animal;" the other systems being vegetative, automatic, and existing only to nourish and defend it.



The Base of the Brain, and the origin of the Cerebral Nerves.

Figure XV.

a. The anterior lobes of the brain.
b. The middle lobes.
c. The corpora albicantia.
d. The pons varolii.
e. The superior vermiform process.
f. The cerebellum.
g. The inferior vermiform process.
h. The medulla oblongata.
i. The corpora pyramidalia of the medulla oblongata.
k. The posterior lobes.

[The figures refer to the origin of the nerves.]

1.1. The olfactory nerves, or first pair.
2.2. The optic nerve, or second pair.
3. The common motor nerve, or third pair.
4. The patheticus, or fourth pair.
5. The trigeminus, or fifth pair.
6. The abducens, or external motor nerve.
7. The facial nerves.
8. The auditory nerves.
9. The glosso-pharyngeal nerve.
10. The hypoglossal nerve.

The Cerebrum is the largest portion of the brain, and occupies the whole upper cavity of the skull. In the fore part it rests upon the arches of the orbits, that is the roof of the "socket of the eye;" in the centre it rests upon the middle fossæ, or indentations, of the base of the skull; and posteriorly, upon a band of the dura mater, named the tentorium cerebelli,* which separates the cerebrum from the cerebellum.

The upper surface of the cerebrum is divided into two parts, named hemispheres,—the division is distinctly marked in the drawing—which are separated from each other by another process of the dura mater, termed the falx cerebri. The surface of the cerebrum, both above and below, is intersected by deep fissures and eminences, which produce numerous turnings and windings, termed convolutions; these take a variety of directions, and differ in extent in different parts of the brain, being smaller at the anterior part, larger at the back part, and largest in the middle, where each is about half an inch in breadth.

The lower surface of the brain is divided into three regions, named lobes; the anterior (a, fig. xv.), the middle (b, fig. xv.), and the posterior (k, fig. xv.).

On separating the two hemispheres of the brain, the corpus

* See page 50, Vol. II.

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callosum, or commissura magna, may be seen without making any incision; it is the centre of communication between the two hemispheres, and consists of a large portion of medullary matter, which, by transverse fibres, incorporates and unites the two lateral divisions of the cerebrum. When the substance of the brain is sliced down on a level with the corpus callosum, the appearance which is then exhibited is called the centrum ovale, which presents a large centre of white substance, surrounded by a thin stratum of grey—the cortical substance.*

In the substance of the brain we find four cavities, termed ventricles—some anatomists add a fifth. In their natural size, these cavities are exceedingly small, yet when, by the operation of disease, they become distended, they enlarge to an enormous size, and being filled with an aqueous fluid, they exhibit that formidable malady, commonly known as "water in the head," or hydrocephalus.

There are two lateral ventricles, one situated in the central part of each hemisphere, immediately under the centrum ovale. They are of an irregular form, having three winding prolongations, termed cornua, or horns. The anterior horns are separated from each other by a partition, called the septum lucidum; the posterior cornua are at a considerable distance from each other, but as they curve inwardly, and dip into the middle lobes of the brain, they approach nearer at their pointed extremities.

The parts and processes discovered in the lateral ventricles are many, important, and intricate; a knowledge of these, to the anatomist is imperative, and the search for this knowledge by dissection, is one of the most beautiful studies he can engage in; but to the general medical reader any account we can give of them must be imperfect, and may tend to confuse rather than instruct. The third ventricle, is a deep fissure, situated between the inner ends of the optic thalami, from which the optic nerves arise (2. fig. xv.).

The Cerebellum, or little Brain, (*f.* fig. xv.), is situated in two cavities in the base of the occipital bones, immediately at the back part of the head, and is in size about one-sixth part of the brain, properly so called, and has been compared to two depressed spheroids, placed beside each other on a horisontal plane. The upper surface presents on its fore and middle part, an elongated eminence, termed, from its resemblance to a worm, the superior vermiform process (*e*, fig. xv.), which is formed by the reciprocal crossing of the laminæ, of which the two lobes of this organ are composed. The lower surface presents a deep depression in the middle line, named the valley, in which is lodged the commencement of the spinal marrow; at the back part it is divided into two, by a large eminence, called the inferior vermiform process (*g*, fig. xv.) The inferior part of the cerebellum, as displayed in the engraving, presents a convex surface, on which we may distinguish four lobules, which describe concentric arches.

Internally the substance of the cerebellum is composed of cineritious and medullary matter, as in the cerebrum. The cineritious, however, bears a much greater proportion in the former than in the latter. On making a vertical section of this part of the brain it presents a beautiful tree-like appearance, named the arbor vitæ, formed by the peculiar arrangement of the white and grey matter. The fourth ventricle is in the cerebellum.

The Pons Varolii (*d*, fig. xv.) forms as it were the centre of the brain, and of which it weighs only the sixtieth part. It is placed between the cerebrum and cerebellum, and is intimately united to them by prolongations from it.

The Medulla Oblongata, (*h*, fig. xv.), is the enlarged portion of the spinal marrow, which extends from the pons varolii to the great opening of the occipital bone. Upon its surface are two small eminences, which run longitudinally, and contiguous to each other, termed the corpora pyramidalia, (*i*, fig. xv.); the other two eminences which run in a like direction are called, from their supposed resemblance to an olive, the corpora olivaria.

The Medulla Spinalis, or spinal marrow, is a long irregularly cylindrical cord, which extends from the medulla oblongata to the second lumbar vertebra, in the loins; its weight is about one-twentieth part of the brain.

If any of our readers are anxious to follow the above description in a practical examination, we would advise them to procure a fresh sheep's brain,—first carefully remove the delicate filmy membranes by which it is enveloped, and which dip down between the convolutions; then trace the division of the hemispheres, and the separation of the anterior, middle, and posterior lobes; on the under surface, notice the olfactory nerves, the optic nerves, the pons varolii, and the commencement of the spinal marrow, all these parts may be easily recognised having our engraving as a guide. Afterwards place the brain on its base, and with a sharp and broad knife slice away the brain until the whole surface is level with the corpus callosum; examine this carefully and observe the raphæ, or longitudinal elevated lines, and the transverse striæ, or streaks, or groves, which are over the roof of the lateral ventricle. Take off, with great care, another slice of the brain, and you then expose the interior of the lateral ventricles.

(To be continued.)

* See No. 33.

ON THE DECAY OF THE MEMORY.

In persons of sound mind, as well as in maniacs, the memory is the first power which decays; and there is something remarkable in the manner of its decline. The transactions of the latter part of life are feebly recollected, whilst the scenes of youth and of manhood remain more strongly impressed. When I have listened to the conversation of old incurable patients, the topic has generally turned upon the transactions of early days; and on the circumstances of that period of life they have frequently spoken with tolerable correctness. In many cases, where the mind has been injured by intemperance, the same withering of the recollection may be observed. It may perhaps arise from the mind at an early period of life being most susceptible and retentive of impressions, and from a greater disposition to be pleased with the objects which are presented; whereas the cold caution and fastidiousness with which age surveys the prospects of life, joined to the dulness of the senses, and the slight curiosity which prevails, will in some degree explain the difficulty of recalling the history of later transactions.—*Haslam.*

[It is often a remarkable feature of delirium in advanced age, that the images of persons long since dead, and the recollection of whom had been for years prior to the attack completely blotted from the mind, are called up with a vividness scarcely short of the reality. We know an instance where a patient thus recalled the features, dress, and language of a friend, whom he had last seen in India forty years before, and of whom, for years previously to the attack, he had lost all recollection.]—*Ed. Med. Ga:*

RETENTION OF URINE.

Luther is said to have died of a retention of urine in a coach, through a modest regard of the company, as did Dr. Tryon of the same forbearance in a passage boat, the bladder being so filled as to be unable to relieve itself when he came on shore. The celebrated Marquis of Tullibardine, it is said, took also the same method in the Tower to escape a public death.

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NERVOUSNESS.

BY THE EDITOR.

No. II.

CASE [60].—I am very nervous, and am afraid beyond the hope of cure, as it was born with me. As early as I can recollect, I have had a shaking hand, and have always been very timid. I am about thirty; have a wish to get married, but I am afraid of the ills of life. I am afraid I have chosen a wrong trade. I am a cabinet-maker. Last week I had occasion to "pull out," being sent to a strange shop where "sweating" is the order of the day. I kept up well; but not having bottom, I am this week in a sort of miserable condition, both of body and mind. I am naturally cheerful, but not boisterous, but very easily damped: an unkind word, a blunder, &c., would make me quite down-hearted; and if an employer or foreman looks on while I am working, it puts me all of a shake.

CASE [321] (a female).—I have been for the last twelve months afflicted with a nervous complaint, and unable to work for my living: I write to tell you the state of my feelings. I am twenty-four years old; I had nothing to bring it on, to my knowledge; I have a dreadful fluttering at the heart, and always feel as if I was fainting. I feel frightened to death at seeing anyone; I dare not go out of the house. Sir, I am sorry to trouble you, but the misery I live in makes me so wretched, I don't know what to do. I am a long way from my friends and home, and God has, of his mercy, laid this trouble upom me. I ought to bear it without murmuring; but to see the beautiful days, and all look happy around; it is melancholy indeed. I always think I am going to die; let me go where I will, the same thought all the time keeps haunting me. If I sit alone a few moments, I think I shall die before any one gets near me. I have heard of people labouring under the delusion of dying. Do you think, sir, any one has ever recovered from such a complaint? People laugh at me, and think I won't do anything; but I don't feel to have any strength.

CASE [781].—I am a stocking-maker; my age is fifty; am extremely nervous; the bark of a dog, the rustle of a leaf, will cause a sensation I cannot describe; am often oppressed with such a lowness that seems to come from the middle of the belly, not a pain, but something so oppressive; constantly before my eyes will seem to float a something, as if it were the corners of a white handkerchief blown past by the wind: and, when I lie down in bed such a beating in my head, even as though some one in the next house was striking with a large hammer upon the floor. I have, at times, for some years, been troubled with a pain in my left side, and when in bed, if a hand be placed upon me, I cannot bear it. This pain is not a constant one, and not very bad. The sound in my head is the same when I walk rather quick up a hill.

CASE [581].—I am a bookbinder by trade, and clerk of a chapel of ease; and during the last twelve or eighteen months have become nervous and debilitated to a considerable degree; fatigued by a very little exertion compared to what I could formerly do, and yet my bodily health is pretty good; I feel constantly heated and feverish, my hands very dry, and I become excited so as to be almost unable to get through my duties; consequently low-spirited. I am twenty-nine years of age; I have been accustomed to eat and drink pretty freely, but [am] considered a moderate man. I will also add, I feel a great deficiency of energy. From having to support a small family, I have been compelled to keep closely at work.

CASE [129].—Can you tell me whether the following feelings and conditions are constitutional or symtomatic of functional derangement; if it is likely I should get stouter, &c. &c. Appetite is at times fickler, though generally tolerably good, when I can have just what diet I choose; but my flesh feels too soft and delicate, and sometimes dry and feverish; other times hands sweaty and hot: before I begin to particularise, I should have said I am of the sanguine-nervous temperament, at least I think so; reflective to excess, yellow hair, extremely spare habit, bowels generally confined, but eat brown bread; I have been treated generally for dyspepsia and debility; at times I seem very well and to gain flesh, afterwards I seem to lose it again without any apparent cause, except it be anxiety and care of business, with continual fear of the future, and restless desire to get on in trade. I am convinced a better state of body ought to be enjoyed to be called good full health. I am perhaps what might be called a delicate man; but cannot those who are physically delicate be also healthy? Nothing seems to stimulate and develope my system like unto sea-bathing; but my locality and circumstances will not allow me to avail myself of this oftener than once a year; what I want is firmer and more fleshy muscle, and not so much variation in spirits, which are apt to verge to extremes of hilarity or depression. Perhaps all I need is strength of stomach and increased activity in the hepatic functions, which might give tone to the nervous system. I am much opposed to drugging, knowing that strong aperients are debilitating to constitutions analogous to my own, except of a very strengthening tendency also to the whole system. I always seem worse on a Monday morning, although I have had a day of rest, and less mental excitement of a business kind than usual; this seems an anomaly to me.

I leave my case for your kind consideration, as to what you suppose is capable of being rectified or not; since although I have read extensively of physiological works, medicine is dangerous in the hands of one too eager to try advertised remedies, and to become a zealous physic-taker.

CASE [22].—I am twenty-nine years of age, very weak, thin and pale-looking, and am most wretchedly nervous and hypochondriacal; I am troubled with singing in the ears, objects floating continually before my eyes; occasionally I start from my sleep, and for a moment or two I am lost, and do not know where I am; one night in going into a room in total darkness, I was suddenly taken in such a strange manner that all my faculties seemed lost, and I believe if a light had not suddenly appeared, I should have fallen to the ground insensible. Added to this, I have had a pain at the heart, returning at intervals, sometimes a pricking pain, and at others a dull sort of a sensation: the pain is nothing to inconvenience me, yet such is the morbid condition of my mind that the fear of my heart being diseased has taken fast hold of me, and the dread of sudden death is ever before me. Yet I dare say it merely arises from internal weakness; indeed, I believe it is not always at the heart, but I fancy moves about. My habits ars sedentary, scarcely taking any exercise; my digestion is at all times pretty good. For the cause of all this I need not conceal from you . . . . . I am sorry to weary you with this confused note; nothing but the state I am in should induce me to do so. If you give me a few words of advice, &c. &c.

CASE [685].—I am an enamel painter by trade, and was all last summer studying painting, both night and morning: one night last summer I went to bed as usual, and I felt rather nervous and timid. When I laid my head down there was such a strange sensation came over me, with violent palpitations of the heart. I remained for a considerable time in a low nervous way, I felt rather better for a while, so I sat down again to draw one night; then a general weakness, shortness of breath, palpitations, and a singing noise in my ears, came on, cold feet and hands, even my face is cold; but sometimes, if I happen to walk quick, my face will burn like fire. My appetite is extremely good;

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sometimes, when getting my meals, curious thoughts will cross my mind, then a burning heat in my head and hands, with palpitations very strong: my heart in general is either intermittent or very strong. I may say from the first to the present time I have been seven or eight months in this state. Sir, when one has no parents, it's a poor way to be in. People where I am at says, "he cannot be ill when he can eat." For, all I eat seems to do me no good; instead of it making me look fatter, I get thinner.

Case [37].—I am of a melancholy temperament, and about a year and a half since it was my fate to work by myself in a lofty garret, having been always previously used to company; I grew very melancholy, I lapsed into a dreadful state of hypochondria; I was miserable: —— —— then I was stricken with remorse, I wished myself dead, I envied the situation of the meanest quadruped; when I saw a dog or other animal of similar kind, I sincerely wished I was as that animal. I went and begged of a shopmate to come and work with me; I went more into company: I rallied a little, and got rather better. I joined a Christian society, &c. &c.

Case [157].—I have been for the last eighteen months afflicted with a nervous complaint, which at times drives me almost mad. I fancy some dreadful calamity awaits me, and it is vain I try to convince myself to the contrary · I am constantly tormented with imaginary things. I am troubled frequently with ——; a pain in my left side, and dreadful pains in the head and chest. All these things make my life a burthen to me. I have applied to two doctors [advertising "doctors," we presume], but their quackery and exorbitant charges has compelled me to resign myself to my fate. When I awake in the morning I have a tingling sensation in my stomach and throat into my head; towards the middle of the day I feel very uneasy, melancholy, and seem to dread something, I feel as if I were in the most dreadful trouble; towards afternoon I get quite drowsy, and feel as if I wished to get to sleep—I cannot shake it off; towards evening get more cheerful, but my chest pains me, and I have a sensation of fulness, and a quantity of phlegm which sometimes almost chokes me. I am also troubled with cramp during the night. Dear sir, can you do anything for my relief? &c.

Case [18].—My age is thirty-eight; from my past conduct I feel great weakness, loss of flesh, and have lost all my courage and energy. What I take don't seem to nourish me; frequently after taking food I am troubled exceedingly with wind from the stomach for hours. My sleep is much disturbed by dreams of a terrifying character. My memory is much weakened; I am very much confined in-doors, nevertheless I relish my food, but very frequently after meals, in a short time I feel a craving for more, though I have had what was sufficient.

Case [611].—I am induced to trouble you with my case, which to me is a very distressing one. I have been told by two medical gentlemen that all I suffer arises from an inactive liver. I am very changeable in my feelings,—one time I feel comparatively well, at other times I am driven almost to despair. These changes occur in the course of the day frequently. I sometimes feel so weak as to be hardly able to walk about the house, or even to speak; a trembling seizes my whole frame. I have a fear of being left alone, lest something terrible should befal me. The sufferings of my body are not to be compared to those of my mind; the most trifling circumstance will fill me with terrors. I am a widow.

In our next we shall speak of other symptoms, and the causes of nervousness.

THE NECESSITY FOR CANDOUR AND SINCERITY IN MEDICAL PRACTITIONERS.

Gentlemen, there is another matter, that I desire to impress upon your minds before we separate: in your intercourse with your patients observe candour and sincerity. Truthfulness of character is a jewel in every relation of life; but in the physician it is beyond price. I could never understand the policy, much less acknowledge the honesty, of deceiving a patient till the last moments of existence, and sustaining hope, by assurances of recovery, even until the hand of death has placed the seal upon the awful falsehood. Falsehood! the term may be too strong. For the honour of our profession I hope it is. There are times when our prognosis of recovery may be perfectly honest, yet, fatally erroneous. Here we err and sin not. But when I hear a physician say of his departed patient, "I knew he could not live, yet I gave assurances of life to sustain him to the last," I tremble for the fearful responsibility which that man violates. When patients or their family appeal to you, never deceive them wilfully—do not make the case worse or better than it really is—and, where death is certain and inevitable, even though it should be distant, never fail to make the fact known—never promise life and then permit them to die in despair. There is a terrible meaning in such a tragedy, which I need not here express. Sincerity and frankness will offend or injure none; and you must rigidly exercise these qualities, else you will compromise the dignity of your calling and hazard your own professional integrity.—Permit me to say, that I believe my intercourse with the sick has always been thus regulated. I have never regretted it, either on my own or my patients' account. It has never made them worse, nor injured me. It calms the unsettled mind, and leads it to rely upon Him who holds the reins of life and death—thus securing that confidence, patience, and submission, which aid the physician in restoring patients to health, and which, should he fail, are so beautiful and consoling in death. There may be times and cases, however, where the result is necessarily doubtful, where the crisis is not yet passed, patients nervous and excitable, and where the least mental agitation might produce such an impression on the system, as to give an unfavourable, perhaps fatal turn to the scale. Here you must be careful not to inflict a wound which you cannot repair. An imprudent and ill-timed remark may destroy life, where encouraged nature, buoyed-up hope, would have preserved it. Your obligations to the patient, his family, and society, your duty to the profession, and your own inward peace, require you to employ every means for his restoration, while this is possible; and should you do ought to lessen the possibility of this result, you violate these obligations, you disturb the waters of a tender conscience. Thus you may be wrecked against a rock on one side, or engulfed in a whirlpool on the other—let professional honesty be your pilot, and you will pass the strait with safety.—*Dr. Atlee's Valedictory Address: British American Journal.*

LATE DENTITION.

A female, aged 43, suffered for three weeks from pain in the head and upper jaw; the gums were swollen, and she laboured under diarrhœa. At the expiration of the above period, four incisors appeared behind those already existing. A year subsequently, the same symptoms recurred; and after four weeks there appeared four molar teeth, which had been previously altogether deficient. Her friends stated that she had never lost her first set of teeth.—*Arch. Gen. de Med.*

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LEGAL QUACKERY—MEDICAL QUACKERY.

The difference in the treatment of Legal and Medical Quacks will be apparent from the following case, recently tried at the Birmingham Borough Sessions.

A man named Latham was charged with having obtained money under false pretences. It appeared that the prisoner was consulted by a poor person, respecting the best method of re-obtaining goods upon which a distress had been levied. He represented himself as a lawyer, took a fee, and, of course, failed in his engagement. There were several charges of a similar character against him. In the defence it was urged that the prisoner had been clerk to an attorney. The jury returned a verdict of guilty, and the prisoner was sentenced to be transported for seven years! *

Had this been a medical case, that is, an extortion of money by an unlicensed person—an advertising quack—on the pretence of his undertaking to cure a disease, which it was utterly out of his power to accomplish, what would the law do, what could it do? The medical rogue would have escaped punishment! Whence arises the difference? Is legal quackery so much more injurious to society than medical quackery? Is it a more serious wrong to an individual that he should lose 1*l.* 17*s.* 6*d.*, in goods and chattels, by employing a sham lawyer, or that he should lose his own health, perhaps his life, or the life of a wife or child, by employing a sham doctor, totally ignorant of the art of which he represents himself to be a practitioner?

We gladly refer our readers to an announcement in our Notices to Correspondents; it appears that *one* poor dupe, at least, is bold enough to seek redress for the extortion practised upon him, in a criminal court of law.

SWALLOWING PINS.

A maid servant, while engaged in hanging up some curtains, accidentally swallowed a pin. Dr. Neumann, who was immediately sent for, found her pale from fright, and in a state of general tremor. She did not complain of pain in any part, and as she swallowed solids and liquids without difficulty, Dr. N. persuaded her that she had been probably deceived by her sensations. Her cheerfulness soon returned, and she enjoyed her usual health.

About a year afterwards, Dr. Neumann was suddenly sent for to remove the pin. On his arrival, he ascertained that the female had for some days felt an itching pain in her left side, which she attributed to the presence of the pin. A small pimple was observed in the abdomen, below the pit of the stomach, and in this was the pin, with the point projecting outwards. It was easily removed by the forceps, and was found to be perfectly clean. It had thus been in the intestinal canal for a year without giving rise to any unfavourable symptoms.

DOMESTIC ENDEARMENTS.

I hold it indeed to be a sure sign of a mind not poised as it ought to be, if it be insensible to the pleasures of home, to the little joys and endearments of a family, to the affection of relations, to the fidelity of domestics. Next to being well with his own conscience, the friendship and attachment of a man's family and dependents seems to me one of the most comfortable circumstances of his lot. His situation, with regard to either, forms that sort of bosom comfort for disquiet that sticks close to him at all times and seasons, and which, though he may now and then forget it, amidst the bustle of public or the hurry of active life, will resume its place in his thoughts, and its permanent effects on his happiness, at every pause of ambition or of business.—*Horne.*

* Abridged from the "Law Times."

EFFECTS OF EMETICS ON YOUNG SUBJECTS.

In some observations on the above subject lately published in the New York Journal of Medicine, the writer remarks that children vomit with greater facility than adults; this he ascribes to the more conical shape of the stomach in children, in consequence of which the contents are more readily forced out. Active and debilitating emetics, the author adds, are often injurious; he alludes especially to antimonial emetics. In the first place, tartar emetic is a powerful sedative, and children do not bear well this class of agents; the following are the author's conclusions:—

1. As a general rule, we need not be afraid of vomiting the youngest child, provided the means used are mild, such as ipecacuanha, &c. The mere act of vomiting is attended with no danger, while the remedial agency of an emetic is one of great power and value; besides acting on the stomach, it extends its influence to the mucous membrane of the pulmonary organs promoting secretion in the first place, and then aiding in dislodging and ejecting morbid accumulations; accordingly, in pulmonary affections there is nothing so efficacious.

2. The vomiting induced by the preparations of antimony ought to be resorted to with great caution in very young children, and never be used except in those cases where a sedative effect is required, and can be borne with safety. Inflammatory excitement ought then always to be present to justify its use in a young child; when the object is simply to evacuate the stomach it ought never to be thought of. In such cases as cough and inflammation of the lungs it may be justifiably and beneficially used; in these cases it will be found the system can bear the sedative influence of the article much better than it can in the ordinary conditions of the system; even here, however, care should be taken not to push the article to far, as dangerous collapse has been known sometimes to be the result.

3. The continued use of tartar emetic in young subjects cannot be too strongly guarded against; it is in this way, probably, that it is so apt to prove injurious; a single dose, even though it vomits very freely, may be borne with comparative impunity, while the repetition of it may keep up nausea and intestinal irritation, so as to induce dangerous prostration. This is very likely to happen in cases of a chronic character, like hooping-cough. Although mild emetics are among our best remedies in this disease, and, where the subject is old enough, a single emetic of antimony is often exceedingly beneficial, yet the repeated use of antimonial emetics, as is too often the case, appears to be a great error in practice; it is not indicated by the nature of the symptoms, and violates a great rule which ought always to be observed in the management of chronic cases, and that is, not to break down unnecessarily the strength of the patient.* Again, in ordinary catarrhal affections in children, a good deal of mischief is frequently done by the continued use of expectorant mixtures containing this active article.

4. As the effect of tartar emetic on the system cannot always be measured by its emetic operation, even in the adult, this fact ought to serve as a caution against the too common practice of giving repeated doses of it to produce vomiting in children when they happen to be narcotized. While it fails to vomit, it may still operate as a poison to the system; in all cases of this kind, the proper method of treatment is not to push the emetic, but to endeavour to restore the sensibility of the patient, and then, sometimes, vomiting comes on at once.

* Dr. Armstrong says that it is a most notorious fact that the hooping-cough is far more fatal in London than in the country, and I believe, he adds, that this arises from the very free use of antimonial wine in London. —*Lectures*, p. 248.

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5. In using tartar emetic in children, especial regard should be had to their constitutions; in those naturally delicate, and especially where the scrofulous diathesis exists, it should never be used if it can be avoided; prostration is much more apt to ensue in them, and where the article is persisted in for any length of time, it is sure to do harm; it is in such constitutions, when labouring under hooping-cough, and where the use of this article has been too long continued, that the baneful effects of it are most stikingly observed.

6. It is perhaps hardly necessary to say that if tartar emetic be an article of such danger, the younger the subject to whom it is given the more likely it is to do harm; in children under a year, as a general rule, it ought never to be used; during that period the powers of life are too feeble to bear so active a remedy, at the same time that all the beneficial effects of an emetic may be gained from the use of ipecacuanha, or even milder means.

STRANGULATED FEMORAL HERNIA

REDUCED UNDER THE INFLUENCE OF ETHER VAPOUR.

Mary Creek, aged 61, entered the St. Marylebone Infirmary, with strangulated femoral hernia on the left side. The gut had been down six days, and she had not had a passage through her bowels since. The tumor was about the size of an egg, extremely tense, hard, and tender to the touch, and tilted over Poupart's ligament. She had had rupture for years, but before this time had always been able to return it. She now had quick pulse, dry tongue, constant vomiting of stercoraceous matter, extreme tenderness and pain of the abdomen, with tenseness, anxious countenance, and exhaustion. An attempt was made to reduce the hernia by the taxis—that is by gently attempting to return the gut by the hand—but with no effect.—Ordered injections and small doses of purgatives, and a bladder containing ice to be applied on the tumor. In three or four hours from this time, Mr. Stafford saw the patient, and again employed the taxis, but with no reduction of the tumor. He recommended the continuance of the remedies, but saw no other result than the operation. He appointed nine o'clock (it being then four) for the operation.

At this time the patient was placed on the operating-table, and, by her own request the ether vapour was administered. When it took effect, it was proposed and agreed to by the surgeons present, that before the operation was performed one more attempt should be made to reduce the hernia. Mr. Stafford accordingly went through that process, and in rather less than three minutes returned the bowel into the abdomen. A graduated compress was placed on the opening in the ring, and a figure 8 bandage was applied, as in the operation for hernia. Some simple aperient medicine was prescribed. In about an hour after the reduction of the hernia, the bowels acted, and continued to do so copiously during the night. On the following evening the pain was much relieved, the patient asked for food, and retained it on the stomach. She has been doing well ever since, and, excepting a little fever and quick pulse, there is no doubt of her recovery.

SECRETION OF TEARS IN INFANTS.

It is a curious fact, which is yet unexplained, that very young infants never shed tears when they cry. When once this secretion is established, it may cease during the course of a disease; and children then cry without shedding any tears. Trousseau regards this circumstance, when it occurs, as one of bad omen. *Ann. de Soc. Med. de Flandre.*

ACCIDENTAL CURE OF EPILEPSY BY OIL OF TURPENTINE.

Occasionally turpentine has done good in epilepsy by virtue of its anthelmentic properties. I know that a physician of my acquaintance cured a case of epilepsy in this way somewhat to his own surprise. Without having in his mind any notion of worms, he thought it might be as well to purge his patient, who had laboured some time under epilepsy, with oil of turpentine. The patient, who was the brother of a person holding at present high office in this country, was residing some miles out of town. In the middle of the night the doctor was summoned to him in a great hurry; the messenger said he was supposed to be dying. He was only intoxicated, however, by the free dose of turpentine he had taken. The next morning he passed into the closet-stool a large tape-worm: he has never had epilepsy since. The late Lord Hardwicke, father of the present Earl, had epilepsy, and he, too, got rid of his epilepsy and a worm at the same time.—*Solly on the Brain.*

REMARKABLE CASE OF DELIVERY DURING SLEEP.

M. Schultze was called on tho 25th of May, 1844, to attend the wife of an artisan, who had reached the full term of her fourth pregnancy. He found her lying in a state of profound somnolency, so that it was quite impossible to rouse her, either by violently shaking her or by applying to her nostrils the most powerful stimulants, such as ammonia and ether.

On the third day of this unnatural sleep, the woman without awaking was delivered of a healthy, living, and well-formed male child. On visiting the female the following day, M. Schultze found that she had not long spontaneously awakened from her sleep; and as she had no recollection of her delivery, she was somewhat astonished to find that the child had been born without her having been aware of it.—*Annales D'Hygiène*, Jan. 1845.

Remarks.—This case is of some importance in a medico-legal point of view, as it has been a debated question among medical jurists, whether such an event as unconscious delivery during sleep was possible,—some holding the affirmative, and others the negative side. We do not think that the question can henceforth be raised. Dr. Montgomery, of Dublin, has related a somewhat similar case, but in this, as well as in the one reported, the females had already borne children.

This case is also interesting in another point of view. We may have profound sleep, undisturbed by what is commonly a most painful natural process, taking place without reference to mesmerism, hypnotics, or any other species of charlatanry. Had this woman by accident previously undergone any manipulation from a mesmerizer, it would have been proclaimed as another marvel in confirmation of the truth of mesmerism, by those who are unable to distinguish in the occurrence of events the "*post hoc*" from the "*propter hoc*." None of the operations reported to have been performed without pain during the alleged magnetic sleep present any thing more extraordinary, in a physiological view, than the case here reported.—*Ed. Med. Gaz.*

TREATMENT OF NOCTURNAL COUGH IN INFANCY.

M. Behrend, of Berlin, has successfully employed, for the removal of nocturnal cough in infancy, light purgatives, such as manna or tincture of rhubarb, administered in the evening. The effect is aided by the administration of drachm-doses of solution of acetate of ammonia given at bed-time. Small doses of sulphate of quinine have also been found serviceable.

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HINTS FOR HEALTH.

LIGHT AND AIR.

Light and air are the first essentials of our being. Among the facts demonstrated by physical science, there is not one more indisputable, than that a large amount of Solar light is necessary to the development of the nervous system. Lettuces, and some other vegetables may be grown in the dark, at no greater disadvantage than a change in their natural colour; but, the nervous system of animals must be developed by light. The higher the animal, the more stringent and absolute the necessity of a free admission to it of the sun's bright rays. All human creatures bred in darkness, droop, and become degenerate. Among the diseases distinctly known to be engendered and propagated by the want of light, and by its necessary concomitant, the want of free air, those dreadful maladies, scrofula and consumption, occupy the foremost place.

GASEOUS EMANATIONS—THE LIVING AND THE DEAD.

It is evident that it is a matter of paramount importance that the atmosphere—the first and last food of man and animals—should be breathed in a pure and uncontaminated condition. It is, therefore, unwise, unjust, and impolitic to expose the majority of our population in towns to the constant influence of *gaseous compounds*, whose exact composition has as yet eluded chemical research, but of whose immediate effects on the human frame evidence enough has been produced to set incredulity at defiance. Emanations from the dead, escaping in a pure and concentrated form, have caused the immediate loss of life, and the compound that can instantly extinguish life, must, when diluted by the surrounding atmosphere, give rise to slow poisoning in a greater or less degree as circumstances more or less favourable or unfavourable are in operation.

THE NUTRITIOUS PROPERTIES OF RICE EXAGGERATED.

M. Braconnot has recently examined various kinds of vegetables in reference to their utility as articles of food. With respect to *rice*, it is commonly set down as a most nutritious substance. From personal observation, however, in countries where rice forms a staple article of food, he believes that this is a popular error. If not eaten with meat, it is generally taken with milk, or some other nutritious substance. He is aware that this opinion is opposed to the views of many respectable authorities, but he considers the amount of support which rice is capable of affording, deserves a closer investigation than it has yet received, especially as it is now being introduced as food for the supply of the army. It is a common saying that rice is the *sole* nourishment of the Hindoos; but M. Lesquerri, who lived for a long time at Poudicherry, and watched closely the habits and customs of the natives, states that their food is essentially vegetable, and rice is the basis of it,—the lower castes only eating meat; that all eat a mixture called *Kari*, which is a compound of meat, fish, and vegetables, mixed with boiled rice and a little water. Few persons can have an idea of the enormous quantity of rice which an Indian will eat. No European could possibly eat so much at one sitting; the natives find, indeed, that they do not derive much support from this vegetable, and therefore adopt the practice of eating bread.

RECIPE FOR MAKING BEEF TEA.

Take two pounds and a half of lean beef, cut it into small pieces into three pints of water in an earthen pipkin, let this simmer, never boil, until the liquor is consumed to a pint and a half, then strain carefully. The liquor should be transparent, and of the colour of dark sherry wine, and may be drank warm or cold; it ought to be entirely free from fat or grease.

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

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BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

MEDICAL GLOSSARY.—We postpone the publication of our DICTIONARY OF MEDICAL TERMS, as it has been suggested to us that it would be more useful if published, separately, as a small book, uniform with INDIGESTION, HEADACHE, &c. We shall be glad to receive the opinions and wishes of our subscribers.

PHAROS.—We are certain you have the ability to appreciate labour of mind and harass of body. Come and pass a day with us, and then you will pardon any "short comings" on our part. Read all our letters; answer them, either privately (averaging twenty-five per diem) or in the Journal;—write three or four articles—articles that shall be comprehended by the "meanest capacity," and yet be scientifically correct; bear the weight of anxiety that the knowledge that the health of hundreds depends on your care and correctness;—receive or visit fifteen to twenty patients;—correct proof, and remain up till one or two in the morning for that proof;—pay artist, engraver, compositor, paper manufacturer, binder—will you pass such a day?

A YOUNG HUSBAND (Woodford).—See answer to JOHN COOPER, in this number. We shall not forget your other suggestions.

MONTAGUE H.—See articles on the DISEASES and MANAGEMENT of the TEETH, in Vol. I.,—all your questions are answered therein.

J. M'K. (Glasgow).—Your landlady is a nasty, dirty, slovenly slut, and the sooner you quit her "flat," the better for your health and comfort.

JOHN COOPER (Limehouse).—To this date the pro's and con's are nearly balanced: we cannot decide till the March PART has been issued. We shall adopt your suggestion as to the pronunciation, and thank you for the hint.

P. V. (Manchester).—Send your address.

AN ENGINEER (Wolverhampton).—While you are under the treatment of a medical man, we shall certainly decline to advise you without his privity and co-operation. We are pained to receive so many letters complaining of the neglect of "club-doctors."

A. B. (a married man).—If you want our "advice as soon as possible," you must pay for it. Week by week we say we do not give "gratuitous" advice in such cases. We are tired of repeating this, and "constant readers" may, unjustly, accuse us of cupidity, in thus telling the old tale to *casual* readers.

MRS. NOAKES (Bermondsey).—We should reproach ourselves did we advise any treatment for your daughter, directed in our opinion only by the few lines in which you have described her ailment. The case appears to be either chlorosis, or some affection of the heart.

W. MACKEY (Chatham).—First remove the cause. You know the cause?

A VETERINARY STUDENT.—Your letter is under consideration. We are glad that you approve of the engravings.

A LABOURER.—Read INDIGESTION; also the articles on the DISEASES of WOMEN and CHILDREN, in Vols. I. and II.,—then let your wife write again.

A NERVOUS MAN.—First, a porridge made of Nevill's—*not* Du Barry's—flour of lentils. Second, *You* must tell us the cause; it is not possible for us to tell you. Third, Nervousness. Fourth, Nervousness. You have rightly described yourself,—*you are* a "nervous man." 'Tis MORAL MEDICINE you require—not drugs.

X. Y. Z. (Houghton-le-Spring).—We do not comprehend your letter.

VALENTINE WEBB.—We cannot name the precise time when we shall insert articles on stone in the bladder.

J. S. (Limehouse).—See answer to L. A. STANLEY, in No. 59.

G. G. L. (Mansfield).—You had better communicate privately. You will see in another part of the Journal that we have not forgotten your case.

C. C.—A single consultation, one guinea: the direction of the case for so long a period as our services may be required, be it one month or one year, five guineas.

MALCOLM.—We really are tired and disgusted with the commanding, wheedling, mean style in which many correspondents address us. One demands our advice because, forsooth, he expends weekly a penny in the purchase of a Journal by which we lose weekly a serious amount; another tries to "come over" us with fulsome flattery; another writes to us to cure gratuitously that for which he has paid liberally in purse and sin. Truly our study chair is not an *easy* chair. MALCOLM should know, if he be, as he says he is, a constant reader, that he expended his time in writing and penny in postage fruitlessly. We cannot be accused of illiberality to the really deserving, a thousand voices would deny the charge.

L. L. L. (Whitehall).—We decline complying with your request. See the DISEASES OF ERROR.

M. P. (Long Lane, Southwark).—Read YEOMAN ON INDIGESTION, and carefully peruse the articles on NERVOUSNESS, now in course of publication. You must call.

ALEXANDER.—We do not receive patients gratuitously.

R. WALKER (Rose Street, Edinburgh).—Send the stamps to the Editor, or to Mr. Vickers.

A SOLICITOR'S CLERK (Bristol).—Your second letter has not changed our opinion, and will not alter our decision.

D. G. (Northampton).—We deplore the unhappy position of your sons, but really we cannot advise you in their behalf. It is MORAL MEDICINE they require, not drugs; apply to some influential and humane persons in your own neighbourhood, and endeavour to get them into an asylum. The fits are epileptic.

CAUGHT AT LAST!—The following advertisement appeared in the *Lancet* of the 22nd ult. — Notice,—Whereas a bill of indictment is about to be preferred, at the next Old Bailey Sessions, against certain persons advertising themselves under the denomination of "Consulting Surgeons" and "Medical Practitioners," and by such means have obtained from a Clergyman of the Church of England large sums of money by false and fraudulent pretences, and also by threats of exposure by way of extortion.—Any gentleman having been similarly cheated is earnestly entreated to communicate with the Rev. W. M.

W. W. M.—We only give prescriptions.

AN ANXIOUS MOTHER (Northampton).—For your child,—twelve grains of *Hydr. cum. Creta*; a scruple of sub-carbonate of soda; a scruple of powdered rhubarb.—Mix, and divide into eight powders.—One to be taken every other night. As well, give him, three drops of the muriated tincture of iron, in water, daily. Diet, animal food; drink, milk and lime water; out of door exercise. If possible, as the spring advances, send him to the coast.

THE ALLEGED DEATH FROM "DR." COFFIN'S PILLS.—The vendor of these quack preparations, who, it was rumoured, had caused or hastened the death of a poor girl at Sheffield, has been held guiltless by the jury. In some speech the man Fox attempted to make, he was called to order by the coroner, who told him he was unfit for his assumed vocation, as he was totally ignorant of the meaning of the medical terms he blirted out. How long will the people be duped by such imbecile charlatans?

G. D:—Take a warm bath at 98 degrees; also take five grains of compound galbanum pill, every night.

EXETER.—The "Baron" is a notorious and ignorant charlatan.

T. B. (Bradford),—Who writes on behalf of "himself and others." What arrangement do you wish us to make? The proposal must emanate from you and your friends.

A READER (Guilford St.).—We must see you.

ELIAS.—Anoint the chest with almond oil every night on going to bed. Read YEOMAN ON ASTHMA.

A TAILOR.—The symptoms you describe are those of fistula; see the paper on that painful and distressing complaint in No. 44.

FIDELIS.—An operation is not necessary.

A GOVERNOR.—We agree with your suggestion. As the matter now stands, the Orthopœdic Hospital is a *job* for the advantage of one man. There is monstrous quackery in some charities.

A SUFFERER (Maldon).—The fact of your having expended the important sum of four-pence in the DISEASES OF ERROR does not entitle you to any private notice of your case from the author.

NEURALGIA.—Yes;—tic-dolouroux, and all other nervous affections.

W. S. T. (Goswell Street).—Get the child re vaccinated.

HEALTH OF LONDON.—The present return indicates some improvement in the public health. The deaths registered have fallen to 1,036. Small pox destroyed 26 lives; measles 29; scarlatina 19; hooping-cough, 43; croup 10; typhus 43; consumption 124. Births, 1,576 children —821 boys, 755 girls.

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THE
PEOPLE'S MEDICAL JOURNAL,
AND
FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 62.—Vol. III.] SATURDAY, MARCH 8, 1851. [PRICE ONE PENNY.

MONSTROSITIES.

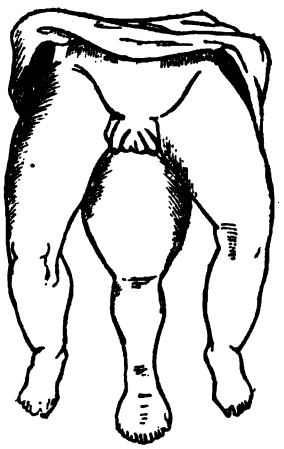

Fig. XVI.

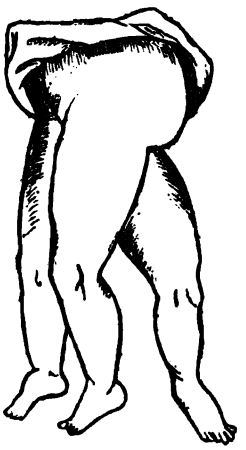

Fig. XVII.

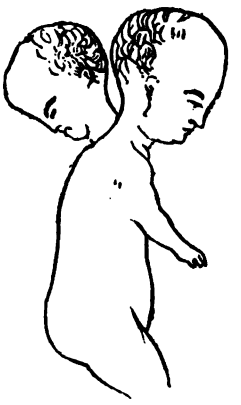

Fig. XVIII.

Philosophers have puzzled their brains to no purpose in endeavouring to account for the unnatural formation of animals.

Generation is a wondrous mystery. Many casual circumstances may check the mechanism of its action, and affect its results. Any sudden physical or moral impression, acting violently, might produce this result; although, despite the theories and experiments of philosophers, it has not been proved that conception depends in the slightest degree upon the passions, being an act of nature totally independent of the control of mental emotions or bodily sufferings.

Monstrosities are of two kinds, and exhibit either an excess of parts or a defect. Thus some children are born with more limbs than usual, whilst others are deprived of their natural proportions. It is not unlikely that in the former case twins were being developed; whereas in the other the proper nourishment of the parts that are wanting, or stunted in their growth, had, somehow or other, been impeded in its assimilation. This opinion seems to be warranted by the facts observed in the artificial incubation of eggs, the different parts of the chick being more or less perfect when the heat had been more or less steadily applied; the produce of those eggs that had enjoyed more warmth being invariably the stronger. When there are preternatural excesses in formation, it is probable that twins were intended. Thus we see fœtuses with double heads, or with two bodies. The same irregularity is observed in fruits and plants, as in double or triple cherries, the "cow and the calf" in nuts, the bification of radishes. "It is probable," says Dr. Milligan, "that this union took place when these bodies were in a soft state, and the vessels inosculated (united) in their intricate ramifications with greater facility, until further development had consolidated the junction."

The popular opinion attributes all monstrosities, "mother's marks," *nævi materni*, and other departures from nature, to some fright, or longing of the mother during pregnancy. "Thus," continues the authority just quoted, "there are infants born bearing the marks of some fruit the mother had desired, or some animal that had terrified her. This phenomenon plainly shews (?) that there does exist a wonderful sympathy between external objects and the uterine system; yet this sympathy is not as surprising as that which is subsequently observed between these marks and the fruit they represent. It is a well authenticated fact that they assume a tinge of maturity when the fruit is ripening (!), and become gradually more pale as the fruit is going out of season (!!). The same observation has been made in regard to animal marks; for instance, these marks have displayed a deeper colour when the mouse or the rat that occasioned them was mentioned" (!!!).

We confess we cannot give our adherence to this theory.

Various instances are recorded of the union of two or more fœtuses. The Siamese Twins, with whom we played chess in the year 1829, and who are now living in New Jersey, in the United States, are the most wonderful illustration of this freak of nature. In the *Journal de Verdun*, 1709, a case is related of two twin female children who were united at the loins, with only one intestinal canal. They were seven years old, could walk about, embrace each other in the fondest manner, and both were proficient in several languages. The celebrated naturalist Buffon gives the history of two Hungarian girls, who were also

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joined together in the loins. Helena, who was the first-born, became tall and straight; Judith, her sister, was of diminutive size, and slightly arched. At six years of age she was attacked with paralysis, and never recovered perfect health. Helena was sprightly and intelligent. With the exception of the small-pox and the measles, under which they laboured at the same time, their ailments were always distinct. They lived until the age of twenty-two, when Judith was attacked with a fever that shortly terminated her life. The horror expressed by Helena in beholding her dead companion, with whom she had been identified in sisterly love for so many years, cannot be described; but her agonies were of short duration, for in three minutes she also had ceased to live. On their *post mortem* examination, each was found to have possessed distinct viscera. The aorta and vena cava were united above the origin of the iliac arteries, so that no severing operation could have been performed without destroying them both.

Various monsters have been seen with four arms and three legs, or four legs and two or three arms. The history of the double-headed infant of Oxford is curious. This creature had two heads diametrically opposite, four arms, one body, and two lower extremities. These heads were doubly baptised; one by the name of Martha, and the other Mary. The features were different: Mary's was smiling, Martha's dejected. The latter died two days after her birth, and Mary expired a quarter of an hour after.

At a meeting of the Royal Medical and Chirurgical Society, March 10th, 1846, Mr. Acton read an account of a case of partial double monstrosity, which we have illustrated in figures xvi. and xvii. The child, who was then six months old, was exhibited to the members by its parents. From Mr. Acton's memoir of the case we extract the following particulars:—

John Baptist Dos Santos, born on the 5th of September, 1845, is the son of Antonio Dos Santos and Anna de Jesus, his wife; both natives of the Quinta de Carveiros, near Faro, in the kingdom of Algarves.

The parents are both healthy and strong; the father in his thirty-third, the mother in her twenty-second year. John Baptist is their third child. The first, a boy, born perfect, in 1843, died in his seventeenth month; the second, a girl, born in 1844, is yet alive, and enjoying perfect health. The mother can recollect no circumstance which may in any manner have disturbed the growth of her third infant. The whole period of her confinement and the birth itself, were attended with less suffering, uneasiness, or discomfort, than she had experienced on the two former occasions. The child was born at the close of the regular period of nine months.

The little John Baptist, now in his sixth month, is a remarkably well-grown, healthy. and lively infant. He has very good features, enlivened by a pair of bright, dark, large eyes, and constantly animated by the smile natural to his age. Accustomed to the presence of frequent visitors, he holds his levees of several hours without the least symptoms of impatience or fatigue.

The head and bust, as well as the arms and two of his legs, are quite well proportioned. The additional, or third leg, grows between the two regular limbs, and is almost entirely concealed by these when in a state of repose. The abnormal limb is secured to the body by a slight membrane, about half an inch thick. The leg is about the same length as the other two, but nearly twice as large; it seems also made of a softer substance, though the bones are everywhere perceptible to the touch. It has the usual parts and articulations of a human leg (?), and ends in a square large foot, terminated by ten toes in a row. From the number of these latter, as well as from the size and shape of the whole limb, it is not difficult to perceive that this is but the amalgamation of two legs, possibly of all the nether parts of a human being from the hips downwards.

The great peculiarity in this case is the provision of duplicate male organs. He exhibits not the common phenomenon of two organs imperfectly combined in one, but two distinct separate organs, each perfectly developed in itself. Each communicates with the bladder by a separate urinary duct; and the discharge of the urine always takes place simultaneously and equally on both sides.

Our third illustration, figure xviii. represents a double-headed child, born at the full period of gestation. The case is thus described by Mr. West:—

During the night of the 27th of March, 1845, I was requested by the husband of a woman, who had a few minutes before been confined, to examine the child, which, he had been informed by the midwife, presented a very unnatural appearance, having two distinct heads. On my arrival I found it to be a double-headed child, of the ordinary size and weight, of the female sex, living, and apparently well-formed in every other particular. The mother was in a state of much nervous excitement, and was exceedingly desirous I should remove the deformity. The second head, as large as the natural one, was attached to that part of the spine of the child occupied by the two inferior cervical and two superior dorsal vertebræ, which, on minute examination, I discovered to be deficient; it was well formed, and had eyes, nose, and mouth fully and naturally developed; but the ears were absent. The neck was partly covered with hair, and appeared more like the continuation of the scalp of the other head than the common integument. The child lived four hours. The second head presented no signs of animation. The act of respiration, during the period of its existence until a few minutes of its death, was naturally performed.

DREAMING.

The relation between dreaming and somnambulism is strikingly exhibited by the remarkable manner in which the current of dreams may be directed in certain individuals, by impressing their senses during sleep. An officer, engaged in the expedition to Louisberg, in 1758, was so peculiarly susceptible of such impressions, that he afforded his companions much amusement by the facility with which they could cause him to dream. Once they conducted him through a quarrel which ended in a duel; the pistol was placed in his hand, he fired, and was awakened by the report. They found him asleep on the locker, when they made him believe he had fallen overboard. They told him a shark was pursuing him, and entreated him to dive for his life, and he threw himself with great violence on the cabin floor. After the landing of the army at Louisberg, his friends found him one day asleep in his tent, and evidently much annoyed by the cannonading. They then made him believe he was engaged, when he expressed great fear, and a disposition to run away. They remonstrated, but increased his fears by imitating groans, and when he asked who was hit, they named his particular friends. At last they told him the man next him had fallen, when he sprang out of bed, rushed out of the tent, and ended his dream by falling over the tent ropes. He had no recollection of his dreams.—*Moore on the Power of the Soul over the Body.*

Aristotle would appear to have almost approximated to the discovery of the circulation. He says, "The heart is the origin and source of the blood; and as in watering gardens the water is conveyed in numerous rivulets from one origin or fountain, so has nature conducted the blood in streams throughout the whole body, *for the blood is the elementary matter of all other parts.*"

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THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. X.—THE NERVES.

THE nerves are the organs essential to sense. All the nerves have two extremities—one confounded with the substance of the brain, the other disposed in different structures and organs of the body. These two extremities have been in turn called the origin or the termination of the nerves. Majendie says that these expressions are incorrect, and give a false idea; "for it is evident that the nerves no more form the brain by their union, than the brain gives origin to the nerves." If only for the sake of description, the brain is, however, always spoken of, if not considered, as the origin of the cerebral nerves.

Many and wonderful are the theories that have been advanced regarding the action of the nerves. The ancients considered them as the conductors of the animal spirits; when physiology was governed by mechanical ideas, the nerves were considered as vibrating chords, without its being recollected that they have no qualities necessary for vibration. Others, physiologists—and they form the large majority in the present day—contend that the nerves conduct, if they do not secrete, a subtle fluid, which they call the nervous fluid, by which all sensations are transmitted to the brain, and by which mental action—will—is transmitted to the body.

That the nerves do transmit the impressions received by the senses is constantly demonstrated by observation and experiment. If a man receives a wound in a nerve, the part to which this nerve is distributed becomes insensible. If the optic nerve suffers, blindness ensues; if the auditory, deafness. The sensation in a part of the body may be suspended by compressing the nerve supplying it, by means of a ligature; and when the ligature is removed, the sensibility will return. The wound of a nerve produces fearful pain; and in every disease which even slightly alters their structure, or presses upon them, as do some tumours, the agony thus caused is dreadful.

We will wander a step from our direct path to give a short notice of the theory of a very clever, but not very correct reasoner, who has attempted to convey a tangible notion of the velocity with which the nervous power is transmitted from the brain through the nerves. The following passage occurs in a work which has had, worthily or unworthily, a wide circulation; namely "The Vestiges of the Natural History of Creation." We must premise that the author looks upon the brain as a galvanic battery, and the mental power, or nervous influence, as identical with electricity. He observes:—

"If mental action is electric, the proverbial quickness of thought—that is, the quickness of the transmission of sensation and will—may be presumed to have been brought to an exact measurement. The speed of light has long been known to be about 192,000 miles per second, and the experiments of Wheatstone have shown that the electric agent travels (if I may so speak) at the same rate, thus showing a likelihood that one law rules the movements of all the 'imponderable bodies.' Mental action may accordingly be presumed to have a rapidity equal to 192,000 miles in the second, a rate far beyond what is necessary to make the design and execution of any of our ordinary muscular movements apparently identical in point of time, which they are."

The nerves are formed of extremely fine, white filaments, which probably might be reduced into still finer threads, if our means of division were more perfect. These filaments have been called nervous fibres; and each fibre is contained in an envelope, called the neurilema. There are marked differences among the nerves; some are rounded, some flattened, some having grooves on their sides; some very long, others very short; in fact, no two nerves are completely alike in form, colour, &c. In their course they divide into branches and twigs, and ultimately in the substance of organs, where the filaments become so delicate as only to be observed by the aid of the microscope. They frequently communicate with each other, and the union of two or more branches forms a plexus.

Following the arrangement we adopted when speaking of the NERVOUS SYSTEM,* we shall describe the nerves under three divisions; namely, the cerebral nerves, the spinal nerves, and the sympathetic nerve.

The CEREBRAL NERVES arise from the base of the brain; they are arranged symmetrically and in pairs, and pass out from the cranium through the several openings or foramina with which the various bones composing the skull are perforated. As we have before said, they take their names from the position of each nerve: thus we have the first pair, the second pair, &c.

The first pair of nerves are the olfactory nerves (1, fig. xv.) They are very soft in their texture, and, unlike the other nerves, are void of any membrane, or neurilema; they are connected to the brain, or arise, by three filaments; and at the point of union each nerve presents a triangular enlargement, from which issue innumerable minute filaments, which pass through the cribiform, or sieve-like plate of the œthmoid bone, to be distributed on the turbinated bones of the nose, and on the whole interior of the nostrils, to form the organ of smell.

The second pair are the optic nerves (2, fig. xv.), which lie immediately behind the last; they are thicker and rounder, and, with the exception of the fifth pair, are the largest of the cerebral nerves. They are connected with the optic thalami and the tubercula quadrigemina by two bands: the two nerves unite, and are so confounded with each other, that it is impossible to affirm in a positive manner whether they cross each other, or whether their substance is mingled and identified at their union; the latter opinion is most probable. After this junction the two nerves again separate, and pass through the optic foramen into the orbit, surrounded by the recti muscles; each nerve then arrives at the back and inner part of the globe of the eye, enters the sclerotic and choroid membranes, terminates on or forms the retina, and becomes the organ of vision.

The third pair, or motores oculorum—movers of the eye—(3, fig. xv.) are distributed to the muscles of the eye and eyelid.

The fourth pair, or nervi pathetici (4, fig. xv.), are the most slender in the body; they pass from the brain to be distributed on the superior oblique muscle of the eye.

The fifth pair—the trigeminus, or trifacial (5, fig. xv.)—is the largest nerve of the brain. Each nerve separates into three branches, hence its names. The first branch, named the opthalmic branch, ramifies over the forehead, upper eyelid, and nostril of the same side, and penetrating the eye-ball, forms the minute ciliary nerves. The second branch, or superior maxillary nerve, supplies the upper jaw, the palate, and the contiguous parts: it is this branch that is frequently the seat of that fearful disease, *tic douloureux*. The third branch, or inferior maxillary nerve, is found meandering among the muscles and glands of the lower jaw. It sends a branch to the tongue, named the gustatory nerve, upon which the sense of taste appears to depend; it also supplies branches to the teeth, and to the jaw-bone.

The sixth pair (6, fig. xv.) is a motor nerve, and chiefly supplies the muscles of the eyeball.

The seventh pair, or facial nerves (7, fig. xv.), the portio

* Nos. 33, 35, 36.

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dura of the old anatomists, sends its branches to the muscles of the internal ear, the parotid gland, and the muscles of the face, where it forms a plexus, or collection of filaments, called from a supposed resemblance to a goose's foot, the pes anserinus.

The eighth pair, or auditory nerve (8, fig. xv.), or portio mollis, as it was formerly called, accompanies the facial nerve so long as it is contained in the skull and internal auditory canal; but at the bottom of this canal it divides into several branches, which form that soft and pulpy nervous texture which lines the several parts of the labyrinth of the ear, and is the medium by which sounds are received and transmitted to the brain: hence it is the nerve of hearing.

The ninth pair, or glosso-pharyngeal (9, fig. xv.), is a nerve of great importance in the human economy; each nerve has three or four filaments, which unite into a single cord, and is separated from the pneumo-gastric nerve (the tenth pair) by the internal jugular vein. It sends twigs to the back part of the throat, root of the tongue, and to the mucous glands of the mouth and throat, and gives motion to the muscles of the tongue and pharynx, but more especially to those necessary for the articulation of the voice.

The tenth pair, or pneumo-gastric, or par-vagum, sometimes called the eighth pair, are connected to the brain behind the corpora olivaria, near the corpora restiformia (*i*, fig. xv.). Each commences by numerous filaments, which unite and form two or three bundles, placed under each other; but on passing out of the cranium they form a round cord. After sending twigs to the back part of the throat, the root of the tongue, &c., it descends down the neck by the side of the carotid artery, and joining the great sympathetic nerve, is distributed to the substance of the heart. On account of the very extensive distribution and numerous communications of the pneumo-gastric nerve, it is called by some authors "the middle sympathetic nerve."

The eleventh pair, or hypoglossal nerve (10, fig. xv.), is connected by several filaments with the fissure which separates the olivary and pyramidal eminences (*h*, fig. xv.): these filaments form a cord, which passes out of the cranium by the anterior condyloid foramen: it accompanies the pneumo-gastric nerve for a short distance, but at the angle of the jaw it separates and gives off branches to the tongue and muscles connected with it. It gives the power of motion to the tongue, especially to those muscles concerned in the process of mastication and swallowing.

The cerebral nerves, in their function, may be divided into nerves of special sensation; as the first pair, the nerve of smelling; the second pair, the nerve of vision; the fifth pair, the nerve of taste; the eighth pair, the nerve of hearing:—the nerves of motion, as the third, fourth, fifth, sixth, seventh, and ninth pairs;—and the tenth pair must be considered as a compound nerve supplying the œsophagus, the lungs, the stomach, and the diaphragm, and one of the most important in the functions of respiration and digestion.

In our next we shall describe the spinal nerves, and the great sympathetic, illustrated by four engravings.

PRESUMED INFLUENCE OF THE MOON ON THE INSANE.

In enumerating the causes of chronic delirium, M. Pinel alludes to the supposed influence of the moon in inducing paroxysms. "Daily experience at the Saltpêtrière and at Bicêtre exhibits, in a collection of upwards of 3000 patients, the absolute nullity of the alleged influence of the moon. It may, however, be said, that, during certain nights, lunatics may be more than usually agitated in consequence of the unusual light entering their rooms, and the figures produced on the walls and windows."

NERVOUSNESS.

BY THE EDITOR.

No. III.

(Continued from page 68.)

The histories of nervousness, described by the sufferers themselves, that we have published in the two preceding numbers, will afford the reader some idea of the chamelion-like character of the disorder, and the amount and intensity of mental and bodily pain the "nervous man" endures.

Dr. Mason Good has recited a case that in itself embodies many symptoms, peculiar to the complaint, that have not been mentioned in our cases; we therefore venture to transcribe it.

He says, "I have under my care a gentleman about fifty years of age, who affords a sufficient proof that Molière drew his Malade Imaginaire from nature, and hardly added an exaggerating touch. His profession is that of the law; and his life has been uniformly regular, but far too sedentary and studious. Without having any one clearly marked corporeal affection, he is constantly dreading every disease in the bills of mortality, and complaining, one after another, of every organ in his body; to each of which he points in succession as its seat, especially the head, the heart, and the testes. He now suspects he is going to have a cataract, and now frightens himself with an apprehension of an involuntary seminal emission. It is rarely that I have left him half-an-hour but I have a note to inform me of some symptom he had forgotten to mention; and I have often five or six of these in the course of the day. The last was to state that, shortly after my visit, he had a discharge of these drops of blood from the nose—a change which he thought of great importance, and requiring immediate attention. His imaginary symptoms, however, soon disappear, provided they are listened to with gravity and prescribed for, but not otherwise. Yet, in disappearing, they merely yield to others, that can only be surmounted in like manner. His head is too much confused to allow him to engage in any serious study, even if it were prudent to recommend it to him; but on all common subjects he is perfectly clear, and will converse with shrewdness and a considerable extent of knowledge. His bowels are sluggish; his appetite not good, though he eats sufficiently; his sleep is unquiet, but he has enough of it without opiates; his pulse is variable, sometimes hurrying on abruptly, and without any obvious cause, to a hundred strokes in a minute, but often very little quicker than in a state of health. His tongue varies equally, and is irregularly clean, milky, and brownish, and then suddenly clean again. He is irritable in his temper, though he labours to be calm; and is so rooted to his chamber, that it is difficult to drag him from it. His spirits are in a state of almost perpetual depression."

M. Greding gives an account of a medical practitioner, who applied to him for assistance, under an impression that his stomach was filled with frogs, which had been successively spawning ever since he had bathed, when a boy, in a pool in which he had seen a few tadpoles. He had spent his life in trying to expel this imaginary evil, and had travelled to numerous places to consult the first physicians of the day upon his obstinate malady. It was in vain to attempt convincing him that the gurglings he heard were from extricated or erratic wind. "He argued himself," says M. Greding, "into a great passion in my presence, and asked me if I did not hear the frogs croak."

During the last few months we had under our care a most intelligent and well-educated engineer, whose life was made miserable by the supposition that he had swallowed a needle; that the needle was then lodging in his throat, and that it had

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been there for the previous twelve months. The part to which he referred was in the direct course of the common carotid artery, and it was perfectly impossible that a foreign body could be lodged in that situation without the symptoms becoming more urgent than those he complained of. He was an highly excitable man, evidently easily alarmed, and obstinate in his tenacity to his own opinions. It appeared from the history I had from his wife, that he *once* took his tea whilst some needle-work on which she was engaged remained on the table, that shortly afterwards he was seized with sore throat, and he contended he had swallowed a needle that had adhered to his bread and butter. This thought and this dread had embittered his own life, and it may be supposed had not greatly increased the comfort of his wife and family, up to the time we saw him. His general health was greatly impaired; this we improved by "Moral, Medical, and Dietetical Treatment;" and when his digestion was better, his reasoning powers more acute, his mind free from despondency, and his temper less obstinate, we quietly argued away his phantasy, and we believe he will now laugh at his former idle fear.

In the early years of our professional life—1828—an intimate friend swallowed, or fancied he swallowed, a spicula of shell with an oyster; he complained of pain and difficulty of swallowing, which fearfully and rapidly increased. The apothecary who attended him (Mr. Richard Pater) we imagine was in doubt, for he "called in" the late Mr. John Scott, Surgeon to the London Hospital, who *operated* on the patient, and shewed him a portion of animal substance he had removed, which he said contained the scale of the oyster-shell. Our friend was satisfied; the real pain of the wound banished the imaginary pain, and he rapidly recovered. A few years after this "operation," we mentioned the case to Mr. Scott; a smile told *us* the tale; and, if we were honestly to state our impression—it would be in thus wise—A superficial incision, much pain, a little blood, no scale of shell, and ease of mind to the patient.

Now, it must not be supposed from the preceding remarks that nervousness is absolutely an imaginary complaint; there is a fearful reality in its agony and intensity; and this agony and this intensity too frequently—how frequently!—arises from actual disease, as well as imaginary disorder.

Indigestion, either as a cause or as an effect, is invariably the companion of nervousness; consequently there is pain in the region of the stomach, acidity, flatulence, a precarious appetite, and increase of suffering after it is satisfied: the bowels are irregular, either constipated, with clay-colour evacuations, or relaxed; the action of the liver is impaired, the bile is secreted in insufficient quantity, or if secreted is retained in the liver, or in its reservoir, the gall bladder; there is pain resembling rheumatism around the shoulders and down the arms; the action of the heart is excited, although the general circulation of the blood is languid; consequently the patient constantly complains of cold hands and feet, and occasionally flushes of heat in the face. He is weak, he lacks energy; he is irresolute and irritable, and suffers from the accumulated ills of a body insufficiently nutrified;* the sleep is disturbed by unpleasant dreams, and he commences the day with the load of yesterday's fatigue unremoved by a night's rest.

The great Abernethy said, "we cannot reasonably expect tranquillity of the nervous system whilst there is disorder of the nervous system."

Diseased heart can scarcely be considered a cause of the nervousness we are now describing, because the depression of spirits that attends it is the specific result of the disease of which nervousness is a grave symptom.

Nervousness is as frequently a constitutional affliction as an acquired complaint. As we have more than once described the different temperaments of the constitution,* we must refrain repeating in this number those peculiarities and that organization which act as a first cause of nervousness, and which always aggravate its effects, when produced by other causes. The man of a "bilious" temperament, and he of the "nervous" temperament, are ever prone "to a mind diseased."

Exhaustion of the nervous energy by undue and long excitement, whether that excitement be innocent in itself or vicious, is a constant cause of nervousness: thus the temperate, studious man, and the intemperate, riotous man, frequently labour under the same affliction, although produced by such opposite causes.†

(To be continued.)

* See "Yeoman on Indigestion," page 15.

INSANITY IN CHILDREN.

Dr. Woodward makes the following observations in a highly valuable "Report of the State Lunatic Asylum at Worcester." "There is another class of unfortunate individuals, far more numerous than I had formerly supposed, and much more interesting than those idiots,—I refer to Insane Children. Since I have been connected with this hospital, I have been consulted in a number of cases of this description. These little patients have intelligent faces, well-formed bodies, good developments of the head, and active minds. Their movements are free, easy, and graceful; many of them are sprightly, even handsome; they are generally restless, irritable, and extremely mischievous, and are rarely able to speak. In some cases, as soon as there is any mental development, the peculiar characteristics begin to appear, without any known cause. In other cases epileptic fits have preceded these peculiarities. In one case the use of instruments in labour was supposed to be the cause; epileptic convulsions probably sometimes arise from difficult parturition. No person familiar with these cases would be likely to mistake them for idiots; they look differently, walk differently, and have different developments of body and mind. Some of these children have been benefitted by medical treatment. One, at the present time under my care for epilepsy, seems to be going on favourably. My attention has recently been particularly directed to this subject, as I have been within a few days consulted in three different cases, the subjects of which were epileptic children. I have strong hope that some of them may be cured, and then instructed. Like other insane persons, there is difficulty in fixing their attention; they move with great rapidity from one thing to another, and are impatient of restraint. In some such persons particular faculties seem much more active than others. One lad, in whose case I was consulted, was not able to articulate, and, of course, had never learned to read, but was observing of many things, particularly of mechanical operations, drawings, &c. He has left many traces of his skill on the buildings and fences of his former residence. He has now arrived at manhood, but I have no knowledge of his present condition: when a lad, he was extremely mischevious, but sprightly and interesting.

Within a few days I have seen a very interesting case of this description—a girl twelve years old, who has a well-formed head, an intelligent and handsome face, a bright black eye, and easy and graceful manners. She is respectful and obedient in her conduct, gentle and affectionate in her temper and disposition, and usually quiet and unobtrusive, but is easily excited, im-

* See Nos. 1 and 54.

† See "Diseases of Error," page 31.

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patient when urged to do any thing disagreeable to her, and, if opposed, utters a sound, but cannot articulate. She constantly hurries from one thing to another, and, like the insane, wants a safety-valve to let off her excitement. She is excessively fond of music, would listen with apparent delight to the tones of a piano, seemed to have an irresistible desire to perform herself, and would strike the keys with eagerness and great satisfaction. In her visit to me she would seize the bellows which hung in the room, and blow them with great effort and apparent delight. She is perpetually active, but is far less mischievous than formerly. She has very little power of attention, and has as yet never been taught.

A child, two years old, was lately brought to me at the request of the family physician, who had consulted me respecting it. It is unable to sit, to use its limbs, or talk: its face is intelligent, by no means idiotic. It has powers of mimicry unequalled by any child of its age I have ever met with. Having understood that it would imitate its father in whatever motions he made, I tried some experiments with it, and was astonished and amused to find it copy my movements so exactly, and that too with the most roguish expression conceivable, apparently much delighted. I have now the case formerly alluded to under my care for epilepsy, which for some months has been severe and of frequent recurrence. This child has an intelligent face and a good development of the head, except that it is small. Its form is graceful, and its movements easy and natural. Since it commenced the use of remedies, it has been more quiet and tranquil, less mischievous, sleeps better, has fewer fits, and they are less severe. If the epilepsy can be cured in this case—and I think it may be—I shall have much confidence that it may be taught to articulate, and finally be educated. Indeed, since I have seen this child, some effort has been made to teach it to talk, and with some little success. What has struck me as particularly worthy of remark in all these cases is, that while some of the faculties of the mind are active, and many of them capable of improvement, others are torpid or perverted, bearing, in this particular, much resemblance to certain cases of insanity."—*American Journal of Medical Sciences.*

DESCRIPTION OF THE ITCH CONSTITUTION.

By Dr. Siebert.

The itch constitution is frequently observed many years after the itch has been extirpated from the skin, without the itch disease being cured; more seldom, however, when the itch passes by metastasis into some distinct form of internal disease, than, when breaking out from time to time on the skin, it returns again to the latent state, and exhibits its peculiar phenomena in an erratic manner. I have remarked the itch constitution in many individuals, and have known and treated it as such before its existence was shown by examination and inquiry, more particularly in journeymen mechanics infected in their travels, and with whom the itch had lingered for years. It was manifested by the puffed-up, swollen, plump face; the smutty eyes; the dull silly stare; the swollen nose and lips; the latter of a sallow hue; the puffy eyelids, the general dull tint of the skin, when none of the usual complaints of vertigo, debility, indigestion, shortness of breath, lassitude, and sleepiness, had given indication of the disease. Many subsequently showed the truth of the diagnosis by an itch eruption more or less copious. Some became consumptive, others epileptic. In one case, the fits of vertigo increased in intensity, until the patient was insensible in them; these terminated by a discharge of a limpid fluid from the nostrils. In another case, death followed a remarkably acute attack of water on the chest,

EFFECTS UPON THE SYSTEM BY THE GENERATION OF PUTRID MATTER IN SLOUGHING OF THE CELLULAR MEMBRANE.

By Sir B. Brodie.

Whenever putrid matter is pent up round a slough of the cellular membrane, the system is poisoned by it. The sulphuretted and carburetted hydrogen gas, evolved during the decomposition of dead animal matter, seems to pass, in part at least, into the circulation, producing the most dangerous symptoms. Incisions, which relieve the tension of the skin, allow these noxious gases to escape, and the relief which this affords to the patient is very remarkable. I might, if it were necessary, enumerate a great number of cases in illustration of what I have just observed. One, however, will be sufficient. . . . . I was called, some few years since, to see a gentleman who appeared to be actually on the point of death. His extremities were cold, his pulse scarcely perceptible. It was doubtful whether he was sensible or not. He made, on being roused, several imperfect attempts to speak, but could say nothing intelligible. Below the right hypochondrium (*i. e.* beneath the false ribs, on the right side) there was a considerable tumour, the skin being of a dark red colour, on the verge of mortification. On examination with the fingers, I perceived a sort of emphysematous crackling, and an imperfect fluctuation. Having made a free incision, I discovered underneath the discoloured skin what might be called a quagmire of slough. A small quantity of putrid matter escaped; but there escaped also such a quantity of noisome and offensive gas, apparently sulphuretted hydrogen, that I could scarcely bear to remain in the room. The stench pervaded the whole house, and even could be perceived in the garden round it. Within two minutes after the performance of this operation, so trifling in appearance, but so important in reality, the patient looked up and said, quite distinctly, "What is it that you have done which has made so great a difference in my feelings?" At the same time the pulse returned at the wrist; and from this moment he recovered, without any unfavourable symptoms. After a few days, sloughs came away, probably of muscle, cellular membrane, and peritoneum, in a confused mass, and with them a gall-stone of moderate size; explaining, to a certain extent at least, the origin of the disease.—*Lectures Illustrative of Various Subjects in Pathology and Surgery.*

THE SECRET OF SUCCESS IN CONDUCTING SCIENTIFIC RESEARCHES.

There must be an ardent love of truth as truth, in him who would so persevere as to follow her guidance up the steep path which alone leads to her secret dwelling-place; and with this pride interferes; he who dwells upon or looks for his own exaltation, will soon have in all his studies another and lower aim than the discovery of the truth; not what she will reveal, but what will do him credit, will become the secret law of his motives; and to such a temper soon become familiar short paths, and little ends, and tricky means which lead not to her seat, and to which she will not yield her hidden store.—*Wilberforce.*

PARALYSIS A CAUSE OF INSANITY.

Paralytic affections are a much more frequent cause of insanity than has been commonly supposed, and they are also a very common effect of madness. More maniacs die of hemiplegia and apoplexy than from any other disease. When insanity supervenes on epilepsy, or where the latter disease is induced by insanity, a cure is very seldom effected.—*Haslam.*

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HINTS FOR HEALTH.

MOTHER'S MILK.

The mother's milk being the natural and best food of the infant, the next point is to determine at what intervals the latter may be admitted to the breast. Here, again, it is indispensable to warn the parent against hurtful excess; for if the stomach is too frequently replenished, or too much distended, digestion necessarily becomes enfeebled, and gripes and flatulence arise and torment the child. The usual practice with inexperienced and ignorant mothers is to offer the breast whenever the child cries, or shows the least appearance of uneasiness or pain, no matter from what cause, as if hunger was the only sensation which the young being could experience.

A PLEASANT SUBSTITUTE FOR EPSOM SALTS AS A PURGATIVE.

M. Garot recommends the following formula for the preparation of tasteless purgative salts (citrate of magnesia):—

Carbonate of magnesia . . .	15 parts
Citric acid	21 to 22
Aromatic syrup	60
Water	300

The citric acid is separately dissolved and added to the carbonate of magnesia diffused in water.

As thus prepared it is not effervescing; but it is easily rendered so by adding only half the quantity of acid, and reserving the addition of the other half, until the dose is taken. The above proportions in grains would constitute a dose.

POISONING BY LEAD-SHOT LEFT IN A BOTTLE.

An individual was seized with violent colic and symptoms of poisoning, after having drunk several glasses of liquor. Dr. Hohl, who was called to the patient, examined the liquid, and found it to be turbid instead of clear; and on pouring it out into a glass, he discovered at the bottom of the bottle two pellets of shot which had become firmly fixed and converted by corrosion to carbonate of lead. On examining them, he found only a very small nucleus of metallic lead in the centre of each; so long as the liquor was clear, no ill effects had followed its use,—these had only occurred when the turbid portion, near the bottom of the bottle, had been taken. The liquor was proved to hold suspended, a salt of lead, from which the symptoms of poisoning had undoubtedly arisen. This shows that great care should be used in cleaning bottles; and that a few shot left in them may give rise to all the symptoms of lead-poisoning.

SALT AS AN ARTICLE OF FOOD.

M. Plouviez has come to the conclusion that common salt is not merely a condiment, but that it possesses important nutritious properties, and is capable of serving as an article of food. He infers from his observations—

1. That common salt is not only an aid to nutrition, but that it serves for nourishment, like bread or meat.

2. A proper employment of this substance will be of great importance to those classes of society who are unable to procure sufficient animal and vegetable food.

3. Salt produces greater strength and vigour than physical development; hence it is especially fitted for the weak and infirm.

4. In a certain dose it may supply the place of a portion of food given to horses.

CAUTION IN CASES OF OLD IRREDUCIBLE HERNIÆ.

When you give up all hopes of reducing one of these large herniæ, all you have to do is to advise your patient to avoid flatulent food, particularly young vegetables. It is remarkable that numbers of herniæ become strangulated at the season of the year when the young vegetables come in first; this I have remarked for years.—*Colles' Lectures.*

ADVERTISEMENTS.

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The following Booksellers and News Agents always keep a stock on hand of THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN:—

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

THE Index to Vol. I. was published with No. 26. The Index to Vol. II. with No. 52.

MEDICAL GLOSSARY.—We postpone the publication of our DICTIONARY OF MEDICAL TERMS, as it has been suggested to us that it would be more useful if published, separately, as a small book, uniform with INDIGESTION, HEADACHE, &c. We shall be glad to receive the opinions and wishes of our subscribers.

ANTHONY WELLS (Hull).—Constantly using the unglazed end of a common pipe is a frequent cause of an ulcerated state of the lips, which frequently assumes a malignant character. Cancer has by some writers been attributed to this cause.

E. N. (Ashton-under-Lyne).—Read the chapter on the USE and ABUSE of MERCURY, in the DISEASES of ERROR, page 23.

JAPHET (Blackheath).—The advertised American preparation of sarsaparilla is a Yankee swindle.

A GOVERNOR.—Dr. Little *is* the founder of the Orthopœdic Hospital. The other names you mention will, we fear, make the institution founder. Why do not the subscribers see to the management of what might become one of the noblest charities in the metropolis.

FESTUS.—Jean Baptiste Dumas is the celebrated French chemist, who was recently Minister of Commerce and Agriculture, in the Republic. He is one of the scientific glories of his country. Alexandre Dumas is the Creole novelist, the author of *Monte Christo*. Do not, we beg, confound the philosopher with the romancer.

RICHARD GLASS (Wolverhampton).—We have observed the greatest benefit to follow the persevering use of the decoction of logwood, in cases of continued and constitutional relaxation of the bowels. For the mode of preparing the decoction and the dose, see PHARMACOLOGY, No. 30, page 30, Vol. II.

A. B. (Newington Butts).—Aromatic spirits of ammonia, compound tincture of lavender, of each four drachms. Mix.—Dose a tea-spoonful, when faint.

W. Z.—First you will find an article on the TARTAR OF THE TEETH in No. 55. Second,—Yes. Third,—Yes. Fourth "Brande's enamel" is a quack or patent preparation. As "a constant reader," you must know our opinion of such compounds.

OMICRON.—Always immerse the head first; apply friction to the legs and feet.

TWO FRIENDS.—"Indurated liver" means, literally, hardened liver; congested liver. The symptoms which indicate the disease are many, painful, and serious. They will be noticed at length in the present volume.

J. HARDY (Manchester).—You will find the information you ask for in the articles on INTESTINAL WORMS in Nos. 13, 14, 15, 16, 17.

JAMES RICHARDS (Bristol).—Your letter did *not* contain an enclosure.

WILLIAM THOMPSON (Whitechapel).—It is a scrofulous enlargement of the glands. We must see you.

J. J. D. (Huddersfield).—Your truss, as you now wear it, is doing you more harm than good. It requires another spring. Second,—Read the articles on BRONCHITIS in Vol. I. You will find many prescriptions for "Cough Mixtures" applicable to your symptoms.

* * * * (Chelsea).—Will you do us the favour to point out the misprints of which you complain? We have not yet heard of, or seen a single case that has caused the smallest alteration in our opinion of cod liver oil.

E. J. T. P. (Birmingham).—We should be delighted to increase the price of the Journal, as you propose, to three-half-pence, but we fear the PEOPLE would not participate in our delight.

R. S. (Sunderland).—The persons you name are not qualified physicians. Homœopathy is one of the gross delusions of the day.

D. R. P. (Leeds).—Send your daughter to Scarborough; the "waters" are a saline chalybeate, and highly serviceable in cases of chlorosis and anœmia (deficiency of blood, or of the red particles of the blood).

THOMAS BOWMAN (Spitalfields).—We must see you.

DISEASES OF ARTISANS will be resumed in our next.

MARY (Devonport).—Glycerine is best applied to the ear by means of a camel's hair painting brush.

A JEWELLER (Spencer Street).—If you want the opinion of the Editor, you must call for it.

STATISTICS.—The following table shows the per centage of deaths from consumption to every 100,000 of population:—

	Men.	Women.
London	455	377
Liverpool and West Derby	599	571
Manchester and Salford	549	548
Leeds	440	477
England and Wales	378	408
Paris	208	408

AN APPRENTICE (Halifax).—Apply a blister behind the ear.

POISONING BY BEETLE WAFERS.—An inquest was lately held in Seven Dials, on a boy named Michael Staff, nine years of age, deceased, from eating two packets of beetle wafers, made with red lead, flour, and water. They had been thrown into the street from an oilman's shop, and the deceased, with other boys, had picked them up, and eaten them with eagerness. All the boys were taken ill with symptoms of lead poisoning, but Staff was the only one that died. The verdict was in accordance with the evidence.

A CHILD under seven years of age has recently been killed by a drunken woman giving it nearly a quartern of gin. The symptoms were those of extreme collapse, from which it never recovered.

CHLOROFORM.—A bill has been introduced into the House of Lords by Lord Campbell for punishing those who use chloroform and other stupifying poisons criminally. The punishment for the first offence to be imprisonment, for the second transportation.

FANNY.—See YEOMAN ON HEADACHES. You can obtain it of the bookseller who supplies the Journal.

W. P.—In common asthma, we have observed much benefit to follow the use of the following pills—try them. Take half a drachm of powdered squills; a drachm and a half of gum ammoniacum; half a drachm of extract of conium.—Mix, and divide into thirty pills, of which take two every six hours.

JOHN SPENCE (Walmgate-Bar, York).—R. S. T. (Sunderland).—JOHN BRIGGS (Millwall).—H. E.—A NERVOUS ONE (Norwood).—JOHN ROBERTSON (Hammersmith).—M. T. (Hampstead Road).—LONDON. These correspondents can only be attended to privately.

N. J. (Hulme, near Manchester).—Your question will be answered in detail in a future number; in the meantime read the articles on RHEUMATISM in Vol. I.

B. T. CLARKE (Totness).—The name is an assumed one; the quack rascals always *trade* under false colours.

ANNA (Bayswater).—Take four grains of the compound rhubarb pill every other night, for a week or ten days. Read YEOMAN ON INDIGESTION.

ANDREW YORICK.—One guinea.

GEORGE SCOTT (Goswell Street).—You will find an article on THREAD-WORMS in No. 14.

WILLIAM ARTHUR (Hadleigh).—The Editor will be at home at the hour you specify.

HEALTH OF LONDON.—Deaths registered 1213. The only example of a greater mortality at this period occurred in 1847, when the deaths for the week were 1253. The increase is most considerable amongst persons of advanced age. Complaints of the respiratory organs have been more than usually active; bronchitis numbers 119 persons, of whom 25 were children, 40 persons between fifteen and sixty, and 54 had turned sixty years of age. Laryngitis and laryngismus stridulus were fatal to 7 children and an adult; pleurisy to 8 persons; pneumonia (inflammation of the lungs) to 98, of whom 77 were children; asthma to 32; and other diseases of the lungs, exclusive of phthisis, to 12. Amongst those diseases of a tubercular character, which are mostly confined to children, mesenteric disease was fatal in 13 cases, and water on the brain to 32. Deaths from zymotic or epidemic diseases 208, which is near the usual number. Small-pox now shows a tendency to become less fatal. Hooping-cough has increased, and now predominates among epidemics; 65 children having died from it in the week, which is considerably more than the average. Twenty-nine died of measles, 9 of scarlatina, and 8 of croup. Typhus was fatal in 35 cases, of which 20 occurred in the middle period of life. Births of 792 boys and 775 girls, in all 1567, were registered. Mean barometer for the week, 29.870 in. Mean temperature of the week, 45°.5. Wind generally in the south-west, except on Friday, when it blew from the north-east.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 63.—Vol. III.] SATURDAY, MARCH 15, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XI.—THE SPINAL NERVES—THE GREAT SYMPATHETIC NERVE.

The spinal nerves proceed in pairs from the sides of the spinal marrow, each nerve arising by two roots, one anterior, the other posterior. When the posterior root is irritated, it gives rise to pain; when divided, the sensibility is lost; the power of motion is still retained, but the animal cannot regulate its movements. It is therefore demonstrated that the posterior root presides over sensation. When the anterior roots are irritated, there is not experienced any pain, but the muscles are convulsed; when divided, the parts are powerless, but the animal retains its sensibility, it feels pain, and has not the power to withdraw from the cause of it. The anterior roots, therefore, preside over motion. The posterior root of each nerve passes through a ganglion, and then unites with its anterior root. When the united trunk is irritated, there are occasioned pain and convulsions; when divided, the parts supplied by the nerve are deprived of sensation and motion.

Hence it will be seen that the spinal nerves are the medium of sensation and the directors of voluntary motion. By sensation is meant the feeling (?), or some change in the system, produced by pressure, hardness, softness; cold, heat, and pain: this sensation is common to the whole surface of the body, and is called common sensibility. By voluntary motion is meant that movement of the body, or parts of the body, intended and willed by the animal.

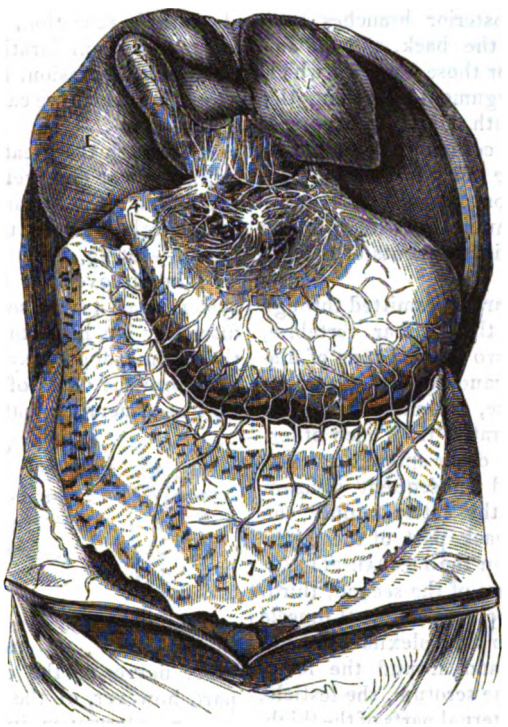

Figure XIX.

The Sympathetic or Organic Nerves of the Stomach.

[This engraving also shows the manner in which the omentum—a portion of the peritoneum—folds over the intestines, as an apron, see page 18.]

1. The under surface of the liver turned up, so as to bring into view the anterior surface of the stomach.
2. The gall-bladder (see page 50).
3. Organic nerves, surrounding the trunks of the blood-vessels.
4. The pyloric orifice of the stomach, and commencement of the duodenum (see page 50).
5. The contracted portion of the pylorus.
6. The stomach.
7. The omentum.

The spinal nerves consist of thirty-one pairs. The roots of each, after forming the ganglion to which we have just referred, and afterwards joining to form the common trunk of each nerve, passes through an opening formed by the junction of the vertebræ, termed the foramen conjugale; and again each nerve divides into an anterior and posterior branch, which respectively supply parts in the front and back parts of the body. They are usually arranged into four classes; namely the cervical, or those nerves which supply the neck, the shoulder, and the arm—eight pairs: the dorsal nerves, supplying the muscles and integuments of the back, and part of the chest—twelve pairs: the lumbar, supplying the loins, the hips and upper and back part of the thigh—five pairs: the sacral, which send branches to the pelvis and its contents, the perinæum, the thigh, the leg and foot,—five or six pairs.

From these nerves spring branches that ultimately are so delicately divided, and so extensively and universally distributed over the whole muscular and cutaneous parts of the body, that it is impossible that a puncture could be made with the point of the finest needle without wounding a minute filament and causing pain.

The Cervical Nerves.—The first pair of cervical nerves commence at the side of the spinal cord, beneath its superior enlargement, and issues from the spine between the occipital bone of the skull and the first vertebra, called the atlas. The second pair arise between the first and second vertebræ; the third and fourth pairs arise in a similar manner. These nerves send off branches to the muscles of the neck attached to the spine, to the side and back part of the head, and to the muscles and integuments at the back part of the neck. From these nerves many branches are given off, to form, with the sympathetic and the spinal accessory, the cervical plexus of nerves, from which springs that important nerve, the phrenic, or internal respiratory nerve: this passes down the neck, and is ultimately distributed at the root of the lungs, and passing between the pleura and the sac containing the heart, ramifies on the diaphragm. These nerves proceed from their respective foramina in the spine; and the fifth, sixth,

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seventh, and eighth pairs descend obliquely outwards, dividing into anterior and posterior branches, which are distributed to the muscles at the back part of the neck. The anterior branches unite with filaments from the great sympathetic and the first dorsal nerves, to form the BRACHIAL PLEXUS, which consists of an interlacement of nerves (fig. xx.), from which issue branches that supply the muscles of the chest, the blade-bones, the arm—the median nerve—the fore-arm—the ulna—and the radial nerve.

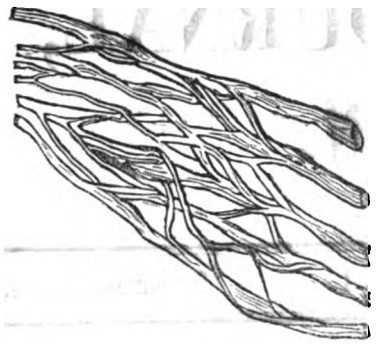

FIGURE XX.

The DORSAL NERVES, twelve in number, strikingly resemble the cervical in their origin, their transmission through their respective holes in the spine, and their subsequent division into anterior and posterior branches; the posterior branches supplying the muscles and integuments of the back, and the anterior branches the intercostal muscles, or those muscles which are placed between the ribs, and the integuments covering the chest. The anterior branches of the eighth, ninth, tenth, and eleventh dorsal nerves supply the muscles covering the abdomen. The anterior branch of the twelfth, like all the other dorsal nerves, receives a branch of communication from the great sympathetic, but, unlike them, it also communicates with the first lumbar nerve, and is distributed on the integuments of the abdomen.

The LUMBAR NERVES, or those which are transmitted through the intervertebral foramina, or holes, of the lumbar vertebræ, consist of five pair; they commence by two broad bands of filaments, which the older writers called the cauda equina, from the resemblance it has to the tail of a horse, especially when the nervous fibres are unravelled, and separated from each other. The first five lumbar nerves resemble the other spinal nerves in their origin, ganglionic connections, and subsequent division into anterior and posterior branches; the latter supply the muscles of the hip, and the upper and back part of the thigh. The anterior branches form by their union the LUMBAR PLEXUS, which is situated at the side of the bodies of the second, third, and fourth lumbar vertebra, covered by the large internal muscle of the loins,—the psoas magnus. From this plexus branches are sent to the parts contained within and around the lower part of the pelvis (fig. ii.), to the groin, the scrotum, the testicle, to the buttocks, and to the anterior and external parts of the thigh.

The SACRAL NERVES are five pairs, sometimes six. They arise from the lower extremity of the spinal cord (d, fig. ii.). Their posterior branches supply the muscles in their vicinity; while the anterior branches of the four first sacral, with those of the fifth lumbar, form the SACRAL or SCIATIC PLEXUS. These branches, again uniting, form a large nerve, named the sciatic nerve, which stretches from the pelvis, along the back of the thigh and leg, to the sole of the foot, and in its course supplies the posterior muscles of the thigh, the anterior muscles of the leg, and the integuments of the anterior parts of the leg and upper part of the foot. In the ham this nerve divides into two grand branches, the external popliteal or fibular nerve (Q, fig. i), and the internal popliteal or tibeal nerve (P, fig. i.), which supply the muscles of the leg. From the sacral plexus branches are also given off to the large intestines, to the rectum, to the bladder, to the uterus, the prostate gland, the urethra and parts of generation.

THE GREAT SYMPATHETIC NERVE.

The great sympathetic nerve forms a system of itself, possessing neither sensibility, nor power over the voluntary muscles. It is, in fact, a collection of filaments from every nerve in the animal fabric, which join each other, and form nervous centres, swellings, or "diminutive brains" or ganglia. The sympathetic nerve appears to spring from the fifth and sixth cerebral nerves, and uniting with a branch from the eighth,* and also with several nerves of the neck, extends downwards at the side of the spine, enters the cavity of the chest, and afterwards, that of the abdomen, where distributing itself to all the viscera contained therein, it associates all the several functions, and conveys their united sensibilities to the brain. It is by the special operation of this nerve that disturbances in the function of one particular organ are often painfully felt in remote parts; these parts sympathising with the afflicted spot, hence the name "Great Sympathetic." By the nerves derived from the sensient system,—that is the cerebral and spinal nerves,—uniting with the sympathetic nerve, and the combined influences working equally and correctly together, it is that we enjoy that feeling of well-being, and that pleasurable sensation, which we call HEALTH; hence the feeling of buoyancy, exhilaration, and vigour when the stomach is sound; hence the depression, listlessness, and debility, the painful consciousness which we call DISEASE, when the action of the stomach is unsound.

Although the great sympathetic may be said to have neither beginning nor end, yet its focus is decidedly around the abdominal region; the organs of digestion are covered, intersected, and interlaced with the minute filaments of this all-powerful nerve.—(3, fig. xix.)

The discovery of the reflex function of the spinal nervous system has traced some of the sympathies to it, but not any discovery has hitherto diminished the physiological influence of the organic, or great sympathetic system. The numerous filaments that form the chain of the great sympathetic meet and form small centres of nervous matter to which the term ganglion has been given. In form they are very irregular; in general they are somewhat round, occasionally they are elongated, in other instances they are of a semilunar form.—(figs xx-xxii.) Each ganglion transmits nerves upwards and downwards to the ganglia to which they are contiguous, and to other nerves of the cerebral and spinal systems. The greater part, however, of the nervous filaments radiating from the ganglia are interwoven, in the form of a net-work or plexus; the most remarkable of which is the solar plexus, which is distributed to all the divisions of the aorta (3, fig. xix.), and sends branches to all the abdominal organs. The principal ganglia are the ophthalmic; the spheno-palatine, the otic; the cervical; the cardiac plexus; the thoracic ganglia; the splanchnic; the semilunar, or solar plexus; the lumbar; the sacral, and the hyposgastric.

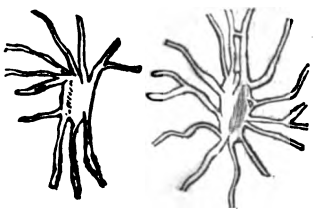

FIG. XXI. FIG. XXII.

(To be continued.)

CLOTHING.

"ONLY fools and beggars suffer from cold," says Boerhaave, "the latter not being able to procure sufficient clothes; the former not having the sense to wear them." Another aphorism of the same author was, that our winter clothing should be put off on midsummer's-day, and put on again the day after. This rule was intended to apply to the climate of Holland, but may be remembered, if not wholly acted upon, in Great Britain.

* Page 75, Vol. iii.

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THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. IX.

(*Continued from page* 51).

COLICA PICTONUM—LEAD COLIC—PAINTER'S COLIC.

THE characteristic symptoms of colic are, severe pain in the abdomen; retraction of the navel, with a peculiar and excruciating twisting pain, occurring in paroxyms, and relieved by pressure; obstinate flatulence; nausea and vomiting; the pulse little increased in frequency.

The pain is most commonly seated, from the beginning to the end of the attack, at the pit of the stomach. It is at first dull, but gradually grows more severe; and, as it increases, extends upwards to the arms, and downwards to the navel, back, loins, rectum, and bladder; and frequently to the thighs and legs. From the naval it sometimes shoots with so much violence to each side, that the patient feels, and so expresses himself, as if some person were cutting him in two. Almost all the external muscles are rendered sore by the great violence of the pain, as though they had been affected with rheumatism. Sometimes the seat of the pain alternates between the stomach and the external muscles, although it never entirely quits the former; or it may leave the stomach in comparative ease, and torture the intestines with fearful spasms. Sickness is an early symptom as well as costiveness; and as the pain in the stomach increases, the sickness increases also, the matters vomited consisting of acrid slime and impure bile. After retching, some relief is frequently obtained, and the patient flatters himself he is about to recover. Too soon, however, does he find himself disappointed: as long as the pain continues, the same morbid matter is secreted, and thrown into the stomach, and vomiting occurs with perhaps accumulated violence; should the contents of the stomach be not discharged, there is constant hiccough with bitter eructations. The pulse, notwithstanding the severity of the symptoms, is little affected at first, and for several days continues as quiet as in health. After the fourth or fifth day, however, it sometimes becomes quicker, but not always; and in very few cases does there appear to be any tendency to inflammation. "If," says the distinguished pathologist, Andral,—"If there be one fact established in medicine, it is, that the lead colic is not an inflammation." The skin, though generally cold and damp, is occasionally hot; the urine varies so much in quantity and character, that not any diagnostic importance can be attached to it.

Towards the close of the disease, there is generally a pain round the edges of the feet and at the extremities of the toes, which are often red, swollen, and to appearance gouty. As the case advances to a favourable termination, the skin is often bedewed with a healthy perspiration, which tends materially to relieve the patient. A griping, of a different kind to the original violent spasm, takes place, with a disposition to evacuate the contents of the bowels; and after large discharges of hardened fæces, together with black and dirt-coloured slime, occasionally mixed with blood, the patient is then relieved.

After several attacks of this disease, a paralysis commonly affects the fingers, or the whole hand and fore-arm, so that the former become contracted, and the hand, when the arm is extended horizontally, hangs at a right angle to the arm. The palsied limbs shrink very much; and the muscles lose not only there natural size, but also their natural structure, being converted into a "suety substance," or soft pulp. Dehaen gives a remarkable instance of softening of the muscles in a person who was attacked by paralysis of the upper extremities in consequence of lead colic. The muscles of the limbs, though capable of slight contraction, were converted into a substance as soft as pulp; after the removal of the paralysis, they recovered their usual consistence. Barthez mentions two similar cases.

Lead colic seldom terminates fatally; in a record of 500 cases quoted by Andral, the deaths were only five. The unfavourable signs are, a continuance of the obstinate constipation; constant hiccough; watchfulness; delirium; cold sweats; fainting; and the countenance assuming that fearful aspect that always indicates the approach of death, termed the Facies Hippocratica.

Before commencing the treatment of lead colic it is imperative to ascertain, without the shadow of a doubt, that the symptoms under which the patient suffers do not proceed from some mechanical obstruction, as rupture, and that not any inflammation of the intestines exists; for similar symptoms may present themselves occasioned by colic, by rupture, and by inflammation, and the treatment required for colic would increase, and probably terminate fatally, if pursued in cases of hernia and inflammation.

The first object is to evacuate the bowels and relieve the spasm; this is best done by a full dose of calomel and opium, as four or five grains of the former, and half a grain to a grain of the latter; this should be followed in two or three hours by castor oil, administered by the mouth, or thrown up as an enema. The calomel and opium must be repeated every three or four hours, until they produce some marked effect. Warm fomentations should be applied to the abdomen, and a hot bath at a high temperature, 98 or 100 degrees, is an effective remedy. Should these means prove ineffectual in procuring an evacuation, a large glyster containing a drachm of tincture of opium, two ounces of castor oil, and a pint and a half of warm gruel, should be thrown high up into the intestines by means of a flexible tube and syringe. It rarely happens that the inflammation is so acute as to demand a great loss of blood, nevertheless the application of six or eight leeches applied around the navel may assist to lessen the spasm. Now really the foregoing is all that we can say of the treatment: we must get the bowels to act by purgatives; we must lessen the spasm by opium and warm baths, and we must persevere in these remedies until we are successful.

The treatment of the paralysis succeeding to lead colic will be noticed when we speak of PARALYSIS.

The remote cause of lead colic appears in almost every instance to be lead introduced into the system, either by the stomach, the lungs, or the skin; hence the disease is found more frequently in those localities in which this metal is most freely used. In the neighbourhood of smelting furnaces, pigs and poultry have been noticed to be affected by the same complaint. In Poictou, in France, and Devonshire, where lead was formerly used to destroy the acidity of the weak wines and ciders for which these provinces are celebrated, it was at one time so common as to obtain the name of "Devonshire colic," and "colic of Poictou."

Artisans whose occupations compel them to work in or with materials containing lead are necessarily more prone to the disease than others. M. Chevalier gives the following table of 1330 cases received into the Parisian hospitals in the five years from 1838 to 1842, which shows the comparative risk of different trades to an attack.

Workers in white lead	841	Glassmakers	3
Painters	310	Varnishers	2
Type manufacturers	33	Jewellers	2
Colour preparers	29	Enamellers	2
Workers in metals	22	Chasers	1
Pottery manufacturers	11	Turners	1
Casters	6	Chemical manufacturers	1
Gilders	4	Lapidaries	1
Polishers	4		

Among fifty-seven journeymen the occupations were not ascertained. In addition to the above, weavers are subject to lead

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colic, from the circumstance that they are compelled to handle the leaden cylinders which are used for stretching the threads.

In the Medico-Chirurgical Transactions, a case is communicated by Dr. Baddeley, in which the patient, a domestic in his own house, lost her speech and became partly paralytic from being only six hours in a newly painted room, but quickly recovered from both upon being removed; evidently proving the deleterious influence of lead in a state of vapour; and, at the same time, that in different constitutions, it will show its effects upon different organs or in a different manner. As an instance, the Editor may cite his own idiosyncrasy, which renders him affected in a similar manner to Dr. Baddeley's patient, although in a lesser degree, as he never subjects himself to exhalations of fresh paint the instant after he has detected their existence.

The late Sir George Baker states that he has known the disease originate from minute corpuscules, thrown off from the clothes which have been worn by plumbers while at work. And in corroboration of this remark, Dr. Reynolds observed, when he was physician to St. Thomas's Hospital, that the colic of all the workers in lead frequently returned under any treatment whatever, whilst they are allowed to wear the clothes in which they had been accustomed to labour; on which account he never suffered such clothes to remain on the patient's bed. Sentin was a witness of the same effect from hanging up labourers' wallets, filled with food for the day, in places impregnated with the vapours of lead. Dr. Good states that he has occasionally met with instances of the disease from an habitual residence in close rooms, filled with newly-printed or coloured paper.

Now we come to an important question in reference to lead colic—can the liability to the complaint attending peculiar occupations be lessened? It can. And the remedy is—CLEANLINESS. The workman should cleanse the surface of his body thoroughly and constantly; and what facility he now enjoys for fulfilling this health-giving duty! What a moral, social, and sanitary blessing to the workmen of the present day are the Public Baths and Wash-houses! In them a man can have the luxury and the benefit of a hot bath for two-pence; his wife may wash, dry, mangle, and iron her "week's wash" for four-pence! The husband removes a pestilence clinging around him—the wife supplies him with clean linen, and at the same time keeps her home "tidy," free from the steam, suds, and misery of a "washing day," and the cost scarcely exceeds that of a pot of beer.

On the cessation of labour, the workman should always change his dress; he should not wear flannel next his skin, for we all know that woollen materials retain dust, vapours, and perspiration longer than linen or calico, and a man seldom changes his foul flannel more frequently than once in fourteen days. He should never eat until he has thoroughly washed his hands; he should never take his meals in his workshop; he should never cook his food at his furnace fire.

Dr. Christison says, "I have been informed by an intelligent workman, once a patient of mine, who had been a journeyman painter both in London and Edinburgh, that the number of his acquaintances who had been affected with colic in the metropolis was incomparably greater than here (Edinburgh). This man ascribed the difference to the working hours being more in the former place, so that the men had not leisure enough to make it worth their while to clean themselves carefully in the intervals."

(To be continued.)

THE greatest objection to smart children is, that when they commence having whiskers they leave off having brains. Boys that are philosophers at six years of age, are generally blockheads at twenty-one. By cramming children you get so much into their heads that they become cracked in order to hold it.

PUNCH AND THE VEGETARIANS.

EVERYBODY knows that *Punch* never laughs at a really good thing, except, perhaps, at a good joke—if it should chance not to be his own—a condition which very rarely happens. We have laughed once or twice at the vegetarians, who stand ridicule with so much good humour, that quizzing them seems to put them in spirits; and, as they are precluded by their rules from anything exhilarating, in the way of drink, we dare say they find a threepenny "go" of *Punch* a most agreeable substitute. Of course, if their principle is the true one, there will be no laughing it down; but if otherwise, a little ridicule will be wholesome in a double sense; for it will afford them the excitement of a laugh, while it cures them of their folly.

The vegetarians profess to see a close connection between the kitchen-garden and morality, as well as a near relationship between the orchard and the intellect. They profess the belief that the mind flourishes on mashed potatoes, and that we must look for true virtue among cabbage-plants and beds of asparagus.

We do not look upon any man as better than his neighbours, because his life may have been one perpetual round of potatoes, beans, and broccoli; nor do we believe that one whose mind is always in the costermonger's cart can attain to any very high degree of intellectual culture. The imagination that is bounded by Covent Garden Market, the fancy that plays about the greengrocer's sieve, the heart that is true to the pottle, the affections that twine themselves round the rope of onions, the sentiments that mix themselves with the salad, are nothing in our unprejudiced eyes; and we cannot, therefore, concede to the vegetarians the credit they claim for a grand union between the market-garden and the moral and mental attributes.

We have no doubt there are some excellent men living on green stuffs, and we think they would be none the worse for a moderate indulgence in a more generous diet. The vegetarians seem to imagine that the virtues are to be cultivated on garden produce; that a certain number of potatoes will make a man a Raleigh, and that a constant adherence to cabbage will ultimately make a Bacon. We protest against the whole system as an absurdity, but admit that we are open to correction; and we promise our vegetarian friends that when we can be persuaded that their plan is something better than mere gammon, we will stick to spinach for a twelvemonth.

THE FORCE OF HABIT.

IT is neither so easy a thing, nor so agreeable a one, as men commonly expect, to dispose of leisure when they retire from the business of the world. Their old occupations cling to them, even when they hope that they have emancipated themselves. Go to any sea-port town, and you will see that the sea-captain, who has retired upon his well-earned savings, sets up a weathercock in full view from his windows, and watches the variations of the wind as duly as when he was at sea, though no longer with the same anxiety. A tallow-chandler, having amassed a fortune, disposed of his business, and took a house in the country, not far from London, that he might enjoy himself; and after a few months' trial of a holiday life, requested permission of his successor to come into town and assist him on melting days. The keeper of a retail spirit shop, having in like manner retired from trade, used to employ himself by having one puncheon filled with water, and measuring it off by pints into another. A butcher in a small country town, for some little time after he had left off business, informed his old customers that he meant to kill a lamb once a week just for amusement.

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VACCINATION.

Something more than half a century ago, Jenner conferred an everlasting service upon the world, and an enviable immortality upon his own name, by the discovery of the protective powers of vaccine virus. As has ever been the case with announcements so comprehensive as this, it was received by one party with doubt, and by another with derision. Fearful was the contention of Jenner with the array of partiality and prejudice that assailed him. There was nothing too spiteful for his adversaries to say, and too revengeful for them to do, against the man who had daring enough to challenge the prejudices of party, and confront its champions with a few simple truths of his own. Innovation, at all times, carries some promise of danger with it, for the simple reason that people become attached to old opinions as they do to old friends, nothwithstanding their errors and oddities, and are scrupulously jealous of the source that would threaten an interruption or an end of acquaintance. It was the fate of Jenner to be viewed in the light of a scientific Marplot, who was upsetting all the good old schemes and contrivances, merely to introduce a novelty that assumed to be an improvement. He, however, waged a vigorous and virtuous war with the "opposing hosts" for more than twenty years, when he had the satisfaction of seeing "the allied armies" lay down their weapons of warfare to a man, and tacitly acknowledge him the victor single-handed.

To the mind of Jenner it was enough that his great purpose was finally accomplished—that his announcement of the great truth was, even by his enemies, acknowledged to be a great boon—that the hospitals, and the army and navy of his own country, adopted vaccination, as he had advised, and that foreign countries soon followed their example—that one and all pronounced its panegyric, and hailed its discoverer as a benefactor to the world at large. But the gratitude of the land he lived in was shown to him in terms somewhat more substantial, in the grant, by parliament, of twenty thousand pounds, as a reward for his genius and its indefatigable exercise. And never was a parliamentary grant more honourable both to the giver and to the receiver.

Since the days of Jenner the multiplied experience of the profession, at home and abroad, has continued to confirm the truth and efficacy of his great proposition. It is now one of the best attested, and one of the least variable, principles belonging to the art and science of medicine. It is emphatically one which we can pronounce with a feeling approaching to certainty. And yet, strange to say, there is not a city, town, or village in the United Kingdom, in which there are not plenty of fools "ready and willing" to dispute it. The proof of this is in the terrible mortality from smallpox which we find recorded every quarter on the tabular sheet of the Registrar-General. On consulting these painful evidences of ignorance and prejudice, we rarely find an exception to the fact of the deaths being confined to the unvaccinated. Systematically are these facts laid before the world in terms that are not to be misunderstood, and yet the deluded people refuse to listen to or profit by them.

We have been able to learn, from extensive personal observation on the subject, that the scruples of the people to receive vaccination are not a few, and that most of them have a foundation in perverted facts. It was somewhat unfortunate for Dr. Jenner, and indeed his scheme was near being jeopardied by it, that he attempted to prove the identity of cowpox matter and the fluid from the heel of a horse affected with *grease*. He even went so far as to throw out the supposition, that the matter really originated in the diseased heel of the horse; and that cows, lying where these had lain, contracted the pock by the fluid coming in contact with their teats. A more extended and elaborate inquiry, however, served to convince Dr. Jenner that the identity of the materials could not be established; and that, whatever might be the preservative power of the one, it bore no comparison with the other in efficacy and cleanliness. In so far as these observations related to the profession, they were full of curiosity and interest, and had no danger in them; but not so when exposed to the ignorant prejudices of the world. Society's taste took fright on the instant, and shadowy notions of greasy heels, spavins, stringhalt, glanders, and sundry other of the ailments that horseflesh is heir to, flitted before the mind's eye of the multitude, aghast at the sacrilegious idea of degenerating one's species. Forthwith came a terrible tornado of wrath against Jenner, which very nearly decided the fate of his discovery. That prejudice, though quite old enough to have honourably worn itself out, exists yet to some extent.

Another source of dislike to vaccination arises from the belief, entertained by many people, that cowpox is only smallpox modified. Certain it is, that clothes taken from patients suffering from the smallpox, and laid upon cows, have caused these to become infected with the cowpox; and, pathologically speaking, by regarding these affections as varieties of one another, we get at a very ready reason why impregnation with vaccine matter should furnish an exemption from varioloid disease. However this may be, there is a grand difference between the two in their relative mildness, and in the former not being infectious. This part of the subject, like the other, is perfectly comprehensible to the profession; but a considerable portion of the public look at it, as at everything else, with the unblinking eye of prejudice. It is objected by one party, who have a horror of anticipating nature, and wish all things, like Dogberry's reading and writing, to come by it, that if cowpox be at all related to the disease it is intended to supplant, it is better to have this in a natural way, and then there is no doubt of it. They have a notion that smallpox is *really in one*, as a constituent of constitution; and that the admixture of ailments, like marriages with relatives, may produce an offspring worse than either.

Nearly allied to this class is another stupid set, who fancy that certain of us are fated to have the disease, whatever means may be used to avert it; and that others have an innate exemption from it, when, of course, preventive measures are not needed.

Another source of this disfavour of vaccination is, that it does not invariably guard against the invasion of smallpox. It was an error of its earliest advocates to vaunt it as a prophylactic that could not fail. It was found in a few instances to be unsuccessful, and straightway a lot of belligerents vowed it was good for nothing at all. Making allowance for idiosyncrasy, we can readily understand why it may be sometimes liable to failure, and yet retain every confidence in it. Not so the public—all their judgment is "yea, yea, and nay, nay." When the metropolitan boards had vaccinated *sixty-seven thousand persons*, only *eight* of that number had been unprotected by the virus! Moreover, it has been proved that fewer people take smallpox after vaccination with *genuine* matter, than suffer a repetition of varioloid disease. Two, three, and even four times, has smallpox been known to attack the same individual; so that there would appear to be even a greater risk of having a return of it, than of having it at all after vaccination.

For much of this prejudice, however, the profession has to thank itself. It is notorious how careless are some practitioners about the kind of virus they use. Many, we are sorry to say, are quite satisfied if they only raise a pock—no matter what its character, or the kind of material they have produced it with. So gross was this neglect, some time ago, and so apprehensive was the profession that the virus had lost its protective powers, that an elaborate inquiry was instituted concerning it. During this in-

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vestigation it appeared that in a vast majority of the cases of smallpox after vaccination, there was every reason to doubt the goodness of the matter that had been used. The great sources of error in this respect are—taking the matter too late; or from an unhealthy, incomplete pock; or from a subject constitutionally or temporarily diseased; keeping the matter too long before using it; collecting it upon a dirty receptacle; applying it to a subject suffering from some ailment or other; performing the operation unskilfully; neglecting the child's health during the time the virus is in operation, &c. These things seemingly so trifling, yet really so serious, are often disregarded, to the danger of the patient and discredit of the practitioner. The result is, either a painful evidence that the vaunted remedy proves no source of security whatever; or that some skin affection, or other trouble, follows the vaccination, and is very likely, as the people say, a consequence of it. To these circumstances, perhaps more than to any other, are to be imputed the popular prejudices against one of the deserved boasts of the medical profession.

Whatever the protective power of the vaccine virus against the invasion of smallpox may be, it is obvious that it does not extend over a long period of time. It is judged, by the best authorities, that the period of entire protection is limited to seven or eight years, and of partial protection, to about double that period. Here, again, we find another source whence vaccination may be imputed to be useless. If an individual be vaccinated only in childhood, it can be no matter of surprise if he be attacked with smallpox when adolescent. Re-vaccination is a matter of the greatest importance. We would fain impress this truth as well upon the public as upon the profession; knowing, as we do, what a safeguard it promises to become. It is the duty of the family surgeon to urge his patients to submit to vaccination, at least once in every ten years. We feel assured that if the practice were more general, the cases of smallpox would be much lessened thereby. Sad as is public prejudice on this serious question, it becomes us to diminish or destroy it by every means in our power.

CHILD-BIRTH DURING SLEEP.

In Number 61 of our Journal we published a "remarkable case of delivery during sleep;" since then we have received from an intelligent correspondent at Shrewsbury the following particulars of a parallel event. The letter is authenticated, and the name and address of the woman are in our possession, but which, for obvious reasons, we omit.

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

Shrewsbury, March 3rd, 1851.

Dear Sir,—In your valuable Journal of Saturday the 1st. instant, you mentioned the case of a woman "in her fourth pregnancy" being asleep for three days, during which time she was delivered, and on awaking was quite unconscious of what had taken place.

But, sir, I will tell you a more curious case. A young woman, named Mary B——, aged 29, was taken ill on Tuesday, January 28, 1849; after this she fell asleep, and on Thursday, the 25th, during her sleep, she was delivered of a healthy male child. She did not awake until Sunday, the 28th, at eleven o'clock, when she was quite unconscious of what had happened. During her sleep, she swallowed a little gruel and port wine, which was poured between her teeth.

This case happened at Yockleton, about seven miles from Shrewsbury; the surgeon's name was Tudor. The child lived about eight months. The mother is now in excellent health, and lives as cook with —— Esq.—I am, &c. G. S.

THE QUACKERY OF LOCOCK'S WAFERS, LOZENGES, AND PILLS.

One of the most successful modes employed by the vendors of quack medicines to get rid of their trash, is to prefix some well-known name to the nostrum. Thus, "Sir Astley Cooper's Pills," "Locock's Lozenges," &c. have been puffed as though they really had the sanction of the names appended. The following extract from the *Times* newspaper is worthy of being noticed, as it gives a hint in respect to the manner by which the truth in regard to quack medicines of this character may be known. A little money spent in such advertisements might be well laid out:—

(Copy.)

26, Hertford Street, May Fair, Feb. 17, 1851.

Sir,—In reply to your inquiry, I have no hesitation in assuring you that the Pulmonic Wafers, Female Wafers, Anti-bilious Wafers, or Female Pills, that have so often been advertised with my name, are not mine, nor do I know anything of their composition; nor have I anything whatever to do with them, either directly or indirectly.

Your obedient servant,

To Mr. Keating. Charles Locock, M.D.

THE PREVENTIVE TREATMENT TO BE ADOPTED BY PERSONS PREDISPOSED TO CHRONIC DISEASE, AND PARTICULARLY TO CONSUMPTION.

By M. Foubcault.

The patient is to be freely exposed to the light and air; is to take sufficient and active exercise; to keep the skin clean and transpirable, &c. M. F. eloquently sets forth the advantages of physical education, and advocates (what has been much neglected) the utility and advantage of selecting a trade or profession suited to the constitution.

Every man of a lymphatic constitution, and in consequence unfit for labours occupying his whole time, should take moderate gardening exercise. When a fatal hereditary taint predisposes him to pulmonary consumption, he will fly from towns, and devote himself to hunting, riding, or agriculture. If poor, he should enter the marine. If rich, travel a part of his life; if a landowner, he should be a farmer in climates where the air is dry, and on elevated ground, where it is freely in motion. It cannot be too strongly recommended that gardening is among the indispensable employments in hospitals, schools, orphan houses, and penitentiaries.

The life of a soldier is not suited to persons predisposed to consumption, for the military services render that disease prevalent among the soldiers, and particularly the infantry. Prudence and foresight consequently forbid the admission into the ranks of the army of young men, the sons of phthisical parents, or of those born in damp localities, or marshy plains; or of mechanics taken from cold and unhealthy workshops. It has been observed, that a great number of the Flemish weavers enlisted into the Belgian army die of pulmonary consumption. There can be no question that these different classes of recruits would escape from this dangerous influence if they were entered for sea-service. This destination would be an immense benefit to themselves individually, and a considerable saving to the country.

HOMŒOPATHY.

The homœopathic system, sir, justs suits me to a tittle,
It proves of physic, any how, you cannot take too little;
If it be good in all complaints to take a dose so small,
It surely must be better still to take *no dose at all*.

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HINTS FOR HEALTH.

THE MANAGEMENT OF INFANCY.—THE NURSERY.

The first and most essential requisite in a nursery is the constant enjoyment and command of a moderately dry pure air. To obtain this, a residence should be selected in a dry and rather elevated situation, removed from all sources of contamination and humidity, and at the same time sheltered from the wind. When a choice can be made, the country should be preferred to the town.

For those who are obliged to reside in towns, it is of great importance to secure the best situation within their reach. Even in point of economy, not to mention the suffering and anxieties attendant on illness, it will be cheaper to pay more for a suitable house in a dry well-aired quarter, than a smaller sum for one in a low-lying or crowded part of a town.

In addition to a dry and airy situation, a good exposure and cheerful prospect are well worthy of attention in the selection of a residence for the young.

As a general rule, the upper stories of a house are more healthy, and therefore better adapted for the reception of the young than the ground or sunk floors.

If the size of the house will admit of it, the day nursery should always be entirely separate from the sleeping room.

WHAT SHALL I EAT?

What shall I eat? Is this or that species of food indigestible? are the constant queries which the dyspeptic addresses to his physician: yet the period at which he takes it will be a matter of comparative indifference with him, and he will allow the most trifling engagement to postpone his dinner for an hour. So important and serious an error do I consider such irregularities, that I have frequently said to a patient labouring under indigestion, "I will waive all my objections to the quality and quantity of your food, if I were sure that such a sacrifice of opinion would insure regularity in the periods of your meals."—*Paris on Diet.*

OVER-FEEDING—INSUFFICIENT FEEDING.

Amongst the most frequent predisposing causes to disease, is intemperance in food and drink. Too much and too great a variety, particularly of animal food, highly-seasoned dishes and soups, rich sauces, the too liberal use of vinous, spirituous, or other exciting liquors, overload, over-distend, and over-excite the stomach; dispose it, the liver and bowels, to inflammations and functional and organic disease, directly induce plethora; and when this state is produced, inflammatory complaints in early life, and gout, apoplexy, paralysis, &c., at a more mature age, frequently follow. On the other hand, an unwholesome, poor, innutritious diet, or food of a fluid or watery consistence, predisposes to diseases of debility, by diminishing the powers of life, particularly in the digestive organs, and lessening the vital resistance to depressing causes. Typhoid or adynamic fevers, dysentery, cutaneous complaints, worm diseases, tubercles, scrofula, scurvy, scorbutic dysentery, enlargements and affections of the joints, are common under such circumstances.

CAUTION IN PRESCRIBING.

Dangerous remedies ought never to pass into the hands of the patients—at least, not in such quantities as might endanger life. It is a horrible sight to see vials of an ounce or half an ounce of laudanum in a sick room. If an accident happens in such a case, the fault lies always with the physician.

ADVERTISEMENTS.

Dr. Yeoman's Medical Publications.

Vols. I. & II., price 4s. each, in strong and elegant cloth,

THE PEOPLE'S MEDICAL JOURNAL and FAMILY PHYSICIAN.

Price 2s., by post 2s. 6d.

ASTHMA, BRONCHITIS, INFLUENZA, and CATARRH; the Causes, Symptoms, and Rational Treatment.

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CONSUMPTION of the LUNGS, or DECLINE; the Causes, Symptoms, & Rational Treatment; with the Means of Prevention.

"These little manuals contain the best and most common-sense account of diseases of the Chest that has ever been published."—*The Sun, April 2nd, 1849.*

Second Edition, price 4d., by post 6d.

INDIGESTION, CONSTIPATION, NERVOUSNESS, AND LOW SPIRITS.

The Causes, Symptoms, and Rational Treatment.

"Dr. Yeoman has published a 'People's Edition' of his sensibly written description of one of the most general evils that flesh is heir to. There is much of use to be learned from this little work; and as the Doctor is an enemy to quackery, his opinions may be safely consulted."—*Blackburn Standard.*

Price 4d., by post, 6d.

HEADACHES. Their Varieties, Causes, Symptoms, and Rational Treatment.

"The author of the above little work has given the causes of headaches and their means of cure so plainly, that 'he who runs may read.' The advice offered can be easily followed, and the list of prescriptions in *English*—a most important innovation upon the old mysterious medical Latin—will be found useful. The style of writing is familiar, and the advice given in the most popular form; it justifies the title, 'People's Edition.'"—*Portsmouth Guardian.*

Now Ready, price 4d.; by post 6d., the

DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

London: published by GEORGE VICKERS, 28 & 29 Holywell Street, Strand; and sold by all Booksellers and Newsvendors, and by post direct from the Author.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn three doors from Gray's Inn Lane, respectfully announces to the Public that TRUSSES can be had at his Establishment at the following Low Prices:—Double Trusses, from 8s.; Single Ditto, from 3s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, Back-boards, Dumb-bells, Wooden Legs, Crutches, Supports for Weakened Legs, and all Instruments and Apparatus for the Cure of Deformities.

Mrs. Smith attends on Ladies.

NEVILL'S ARABICA FOOD THE PATENT FLOUR OF LENTILS. This most agreeable food has in thousands of cases entirely superseded Medicine for Indigestion, Constipation, Nausea, and Sickness; Nervous, Bilious and Liver Complaints, and all derangements of the Stomach, Bowels, and Digestive organs. It is the best food for Invalids and Children, as it never distends the weakest Stomach, nor disagrees with the most delicate.

Sold in Canisters, 1 lb. 1s., 3 lb. 2s. 9d., 6 lb. 5s. 3d., 12 lb. 10s.—Beware of impositions. Ask for NEVILL'S Arabica Food, and note the signature of the Patentee A. H. NEVILL. Manufactured by Nevill and Co., 12, Liverpool Street, King's Cross, London.

Du Barry's much-puffed Revalenta is composed of our Patent Purified Lentils, with which we supply him; therefore be not deceived by false statements and high charges.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

A Glossary or Dictionary of Medical Terms, uniform with the PEOPLE'S MEDICAL JOURNAL, will be published as a Supplement with No. 65,—(issued March 30). The price, for the Number and Supplement, will be three-pence. It is requested that orders may be immediately given to all news-agents in London and the provinces, as our impression of the number will be limited.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

TO NEWS AGENTS.—We shall be glad to receive the names and addresses of those whom we have omitted in our list published in No. 62.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

THE Index to Vol. I. was published with No. 26. The Index to Vol. II with No. 52.

NERVOUSNESS will be resumed in our next.

THOMAS HANSON (Liverpool).—On the authority of Dr. Allnatt we offer you the following mode of treating your *deafness*:—Syringe the ears with tepid water, then paint the whole surface of the canal of the ear with the following preparation:—Take, compound camphor liniment, one ounce; inspissated ox gall, one drachm. Mix.

RICHARD RICHARDS (Belper).—We have reason to believe there will be a legislative restriction upon the sale of arsenic and other poisons. The late bustle in Downing-street may have shelved the bill for a few weeks, but it will be brought before parliament soon after Easter.

CONSTIPATION (Lambeth).—You will find directions for making ABERNETHY'S APERIENT MIXTURE, in No. 16.

T. S. S.—We detailed the treatment required in your daughter's case, in No. 34; article CHLOROSIS, or GREEN-SICKNESS.

MARK TAPLEY (Pickering).—Take four grains of blue pill, and six of the compound extract of colocynth made into two pills, twice a week, for four doses. Avoid strong waters.

J. HARDY (Manchester),—Asks for the Editor's "best advice." The Editor only offers advice of one quality—the price of which is one guinea per consultation.

OMEGA.—The profession is already overstocked; banish your yearning. A man who aspires to become a physician should be prepared to expend at least £2000 and six years hard labour before he can be qualified for the practice of medicine, or expect to take a fee. Of course we are speaking of *physicians*, not apothecaries, or nondescripts with German degrees.

J. DAVIS (Morristown).—Read YEOMAN ON INDIGESTION. "Antibilious pills," in nine instances out of each ten in which they are used, do more harm than good. Desist from "quacking" yourself.

P. H. H. (Manchester).—Dash the lower part of the body with cold water night and morning. Your letter is deficient in many important particulars.

G. F. C. (Thorpe Hamlet, Norwich).—For your child refer to answer to AN ANXIOUS MOTHER in No. 61.

A YOUNG STUDENT (St. George's Hospital).—We are most pleased to learn that our publications are "beneficial to the rising branches of the profession." We are overwhelmed with labour, and really cannot engage in the literary task you suggest. The time may come when all our original articles that have appeared in the PEOPLE'S MEDICAL JOURNAL, will be published in a volume or in parts—"free from Notices to Correspondents, Advertisements, and other matters not immediately connected with medical subjects." Accept our thanks, and we beg to reciprocate your kind feeling.

PORTSMOUTH AND PORTSEA.—Mr. J. D. Leggatt, Landport, writes to us to say he always keeps on hand a stock of the back numbers of our Journal.

KIDDERMINSTER.—Mr. W. S. Roberts, bookseller, Audley Street, also keeps the People's Medical Journal, and Dr. Yeoman's other publications.

A COUNTRYMAN.—Will you refer to answer to ROBERT HAWSON in No. 7?

LETTERS RECEIVED.—EUSEBIUS (Norwich).—HENRICUS M. W. (Macclesfield).—W. C. (Chelsea).—R. W. (Islington).—A YOUNG HUSBAND. W. W. M.—GEORGE SMITH (Shrewsbury).—S. G. (Whitby).—FLORENCE MACARTHY (Cheltenham).—G. FORBES (Sudbury).—BOLBO.—J. B. DAVIS (Shepton Mallet).—W. A. HUMPHRIES.

J. ASHTON. — FRANCIS PRICE. — R. S. (Sunderland). — RICHARD LE POULET.—D. S. T.—HENRY BROWN.—Can only be answered privately.

A. W. (Leytonstone).—We decline advising without seeing you.

AN ARTISAN (Hooper Street, Westminster).—Paint the wart with the muriated tincture of iron.

C. J. (Edinburgh).—We thank you for your suggestion, which we will adopt. Messrs. Robinson, Greenside Street, have been supplied with an abundance of bills, show-cards, &c., which they should distribute.

MARIA (Northampton Square).—See answer to C. C. in No. 61. The first clause in the sentence will apply to your case.

CHIRURGO (Whitby).—Like yourself, we are puzzled by Mr. Robert Ripley's description of the supposed case of infanticide as he has reported it. What *can* he mean by "I made out the aorta"?

M. W. (Edinburgh).—To give you the instructions you require, would occupy two columns. We cannot spare this space to *one* individual.

A MODEL, OR A MONSTER?—Passing down Berners Street on Thursday afternoon, we saw *a thing* whose face was covered with hair like the poor chimpanzee, and whose heels were armed (footed) with spurs like a bantam cock. The crowd gazed at the nondescript: we saw it enter its den, and discovered that the animal was the original "——————"—a Quack garbed in beard and spurs! The creature certainly cannot depend upon his appearance—*imposing* though it be—as a help to dupe the poor fools who are lured by his obscene advertisements. He looked like a Montague Tigg adventurer.

A SUFFERER (Hampton, late Norwood).—We are much pleased that the advice we tendered to you in No. 11, has been of so much benefit, and that it has stood the test of twelve months' experience. For your new complaint, see answer to HENRY (Bryanstone Square) in No. 60.

EDGAR OF EDGEWARE.—Apply to Mr. Smith, Truss Maker.

W. W. M.—We will accept your proposal.

OBITER DICTUM.—We shall insert your letter in our next publication, if possible.

D. (Coventry).—We will assist you if we can, for we love birds. The following is the best way to prepare "German paste:" Beat together half a pound of pease flour, four ounces of blanched almonds, half an ounce of fresh butter, the yolk of a fresh egg, with a little honey, and ten grains of saffron. Heat the mass gently, and pass it through a seive to form it into grains.

RICHARD CROSS (Easton Road, Bristol).—*Chondros* is the Greek word for cartilage; hence *chondroma* a fibro-cartilginous tumour on the brain.

W. X. Y. (Liverpool).—The best account of the properties and qualities of different articles of diet is to be found in "Pareira on Food,"—the price, however, is high, being 20s.

INFLUENZA.— A detailed history of the symptoms, effects, and treatment of the epidemic that is now so prevalent will be found in Vol. I. pp. 34, 44, Nos. 5 and 6.

W. CROSS (King Square, Goswell Road).—Take, sulphate of zinc, four grains; tincture of calumba, one ounce; infusion of quassia, seven ounces. Mix.—Dose, three table-spoonsful every four hours. This is a valuable tonic in cases similar to yours. For the proper diet refer to page 151, Vol. II, No. 42.

DELTA (Lisson Grove).—Take, four grains of the sulphate of quinine, two hours before the anticipated attack.

HEALTH OF LONDON DURING THE WEEK.—The mortality of London is now greater than is generally observed at this period of the year. Total number of deaths 1148. In the ten corresponding weeks of 1841-50, there is no instance in which they equalled this amount. The present increase affects both young and old, but especially persons in the middle stage of existence. Deaths from zymotic or epidemic diseases, 223; small-pox was fatal in 19 cases, measles in 36, scarlatina in 19, hooping-cough, which still predominates in this class, and considerably exceeds the average, in 66. Diarrhœa numbers 17: while to fever, which happily has declined, 31 are ascribed. Two children, 3 persons of middle age, and three who had turned 60 years, died of influenza; being more than the usual weekly number at this season. Of the nineteen cases in which small-pox was fatal, 12 occurred under 15 years of age, and the remaining 7 between 15 and 47. It appears that in four of the cases recorded vaccination had been performed, and that the ages of the patients were respectively 13, 21, 36, and 47 years. The births of 784 boys and 807 girls, in all 1591 children, were registered in the week.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 64.—Vol. III.] SATURDAY, MARCH 22, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XII.—THE REGIONS OF THE HUMAN BODY.

We propose in this article to describe generally the situation of the various organs and structures of the body; to describe the different regions and the parts contained within them, and of which they are composed,—so that the reader may not be puzzled by such terms as "thoracic region," "umbilical region," &c.

The Neck (A, fig. xxiv.) extends from the base of the skull to the commencement of the trunk; its bony column is composed of the seven cervical vertebræ: within the neck are included the œsophagus or gullet; the larynx or organ of the voice; the trachea or windpipe; the arteries, — the carotid and their branches,—carrying blood up to the face and brain; the veins, — the jugular and their branches,—bringing blood away from the face and head; and the nerves, proceeding from the brain, the spinal marrow, and the sympathetic; as well there are numerous small glands, and a large pair, the submaxillary, or those placed under the lower jaw.

The Thorax or Chest — The Thoracic Region, extends from the neck to the diaphragm internally (B, fig. xxiv.), and is formed at the back by the dorsal vertebræ of the spine, laterally and in front by the ribs and breast-bone; it is protected at the back by the blade-bones and powerful muscles, and is braced at the upper and anterior part by the collar-bones; between each rib are muscles which materially assist in respiration, and render the walls of the chest complete. On the surface of the chest are the breasts, the organs which, in the female, secrete milk. Internally the chest is lined with the pleura. The thorax contains the lower part of the windpipe, and its divisions the bronchial tubes; the lungs; the heart, and its bag or sac, the pericardium; the large arteries proceeding from the heart, and the large veins proceeding to the heart. In two folds of the pleura, at the back of the heart, called the posterior mediastinum, the gullet continues its course towards the stomach. The lower boundary or floor of the chest is formed by a muscular partition, called the diaphragm, which forms the roof—if we may employ the expression, of the abdominal region.

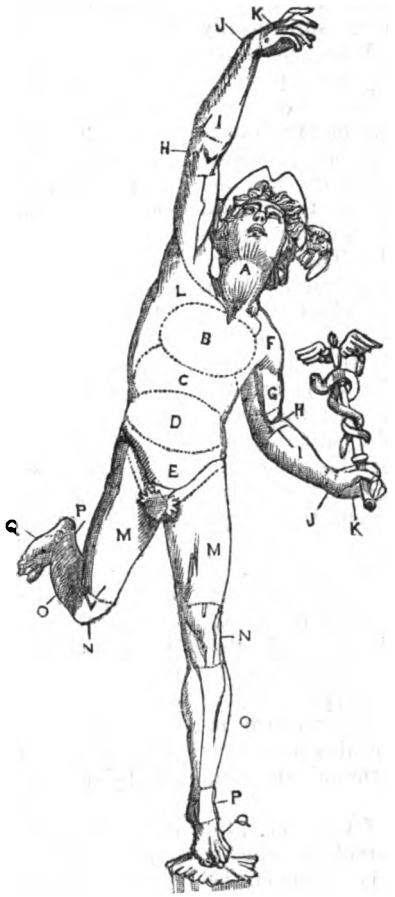

Figure XXIII.
The Anterior View of the different Regions of the Body.

A. The region of the neck.
B. The chest, or thorax.
C. The epigastric region.
D. The umbilical region.
E. The hypogastric region.
F. The shoulder.
G. The arm.
H. The elbow.
I. The fore-arm.
J. The wrist.
K. The hand.
L. The axilla, or arm-pit.
M. The thigh.
N. The knee.
O. The leg.
P. The ankle.
Q. The instep and foot.

The Abdominal Region extends from the diaphragm to the base of the pelvis; it is bounded in front by the abdominal muscles; at the upper part of the side by the lower false ribs; at the lower part by the hip-bones; at the back by the spine and the powerful muscles of the back. Internally it is lined by the important serous membrane, the peritonæum. For facility in description the abdomen is divided into three regions, namely the epigastric, the umbilical, and the hypogastric.

The Epigastric Region (C, fig. xxiv.) contains the middle portion of the stomach; the left lobe of the liver; the lobulus spigelii, or small lobe of the liver; the blood vessels proceeding to and from the liver; the pancreas, or sweet-bread; the cœliac axis, or first branch of the aorta, that supplies the intestines &c. with arterial blood; the semilunar ganglion of the sympathetic nerve; and a portion of the vena cava, or large vein that carries the venous blood to the right auricle of the heart; the aorta, the great artery of the heart; and the thoracic duct, the great trunk formed by the junction of the absorbent vessels which carry to it material for new blood. That portion of the abdomen which lies on either side of the epigastric region is termed the hypochondriac region.

The Right Hypochondriac Region contains the right lobe of the liver and the gall-bladder; part of the duodenum, or first portion of the small intestines; the ascending colon, or first portion of the large intestines; the renal capsule, those triangular, yellowish bodies, lying over the kidneys; and a part of the right kidney.

The Left Hypochondriac Region contains the large end of the stomach; the narrow extremity of the pancreas; the spleen; part of the colon; the renal capsule; and upper part of the kidney.

The Umbilical Region, or that region

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around the navel, (D, fig. xxiv.) contains the omentum and mesentery, folds or processes of the peritonæum; the transverse portion of the colon; and the convolution of the small intestines,—the duodenum and the jejunum.

The Hypogastric Region (E, fig. xxiv.) is occupied by the bladder and a portion of the omentum and small intestines. Behind the bladder lies the uterus, or womb, in the female; and the rectum, or last portion of the large intestines, in the male. The hypogastric region, like the epigastric region, is bounded on either side by parts to which separate names have been given, namely, the iliac regions.

The Right Iliac Region contains the cœcum, the first portion of the large intestines; the termination of the ilium, the last portion of the small intestines; and the commencement of the colon.

The Left Iliac Region contains the sigmoid flexure of the colon, and part of the descending colon.

Below the iliac are the Inguinal Regions—the groin—which contain portions of the cœcum, and more superficially give passage to the arteries, veins and nerves belonging to the testicles: it is here that rupture more frequently takes place.

The Shoulder (F, fig. xxiv.) consists of three bones, the scapula or blade-bone, the clavicle or collar-bone, and the humerus, or arm. The joint is formed by several strong ligaments named according to their situations and attachments; and the head of the humerus is surrounded by and attached to the glenoid cavity of the blade-bone by a capsular ligament, which contains the synovia, or joint oil, as it is vulgarly called. The principal muscles of the shoulder are the deltoid, the large pectoral muscle, the sub-scapular, the teres major, the coraco-brachialis, &c.

The Arm. (G, fig. xxiv.).—The osseous part consists of one bone, the humerus; the arteries are branches of the subclavian, the chief of which is the humeral artery; the veins are the brachial, the median, the basilic, and the cephalic; the nerves are, the median, which lies close to the bone,—(its situation may be readily demonstrated by the pain caused by pressure on the inner and middle part of the arm),—and its branches, the circumflex, &c. The muscles are the deltoid, the biceps, the triceps, the coraco-brachialis, &c.

The Elbow or Olecranon (H, fig. xxiv.), the bones forming the joint are the humerus, the ulna, and the radius; the lower extremity of the former, and the upper extremities of the latter, are enveloped in a capsular ligament, and attached to each other by an external and internal lateral ligament. At the point of the ulna is a depression along which the ulnar nerve passes; it is this part that is called the "funny bony" and occasions such immense pain when struck or injured—the course of this nerve may be traced by the pain running down the arm to the middle, ring, and little finger.

The Fore-arm (I, fig. xxiv.) is composed of two bones, the ulna and radius, which in their course are partially attached to each other by an inter-osseous ligament—that is a ligament between bones. The arteries are the radial and the ulnar, with their branches; the veins, correspond with them, and take the same names; the nerves are the ulnar, the posterior branch of the musculo-spinal, the anterior branch of the same nerve, which is the proper radial nerve; the muscles, which derive their name from their action, are the supinators, the pronators, and the flexors.

The Wrist (J, fig. xxiv.) is formed by the lower extremities of the bones of the fore-arm, and the three upper bones of the carpus; the ligaments which form the joint are, a capsular, an external and internal lateral, and a posterior and anterior ligament.

The Hand (K, fig. xxiv.).—The hand is composed of many bones, which we have already described in No. 53;* they are bound together by numerous strong ligaments; each finger has three joints, the thumb only two; the arteries are branches of the ulnar and radial, and the nerves are chiefly derived from the ulnar.

The Arm-pit, or Axilla (L, fig. xxiv.), is an important region, as it is here that the large blood-vessels and nerves issue from the trunk to supply the arm and fore-arm.

The Thigh (M, fig. xxiv.) consists of one bone, the os femoris; its superior part, or the head of the femur, is received into a cup-like cavity in the pelvis, forming the hip-joint, and is maintained there by several strong ligaments; the round ligament springs from the head of the bone, and is firmly attached to the socket, or acetabulum, formed in the os innominatum for its reception, (6. fig. ii.): the capsular ligament encloses the whole joint. The arteries of the thigh are chiefly derived from the chief artery, the femoral, which is a continuation of the external iliac artery, arising from the division of the aorta; the veins are the great and internal saphena: the chief nerves are the sciatic, the crural, and branches given off from the sacral plexus, and the musculo-cutaneous. The principal muscles are the tensor muscle, the pectinalis, the gracilis, the sartorius (or tailor's muscle, because it assists to "cross" the legs), the rectus, the vastus, and several strong and important muscles around the joint.

The Knee (N, fig. xxiv.) is the joint formed by the tibia, or large bone of the leg, and the condyles of the thigh-bone, firmly and well secured by ligaments, and protected by the patella or knee-cap. The knee-joint is the largest in the body; the whole circumference is surrounded by a capsular ligament, which in itself is very fine and weak, but receives considerable strength from additional fibres, termed accessory ligaments. Within the joint are two crucial ligaments, which pass from the depression between the condyles of the thigh-bone to the head of the tibia: placed upon the top of the tibia are two inter-articular cartilages, named the semilunar cartilages, from their shape being like a crescent. The patella is held in position by the tendons of the extensor muscles, which united form what is called the ligament of the patella. In the inner or under side of the knee, in the part called the ham, the popliteal artery, which is a continuation of the femoral artery, passes, and then divides into the three principal arteries of the leg.

The Leg (O, fig. xxiv.) has two bones, the tibia and the fibula; the arteries are the anterior tibial, which runs down alongside the shin-bone; the peroneal, which supplies the deep-seated muscles of the leg; and the posterior tibial, in the calf. The veins are the popliteal and the external saphena; the nerves are the popliteal, the tibial, the external fibular, and the internal tibial; the muscles are, the anterior tibial (*tibialis anticus*), the peroneus, the gastrocnemii) the tendon of which assists to form the tendo Achilles, attached to the heel), the extensor and flexor muscles of the toes, &c.

The Ankle (P, fig. xxiv.) is formed by the junction of the bones of the leg to those of the tarsus.† They are bound together by remarkably strong ligaments, and the whole joint is surrounded by a capsular membrane.

The Foot (Q, fig. xxiv.) is composed of many bones, which we have already named.‡ They are attached and held together by numerous ligaments, which obtain their names from their situation and connexions; the arteries of the foot are chiefly derived

* We have not burthened the text of this article with repeated references to former numbers and engravings; this chapter must be considered as a recapitulation of what we have already published.

† Page 10, Vol. III. ‡ Idem.

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from the anterior and posterior tibial; a large branch of the latter, named the external plantar artery, supplies the sole and toes: the nerves are chiefly branches of the external and internal popliteal.

We have now described in general terms, the bones composing the skeleton; the lungs, and the physiology of respiration; the heart, and the physiology of the circulation; the stomach, and the physiology of digestion; the brain, and the physiology of sensation and volition; and in this paper we have given a brief summary of the whole. In our next we purpose commencing the minute anatomy of the body, and shall begin with the Bones. The illustration will be a superior drawing of the Cranium.

CONCLUSIONS RESPECTING THE INFLUENCE OF VARIOUS EMPLOYMENTS IN INDUCING PULMONARY CONSUMPTION.

I. The ratio of cases of pulmonary consumption to those of other diseases is somewhat higher in persons following in-door occupations than in those working in the open air; and this rule applies to both sexes. It also holds good with regard to the deaths from consumption as compared to those from all other diseases.

2. Pulmonary consumption occurs at an earlier age in men following in-door occupations than in those following out-door occupations. The same rule holds good with regard to the deaths from consumption.

3. The probable excess of cases of pulmonary consumption in men following in-door occupations (for a higher ratio of consumptive cases in those employments is merely a strong presumption in favor of such excess), and the earlier age at which consumption makes it attack, would naturally tend to fill this class of employments with a greater number of young men, as well as to occasion a higher mortality at the earlier periods of life, and a lower average age of death. The greatest age, as it happens, is the same in the two classes.

The classification of in-door employments, according to the amount of exertion which they require, leads to the following results:—

1. The ratio of cases of pulmonary consumption to those of all other diseases is highest when the amount of exertion is least, and lowest when it is greatest; and the intermediate degree of exertion presents an intermediate ratio. The same statement holds good in respect of the deaths from consumption compared with those from other diseases.

2. The age at which consumption makes it attack, and at which it proves fatal, is earlier in employments requiring little exertion than in those requiring more exertion, and in those requiring moderate exertion than in those demanding great effort.

3. The per-centage proportions of men under 40 years of age following these three classes of employments is in strict accordance with the ratio of consumptive cases, and the ages at which consumption makes its attack and proves fatal; these proportions following the exact order of the degree of exertion.

4. The age of death, and the age of death from consumption, also follows the same order, the per centage proportion of deaths under 40 being highest when there is least exertion, lowest when there is greatest, and intermediate when there is an intermediate degree of exertion.

5. The average age of death, also, is lowest when there is least exertion, but highest when the exertion is intermediate between the two extremes. The somewhat lower average obtained in the case of employments requiring great exertion, appears to depend on an excessive mortality under 20 years of age. The greatest age also occurs in occupations requiring a medium degree of exertion, the least maximum in those demanding the greatest effort.

6. In the class of in-door occupations, with varied exercise, (a class including the footman, waiter, &c.) the ratio of cases of pulmonary consumption ranks next to that of the sedentary occupations, and the per centage proportion of consumptive cases occuring before 40, the per centage proportion of men so employed under that age, and the per centage proportion of deaths, are higher than in any of the other classes, while the average age of death is lower. This class, however, stands alone, inasmuch as young men are in great request, and old men comparatively little wanted.

7. The class of out-door occupations requiring moderate exertion, present a higher per centage proportion of deaths under 40, and a corresponding excess of young men; but the ratio of consumptive cases, and the per centage proportion of such cases occuring under 40, are lower than in the class requiring greater exertion. This apparent anomaly may probably be explained by the fact, that the attack of consumption is postponed till a later age in men following out-door employments, than in those working within doors.

8. The maximum age in the case of men following the more laborious out-door employment is lower by one year than in those using less exertion; and in the latter there is a considerable excess of aged men.

9. Sedentary employments, and those requiring little exertion, are more unfavourable to adult and middle age, but more favourable to old age, than those requiring greater effort; on the other hand, employments requiring greater exertion are unfavourable to youth and longevity, but favourable to middle age. Employments requiring little exertion prove fatal by inducing an excess of cases of pulmonary consumption, those requiring great exertion by occasioning other diseases of the air passages and lungs, towards the commencement of old age.

The following observations apply to certain occupations examined separately, and to the effects of intemperance.

1. The exposure to a high temperature does not appear to exercise any injurious influence upon health during the early periods of life; but, in common with employments requiring a great amount of exertion, it is unfavourable to longevity.

2. The inhalation of dust does not appear to be attended with the extremely injurious consequences which the high ratio of cases of pulmonary consumption would lead us to expect; but, when compared with the aggregate of other out-door occupations, the employment of the mason is found to be, in some degree, less favourable to health and longevity.

3. Habits of intemperance appear to exercise a most injurious influence upon health; for men peculiarly exposed to the temptation of drinking present a high ratio of cases of consumption, a high per centage proportion of such cases occurring under forty, an excess of young men, an excess of deaths under forty, and especially between thirty and forty years of age, and a low average and maximum age.

Lastly. A comparison of the ages at death of gentlemen, (including professional men,) tradesmen, and artisans, issues in displaying the great advantage which the first class possesses over the other two, and the comparative small difference which exists between the tradesman and the artisan. The average age of death of the first class exceeds that of the other two by ten years, while the average age of the tradesman exceeds that of the artisan only by the small portion of a year.—*Dr. Guy,—Brit. and For. Med. Review.*

LABOUR.

Nothing (says Joshua Reynolds) is denied to well-directed labour; nothing is to be attained without it

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TO THE PRESIDENT AND MEMBERS OF THE GENERAL POST OFFICE SUB-SORTERS', LETTER CARRIERS', AND MESSENGERS' WIDOWS' AND ORPHANS' PROVIDENT INSTITUTION.

GENTLEMEN,

I beg to thank you for having elected me Physician to your valuable Institution. The honor you have unanimously conferred upon me, I feel to be the greater, inasmuch as it was unsolicited.

In return for your confidence, I beg to assure you that my best exertions, professional and private, shall ever be directed to promote the interests of the Institution, and the welfare of the individual members.

I am,
Gentlemen,
Your faithful servant,

T. H. YEOMAN, M.D.

LLOYD SQUARE, *March* 17, 1851.

THE USE OF ALUM IN HABITUAL CONSTIPATION.

BY DR. JOHN ALDRIDGE.

THE author observes, that the disease described by Dr. Marshall Hall under the name of mimosis acutus most frequently occurs between the ages of thirty and fifty, although occasionally it happens much earlier. It may attack every variety of temperament, but is most liable to present itself in persons of sedentary habits. Women are more subject to it than men. The individuals who labour under it are usually of a dusky complexion, or, more exactly speaking, the skin always presents a dirty appearance. The face is frequently coated with a greasy-looking perspiration. The breath is foul, the gums spongy, and apt to bleed; the tongue broad, flat, flabby, indented at the margins by the presence of the teeth, and coated with muco-purulent exudation (?) The bowels are usually constipated; yet the patient may tell you he has daily alvine evacuations, and yet the colon may be in a state of distension from fæcal accumulation. The abdomen is swollen, and feels unequal to the hand, the course of the ascending and transverse colon being more resisting than the other parts to pressure; in these situations there is also sometimes tenderness, and even pain. Besides the foregoing symptoms, the patient almost constantly complains of headache; he says he is very nervous, subject to tremors and sudden flushings of heat upon excitement, as well as palpitation of the heart, and epigastric throbbings.

Dr. Marshall Hall recommends active purgatives in the treatment of this disease. For a considerable time the author followed his advice, but found cause to be dissatisfied with the results. The patients for a short period expressed themselves relieved; but day after day the necessity for cathartics became more urgent, and the relief obtained became gradually less marked. He therefore commenced to inquire whether there was any other remedy likely to be more persistent in its benefit, and alum presented itself to his mind as a medicine fitted for controlling the pathological condition upon which he believed the disease to depend. Looking on mimosis acutus as a disease essentially consisting in a semi-paralytic state of the ganglionic nervous system, its analogy to lead colic seemed very evident; and in connexion with this analogy, the medicine that was found useful in the one disease would naturally present itself as being likely to prove beneficial in the other. Accordingly he was led to administer alum in comparatively large doses, in cases of habitual costiveness accompanied by the symptoms described above, and found its use to be followed by advantages which could not be hoped for from the use of ordinary purgatives. He considers moderate doses of this medicine to be very useful, not only in restoring the healthy tone of the large intestines, enabling them to expel their contents, and rendering the continual use of purgatives unnecessary, but also in affording an universal firmness and strength to the system; it diminishes abnormal and debilitating secretions, while it increases the urine. When alum is given in doses of a scruple or half a drachm without being conjoined with any purgative, in mimosis acutus, it produces large and very solid evacuations. For private practice the following formulæ may be employed:—

Take.—Alum, two drachms;
Sulphate of magnesia, one ounce;
Infusion of roses, eight ounces.
Dose.—Two large spoonsful in a cupful of water, to be taken early every morning.

Or;

Take.—Alum, two drachms;
Compound tincture of cardamoms, four drachms;
Infusion of roses, seven ounces and a half.—Mix.
Dose.—Two table-spoonsful three times a day.

Dublin Hospital Gazette.

THE SALE OF ARSENIC.

LORD CARLISLE'S bill, to regulate the sale of arsenic, has been read a second time in the House of Lords. It declares that the unrestricted sale of arsenic facilitates the commission of crime. The bill provides that on every sale particulars of the sale shall be entered by the seller in a book before the delivery of the arsenic, and every such entry is to be signed by the person selling the same. Any person selling arsenic, save as authorised by this bill, and every person giving false information to obtain arsenic, are to be summarily convicted before magistrates, and to be liable to a penalty not exceeding twenty pounds. The bill is not to prevent the sale of arsenic in medicine under a medical prescription.

HOMŒOPATHY.

IN adhering to allopathy, we consider that, though we are embracing a system extremely imperfect, we are at least embracing one which, with all its faults, contains a considerable amount of truth, and a yet greater amount of good: and which, above all, is, or may be made, in its exercise, consonant with the principles of science, and is capable of indefinite improvement; while, in rejecting homœopathy, we consider that we are discarding what is at once *false and bad, useless to the sufferer, and degrading to the physician.—Dr. Forbes.*

SIR THOMAS BROWNE ON THE INCREASE OF DISEASE.

SOME will allow no disease to be new; others think that many old ones are ceased; and that such which are esteemed new, will have but their time: however, the mercy of God hath scattered the great heap of diseases, and not loaded any one country with all. Some may be new in one country, who have been old in another. New discoveries of the earth discover new diseases; for besides the common swarm, there are endemical and local infirmities proper unto certain regions, which in the whole earth make no small number; and if Asia, Africa, and America, should bring in their list, Pandora's box would swell, and there must be a strange pathology.

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A FEW WORDS TO NEWS-READERS.

[We have much pleasure in complying with the request of the "*Union for the Discouragement of Vicious Advertisements*," to give an extended circulation to their admirable address by the means of our Journal.]

I have no authority to teach or to advise my fellow-countrymen, and therefore I conceal my name, lest I might seem to take too much on myself in addressing you. But the seed of a great moral evil has of late been sown broadcast amongst us, and I must perforce speak out the facts which I have ascertained concerning it, or it will spread its roots and branches into all our English homes. It was formerly the custom for a few dealers in drugs to advertise cures for a disorder which is well known to accompany vice in all countries, and it is to be presumed that a considerable income was realized by the sale of these wares. Little evil perhaps arose from this; the sufferers alone bought the remedies, and those who did not buy them had no great cause of complaint. Of late this trade has declined from several causes unnecessary to specify, but of which one appears to be the increased popularity of Hospitals among the lower orders. Finding their business decrease, the same parties, or their successors, have taken up another line; they endeavour to make money not so much by the sale of medicines as of books. These are publications which, with a light veil of pretended science, are designed to excite and gratify a morbid curiosity. They propose fallacious modes of illicit indulgence without risking the consequences that attach themselves to it. They are filled with pictures, which leave the most pernicious impression on the mind; the very tables of contents are studiously calculated to arouse dangerous ideas. The titles are skilfully worded in insinuating language, and some volumes, which contain no direct obscenity themselves, seem written principally to introduce others more fully immoral by the same author. These books are printed in such a form as to be accessible to the purses of all, and to be capable of being transmitted secretly by post to those who send the required value in postage-stamps. They are obviously addressed not to the sick alone, but to all the young and unwary. They treat of a disorder which they insinuate is the consequence of youthful errors.

Into how many pure but curious minds poisonous ideas have thus been insinuated it is impossible to determine, but some conception may be formed of the enormous circulation of these books from a few obvious facts. And remember that for one who reads the book there are 500 who read the advertisement of it. You know you can hardly take up a paper without the eye falling on some notice, headed "Manhood," "The Silent Friend," "Nervous Debility," "Self preservation," "Marriage," and the like. Nearly all even of the London daily papers are thus disfigured. Now there are in England alone, without Scotland and Ireland, more than 240 country papers, and of these, I am informed by a news-agent, not more than twenty at most exclude these advertisements. There are also nine of the ten general daily journals, and about twenty weekly issues of other publications in London, where they may be seen to the number of from three to five in each copy. I am informed by a house which advertises Patent Medicines very largely, that though the provincial editors will enter into yearly contracts for the insertion of their notices, the London proprietors nearly all require the regular payment of a fixed sum per word or line, so that our approximation to the sums charged for insertion can be made pretty exact. But in all cases we will take the extreme minimum as the basis of our calculation.

The mere duty paid to government by a daily paper for the average number of three advertisements amounts to 70*l.* 4*s.*, and we cannot reckon on their charging, on an average, less than 7*s.* 6*d.* each insertion, for the printing and contingent expenses, for profit, and compensation for injury done the journal. This gives 420*l.* as the expense of three daily insertions per annum, and 70*l.* for the same number in a weekly periodical.

Three advertisements in nine London daily papers cost at least		£ 3,780
,, ,,	twenty weekly	1,400
,, ,,	220 country weekly papers . . .	15,400
		£ 20,580

We thus see that the smallest amount at which the expense of advertising only three of these books to the usual extent can be estimated, is upwards of 20,000*l.* per annum! Add to this the cost of binding, storing, the rent of several large houses in expensive parts of London, the employment of numerous agents, not only throughout the United Kingdom, but even as far off as Bombay and Calcutta, and some conception may be formed of the enormous outlay of these establishments. Their gross income is sufficient not only to cover all these disbursements, but to realize such a surplus profit as supplies the speculators with the means of lavish and notorious luxury.

Some may perhaps question whether this is derived from the sale of books, and may suppose that a large concourse of patients are attracted to their houses, whose payments might compensate for losses by advertising. Such, however, is not the case. Their doors have been watched. Few go in or out—there is none of that crowd which is a morning nuisance to the neighbours of a successful medical man—but the postman delivers, almost hourly, huge packets of letters, containing, some perhaps money, but most, apparently, the postage-stamps which the advertisements inform us may be sent to pay for the books. No home is safe; these publications may be carried, by the facility of modern transport, into each of our nurseries and kitchens, and be perused, perhaps at this moment, by some member of our households in unwary ignorance. Indeed, indeed, you must awake to what is going on; for their impurity and circulation increase daily. We are informed by the daily papers, that "Manhood, &c." is being translated into five languages! so that our country is to be made a focus of infection for the rest of the human race, whom we are inviting now to come and see the triumphs of our taste and industry. Oh, shame on England! if she raises no hand to stay the flood of iniquity which is thus ready to overflow.

Let us not attempt to shift the guilt of the continuance of this plague on to the Editors of Newspapers, and say that if they excluded these advertisements the evil would cease, from the books finding no sale. This is true enough; but then the Editors can justly allege, that if customers give a tacit consent to the practice, it cannot be expected that the proprietors should forego the large profits derived therefrom. It rests with you—with you alone, newspaper readers, to stop the torrent. And you can do it, without expense, and with but little self-denial. Let each individual that receives this appeal write without delay to the editor of the paper he reads, whenever he sees it defiled by one of these easily-recognized advertisements, and say that, unless its insertion is discontinued, he cannot in conscience any longer patronise the publication. Whatever your station may be, you can do something; and the higher it is, the greater is your influence and responsibility. On country gentlemen rests mainly the persistence of the evil in provincial papers; they can, and we trust they will stop it. Let, too, each one of you that are advertisers, be you publishers, men of business, authors, masters seeking servants, or servants seeking masters, refuse to appear any more in such company, and let it be known at the newspaper office why you withhold your patronage. The editors

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are already sensible of the poison they are nourishing; they feel no difficulty in drawing the line between these advertisements and others; some indeed, honourable leaders in a just cause, have for some time entirely excluded them; and others, ashamed of this foul source of income, are waiting but your remonstrances to follow the same course. You can, and we trust you will exert your power.

Yet another thing you can do. You, men of England, have a mighty overpowering force if you are only united. The slightest movement made by all in concert can do in a moment what the most exhausting efforts of the most earnest men singly can never effect. Do not trust to others, but unite yourselves, and destroy a giant enemy. By simply sending your name to be enrolled in the UNION now forming FOR THE DISCOURAGEMENT OF VICIOUS ADVERTISEMENTS, you will, with no expenditure of money beyond a postage-stamp, and little more than a stroke of the pen, assist materially with your influence and sympathy a good cause. You pledge yourselves to no test by so doing; you simply give encouragement to those who are labouring with this object, by declaring your intention to check a great moral evil, and remove from England this foul blot. The expression of your wish will work its own accomplishment.

In immediate connexion with the above appeal is the following disclaimer of the *Weekly Dispatch*, which appeared in the impression of that newspaper on the 9th instant.

"Dr. de Roos.—A person who advertises in the London and provincial journals, as 'Dr. De Roos,' a name, by-the-by, we cannot discover in the 'Medical Directory,' has thought proper to connect the *Weekly Dispatch* with his 'Gutta Vitæ, or Life Drops,' and also with his 'Compound Renal Pills.' On looking over the *Hampshire Advertiser* of Saturday last, our eye alighted on an advertisement announcing the sale of 'Dr. de Roos's' medicines, and in their praise, and in reference to a book called the *Medical Adviser*, the following observations appeared as from the *Weekly Dispatch*:—'Many a man who unmarried and miserable, is now enduring in silent sorrow the penalties of former folly (perhaps committed in ignorance), had he possessed such a book as this, would have been a happy husband, a honoured parent, and useful member of society.' Now we declare that we have never written a word in favour of 'Dr. de Roos's' book or 'pills,' or his 'drops.' The pretended extract is a pure fabrication. We should not think of recommending a medicine that we would not administer to a cat or a dog, or any other animal that we had the slightest regard for; nor praise a work we had never read."

TO THE EDITOR OF THE PEOPLE'S MEDICAL JOURNAL.

March 7, 1851.

SIR.—I heartily second the suggestion of your correspondent E. I. T. P. (Birmingham), in No. 62, that the PEOPLE'S MEDICAL JOURNAL be raised in price to three-halfpence per number; and perhaps, if you will give another "whisper," you may be able to carry the motion unanimously. . . . . We ought not to demur about an extra halfpenny, seeing that you have, by your kindness, presented us with weekly illustrations; and it must be apparent to all that you have incurred for THE PEOPLE an important outlay. . . . . .

Wishing your journal a happy career, and assuring you of my best endeavours to attain this desirable end,—I am, your's respectfully, OBITER DICTUM.

QUACK DENTISTS.

THE ignorance of many who practise as dentists in London is beyond all belief; and the damage which they do to the public, both in a dental and pecuniary point of view, is scarcely conceivable. The practice of dental surgery requires to be placed on a proper basis, and no man should be permitted to exercise the art, who has not given some proof of his competency by education and examination. The columns of the journals are daily filled with alluring advertisementsof succedanea, terro-metallic preparations, &c. &c., a striking proof of the ease with which the public are deceived by the professors of dental quackery, and the rich profits which must be derived from this *mare magnum* of unlicensed practice. We have heard on good authority that it is the custom of some of these pretenders to advertise themselves under five or six different names; to have apartments with conspicuous brass plates on the doors, in as many different parts of the town, marking out their consultation-hours in a way to suit their ubiquitous proceedings. A hard name, of Sclavonic origin, is also found to be particularly attractive; and if a succession of failures should occur under one name, it is easily laid aside for another!

ON THE COLOUR OF THE EYES.

M. PATREQUIN found that in these latitudes the most common colour of the iris was grey. Taking 600 individuals of both sexes he obtained the following results:—

Grey eyes	208
Blue	100
Light-brown	144
Brown	134
Black	14

The brown and black eyes are thus proved to be in a much smaller proportional number than those which are grey or blue.

The same observer found the following results with respect to the colour of the eyes in the two sexes. His observations were made on 489 individuals—352 males, and 137 females.

	Males.	Females.
Grey eyes	134	39
Blue	49	29
Light-brown	93	19
Brown	70	45
Black	6	5
	352	137

Thus it will be seen that grey eyes predominate among males, and brown eyes among females, the grey eyes are in the sexes respectively as 1 in 2·6 males, and 1 in 3.5 females; the brown eyes are, on the other hand, 1 in 3 females, and only 1 in 5 males.

PERIODS AT WHICH HYDROPHOBIA OCCURS.

EVERY one that is bitten by a dog really mad does not get the disease; the proportion of those bitten is as 15 to 1 that gets hydrophobia; so that we may reasonably doubt the efficacy of many of those remedies we hear of to prevent the disease. The symptoms of hydrophobia never appear earlier in a man than the twentieth day after the bite; the most usual period is between the 30th and 60th days; sometimes they do not appear for twelve and even eighteen months. We have accounts of cases where there was a lapse of twenty years between the bite and the appearance of the disease, but they are not to be relied on. After eighteen months have elapsed, you may consider your patient safe; there is no fear of his getting affected.

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HINTS FOR HEALTH.

TEMPERATURE OF THE BODY.

The mean temperature of the body, according to Liebig, is in man 97·7°; in women, 98·2°; in children, 102·2°. The temperature in the mouth or rectum varies from 97·7° to 98·6°; that of the blood is, according to Magendie, from 100·6° to 101·6°. The lowest temperature observed in the body was 95·5°; the highest probably that mentioned by Sir George Lefevre, as observed by Dr. Currie, in a case of scarlatina, 112°.

LOUNGING IN BED.

Nothing, says Dr. Cheyne, can be more prejudicial to tender constitutions than lying long in bed, lolling and soaking in sheets, after we are distinctly awake, or have slept a due and reasonable time. A free, open air, is a kind of cold bath, especially after rising out of a warm bed, and consequently makes the circulation brisker and more complete, and braces up the solids, when lying in bed dissolves and soaks then in moisture.

FEEDING INFANTS.

During the first weeks of existence the infant does nothing but digest, grow, and sleep; and it, therefore, requires to be fed more frequently than at a later period. On an average about three hours may be allowed to elapse between its repasts, and as it becomes older, the interval may be gradually extended.

If the breast be not habitually offered as the readiest means of silencing the child, there will rarely be any active desire for it at a shorter interval than two and a half or three hours. But if it be demanded in an *unequivocal manner*, the mother will be quite safe in yielding to the child's entreaties, only taking care that it does not gorge its stomach.

During the night also, as well as during the day, the infant requires to be fed, but not so frequently. At first it may be put to the breast, perhaps thrice in the course of one night—but afterwards twice, viz., late at night and early in the morning, will be sufficient.

THE TREATMENT OF WARTS.

The treatment of warts is to pare the hard and dry skin from their tops, and then touch them with the smallest drop of strong acetic acid, taking care that the acid does not run off the wart on the neighbouring skin, for if it do, it will occasion inflammation and much pain. If this practice be continued once or twice daily, with regularity, paring the surface of the wart occasionally, when it gets hard and dry, the wart may be soon effectually cured.

RESPIRATION.

Deep inspirations relieves the circulation by leaving greater space for the admission of blood into the heart, whilst violent expirations are chiefly of use by freeing the lungs or air-passages of noxious and irritating substances.

HEART-BURN IN PREGNANT WOMEN.

Pregnant women are frequently troubled with heart-burn. This is a symptom also of a disordered stomach. A nacid is formed in the stomach, it rises into the throat, and, from the sensation it produces, is called "heart-burn. Women know that a little chalk or magnesia relieves this complaint, we therefore seldom hear anything of it; but if consulted respecting it, the best remedy I am acquainted with is ten drops of the solution of the subcarbonate of ammonia, and fifteen grains of magnesia, with an ounce of distilled pepermint water taken three times a day.—*Dr. Gooch.*

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DISEASES OF ERROR. Their Symptoms, Varieties, Effects, and Rational Treatment.

Preface.—"It is with much reluctance I publish this little book. My position, however, as editor of the PEOPLE'S MEDICAL JOURNAL, renders the task imperative. The world can form no conception of the thousands of sufferers who seek for such counsel as I have endeavoured to give in the following pages: the world can form no conception of the thousands who, lured by the specious advertisements of empirics who profess to make certain infirmities their special study, have been wrecked in health, peace, and purse. The daily receipt of letters, addressed to me in my Editorial capacity, from victims to this heartless assumption and robbery, convinced me that I might do 'the state some service' by giving a plain exposition of those diseases which have hitherto been a golden harvest to ignorant empirics."

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

A Glossary or Dictionary of Medical Terms, uniform with the PEOPLE'S MEDICAL JOURNAL, will be published as a Supplement with our next number. The price, for the Number and Supplement, will be three-pence. It is requested that orders may be immediately given to all news-agents in London and the provinces, as our impression of the number will be limited.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

TO NEWS AGENTS.—We shall be glad to receive the names and addresses of those whom we have omitted in our list published in No. 62.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

BACK NUMBERS.—There should not be any difficulty in procuring back numbers to complete volumes, or numbers containing certain articles. They are always on sale by our publisher, and any delay that arises must be consequent on some forgetfulness on the part of the local bookseller or his town-agent.

THE Index to Vol. I. was published with No. 26. The Index to Vol. II. with No. 52.

NERVOUSNESS.—We have been prevented by many pressing engagements from completing the article on nervousness.

***—We beg to refer our readers to the letter of OBITER DICTUM. Between the Patient and the Physician there should always exist a bond of confidence in each other; we avail ourselves of this confidence, and again "whisper."—We require five thousand echoes to the *loud voice* of our correspondent.

A. DONALDSON (Stepney Causway).—To your First question: Yes. Second: read YEOMAN ON HEADACHES.

A MECHANIC.—Mr. Smith, 1, High Holborn, will supply you with a truss that will be a support, and preventive of greater mischief; apply to him.

HANNAH B. (Kingsland Road).—Call on Sunday morning before one o'clock.

SCHNEIDER (Maddox Street).—The diseases peculiar to TAILORS were detailed in Nos. 42, 43, 44.

JAMES LAWSON (Hull).—Rub the parts briskly with a flesh-brush; and take five grains of the compound galbanum pill every night.

ALEXANDER.—Equal parts of lime-water and milk will frequently arrest the most troublesome heart-burn—try it; the remedy is simple.

J. F. (Little St. James's Street).—By post-office order.

J. HALLAWELL (Ripponden).—First.—We do not know what you mean by "those yellow paper blisters"—they are probably prepared by some local druggist. Second.—Read the articles on RHEUMATISM in Vol. I. Third.—The fable of the Old Man and his Ass is ever in our mind, when we receive such requests. Fourth.—By our arrangement we hope to please all as regards the Glossary.

W. ROSENTHALL (Birmingham).—The *saline water* at the Royal Pump Room, Leamington, is well adapted for your case: it contains the muriates of soda, lime, and magnesia, a small quantity of the sulphate of soda, and a trace of the carbonate of iron. The taste, we must confess, is not very pleasant, being both salt and bitter.

JOHN B. (Wells, Somerset).—Take a piece of lead—a shilling will do as well—and strap it tightly over the swelling. As it decreases in size tighten the strapping.

"SICKNESS; ITS TRIALS AND BLESSINGS."—We cordially recommend this work to our readers. The appendix is now published by Rivingtons, St. Paul's Church Yard, as a separate tract, price 2d.; it is entitled "Suggestions to Persons in Attendance on the Sick and Dying." The perusal of this small tract has given us unfeigned pleasure, comfort, and instruction.

N. T. S. (Southampton).—Try pressure, and give the hand as much rest as possible. Is N. T. S. a Nancy or a Nicholas? 'Tis surprising that people write so vaguely on matters of vital importance.

A POOR CLERK (Birchin Lane).—On Sunday morning, before one o'clock.

RICHARD LONG (Orchard-street, Portman-square).—The symptoms you describe are common to bronchitis and to consumption. We must see you.

A CONSTANT SUBSCRIBER—Should know that we object to such signatures. The article to which he refers was completed in the same number: it is the "series" of the papers that is *to be continued*.

J. W.-MEDICUS (York).—Read YEOMAN ON COUGHS, COLDS, BRONCHITIS, &c.

W. WILLIAMS.—Nervousness arising from indigestion, and perhaps other causes. We cannot direct you, guided only by your very brief letter.

H. G. S. (St. Paul's).—We recognize your handwriting as that of an old correspondent who addressed us under other signatures; we can only give the same answer as before.

J. M. D. (Dundee).—What a cheap article is courtesy! When you have occasion to request a favour, ask it with civility, do not demand it rudely. Accept this advice *gratis*. Now to your question. Professor Gregory's "Outlines of Chemistry," price 7s., is the best.

JAMES STEWART (Hastings).—It may be accounted for in this way: During sleep the whole muscular system is at rest, it therefore requires and consumes less nervous power; the stomach, however, may be "at work," and it will require and obtain the excess of nervous power.

JAMES WILLIAMS.—See answer to C. C. in No. 61.

O. O. O.—You will find an article, or notice, on TAN and FRECKLES in the second volume. We have not time to refer to the exact pages.

JAMES THOMPSON (Birmingham).—Read the DISEASES OF ERROR.

JACQUES.—In the original French, Tissot is worth reading; the English translations are obscene and impure. A quack has assumed the name.

LEWISHAM, KENT.—A Rhubarb-seller,—that is an apothecary who calls daily for "orders" for pills, mixtures, draughts, and lotions, as a green-grocer's boy calls for orders for potatoes, cabbages, spinach, and fire-wood, but who, unlike the honest little costermonger, *will* send, and charge for, his villanous compounds of salts and coloured waters, whether the poor victims who "call him in," require his "stuff" or not,—a Lewisham apothecary is, forsooth, "much displeased" with a respectable family, resident within the vapour of his camphor and mint-water, because—set down your oil-cloth-covered wicker-baskets, you dirty little doctors' boy, and listen,—wink and twinkle ye little green, blue, and red lamps,—dissolve into thin syrup ye pills of aloes and treacle—because this family read, recommend, and follow the precepts of THE PEOPLE'S MEDICAL JOURNAL! This Lewisham apothecary shall have greatness thrust upon him; he shall be immortalised!

L. N.—We have in our possession every letter that has been addressed to us as "Editor," and can "lay our hands on" any communication we require. We detest talking or writing about fees: The amount is well known.

D. R. S.—Unless you are a patient, the attendants at the "Doctor's" baths will treat you with incivility; if you are a patient, you have a quack for your doctor.

APPROPRIATE.—We perceive by advertisement that a hydropathic establishment has been recently opened at *Blarney*, near Cork, "Sweets to the sweet"—"Blarney to blarney."

SAMUEL BOWERS (Longton).—CYRENIUS (Ashton).—J. W. RICHARDS (Manchester).—WILLIAM LONG (Redcar).—A YOUNG STUDENT.—Jos. HARPER (Newcastle-on-Tyne), are thanked for their suggestions. Numerous other letters have been received, and the Editor begs to acknowledge the great interest evinced by the writers for the success of his Journal.

O. P. Q. (Newington).—When you mention the "one exception" we may then pay attention to your letter.

H. H. (Liverpool).—Your communication shall have our best attention; the "few words" published in this number will point out the manner in which the people may arrest the advance of such vampires.

VERITAS (St. Alban's).—Foul odours will descend as well as ascend; are we to understand they are animal exhalations of which you complain? Quit such a disagreeable and unwholesome residence.

J. L. (Lampeter).—The difficulty of breathing appears to be the result of advancing age, not an effect of disease.

KIDDERMINSTER.—In our last Mr. Robarts' name and address were misprinted; they should be "W. S. Robarts, bookseller, Dudley Street."

HEALTH OF LONDON DURING THE WEEK.—The return exhibits an unfavourable state of health amongst the population of the metropolitan districts. The deaths registered amount to 1247, and taking the ten corresponding weeks of 1841-50 for comparison, no example occurs in the series of so great a mortality. Last week 570 children died under fifteen years of age, whilst the corrected average is only 478; 374 persons died at fifteen years and under sixty, whilst the average is 361; and 302 persons of sixty years and upwards died, though the average is only 252. Hooping-cough carried off 70 children, bronchitis 160 persons of various ages; asthma 40; croup 13; influenza, which is increasing, 15. Consumption destroyed 154 lives. The births of 1580 children were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN M.D.

No. 65.—Vol. III.] SATURDAY, MARCH 29, 1851. [PRICE THREEPENCE WITH A GLOSSARY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XIII.—THE BONES—THE CRANIUM.

The bones differ principally from other organs by their great hardness and solidity, which permits them in a measure to form the base of the whole body. These qualities render them able to form levers, on which the muscles act to produce motion. Hence they may be called the passive organs of locomotion.

The great hardness of the bones is the immediate result of their chemical composition. They are composed of two distinct substances, an animal and an earthy matter: the former organic, the latter inorganic. The animal, or organic matter is arranged in lamellæ or plates which intersect each other, leaving spaces or cells between their web-like structure, in which is deposited the earthy matter, consisting chiefly of the phosphate of lime. If a bone—the radius or larger bone of the fore-arm, for example—be immersed in diluted sulphuric, nitric, muriatic, or acetic acid, it will retain its original bulk and shape, but will lose a great part of its weight; it will become soft and pliable, and may be twisted, and bent, and tied in a knot. This is effected by the removal of the earthy matter by the agency of the acid, which holds in solution the lime, &c., whilst the animal constituents of the bone remain intact. The absence of a due proportion of earthy matters in bone is a frequent cause of rickets, hence the *rationale* of prescribing lime-water and calcareous diet and remedies;—it also causes that disease called mollities ossium, or softening of the bones.*

If, on the other hand, the same bone be placed in a charcoal fire, and the heat increased to whiteness, the bone will on cooling appear perfectly white and delicately brittle. In this case the membranous or animal matter will be consumed by the fire, whilst the earthy constituents are left unchanged.

Every constituent atom of bone consists, then, essentially of animal and earthy matter intimately combined, A little more than one-third part being animal matter; the remaining two thirds earthy matter.* The colour of the bones is yellowish white.

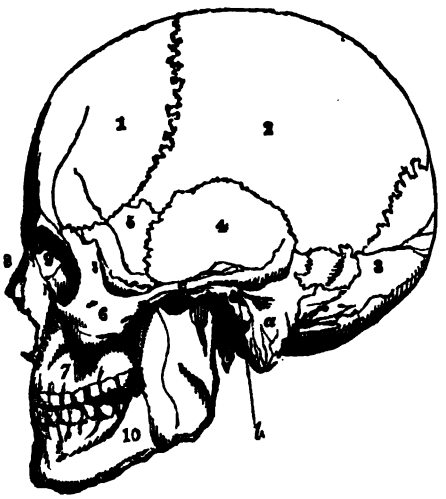

Figure XXV.

Lateral View of the Human Skull.

1. The frontal bone.
2. The parietal bone.
3. The occipital bone.
4. The temporal bone.
   a. The mastoid process.
   b. The external opening of the ear. (Meatus auditorus externus.)
   c. The zygomatic process of the temporal bone joining the malar bone.
   d. The styloid process.
5. The sphenoid bone.
6. The malar or cheek bone.
7. The superior maxillary bone, or upper jaw.
8. The nasal bone.
9. The lachrymal bone.
10. The inferior maxillary bone, or lower jaw.

We can make no general remarks in regard to their form; they vary so much in this respect, that it is common to divide them into long, broad, and short bones, all which possess peculiar characteristics in texture as well as in form and size.

The bones present eminences and depressions which differ much in form and in importance. The eminences are of two kinds; one class serving for the insertion of the tendons of muscles, and of the ligaments, and is usually rough, irregular, and destitute of cartilage, as in the large trochanter of the thigh bone (7, fig. ii.); the others, which relate to the kind of motion performed by the bones, are smoother, more regular, and covered with cartilage, as in the head of the thigh bone (6, fig. ii.). The eminences which project and are long in proportion to the body of the bone are usually called *processes*, as the mastoid process of the temporal bone (*a*. fig. xxv.); *tuberosities*, which are shorter, but broad and uneven; *styloid processes*, which are cylindrical and thin; *crests*, which are more extensive, smooth, and strongly projecting, as in the crest of the ilium (1, fig. ii.); and *linea aspera*, or rough lines, which are extended, not very prominent, but broad. The expansion of a bone to form a joint with two other bones is termed a *condyle*, as the condyles of the upper arm (*e*. and *f*. fig. 1.), and the condyles of the thigh bone, (*l*. and *m*. fig. 1.).

The depressions serve for the articulations of the bones with each other, for the insertion of muscles and ligaments, and for the passage of vessels and nerves. The first are supplied with cartilages, the second are roughened, and the third are always smooth and more or less round. They obtain different names according to their size and purposes; a *glenoid* cavity is a shallow cavity for the lodgment of another bone, as the socket for the shoulder-joint; a deeper depression is called an *acetabulum*,

* See page 28, Vol. 2, No. 30.

* For the minute chemical analysis of bone, see page 1, Vol. II., No. 53.

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as the cavity for the reception of the thigh bone (3, fig. ii.); a *sinus* is a depression or cavity in the substance of a bone, having a narrow orifice: there are also pits, grooves, and notches, which serve for the attachments of muscles and ligaments, and as channels for the passage of nerves and vessels.

The bones are covered with a fibrous membrane, called the periosteum, which extends every where over them, except in such parts as are tipped with cartilage, and the teeth, which are protected by enamel. In infancy the periosteum is slightly united to the bone, and is removed with the greatest facility; in the adult the adhesion is more firm, and is excessively so in aged persons. This membrane is subservient to several uses; it is the nutritious membrane of the bone, it endows its exterior with vitality, and if it is separated from it, the surface of the bone perishes. It gives convenient insertion to nearly the whole of the fibrous system; namely, the tendons, ligaments, and aponeuroses: and, by means by its smooth surface, the action of the muscular fibres of the tendons is easy, and the effects of friction, and "jarring" are prevented.

In its healthy and natural state the periosteum, like bone, possesses little sensibility, yet when inflamed it is intensely painful; it is frequently the seat of the earliest and most severe effects of the secondary effects of the syphilitic poison.

We defer speaking of the articulations or the joints, until we come to the individual bones which form the several joints.

THE CRANIUM OR SKULL.

As the skull encases the brain, it must be evident that its shape and dimensions will greatly depend upon the size and form of the cerebral mass. The human skull is more or less arched or dome-like in its contour. Commencing above the eyes, to the chambers of which it forms a projecting ledge and roof above, it sweeps round to its commencement, encircling the brain, and is pierced by certain apertures, or foramina, for the ingress of arteries, and for the exit of nerves and veins. The form of the skull at the period of birth differs materially from that of the adult, and more particularly in the following circumstances. First—in the greater relative size of the head to the whole body. Second,—In the greater size of the cranium relatively to the face. Third,—In the greater number of osseous pieces that form the cranium. Fourth,—In the thinness of the bones. And sixth,—in the existence of membranous spaces, called fontanelles or bregmata, in various parts of the head. These fontanelles, or openings in the infant head, result merely from the undeveloped state of the cranial bones, and as the osseous matter is deposited, as the bones grow, so they become closed up.

The bones of the head are divided into those of the cranium and those of the face. In man the cranium consists of eight bones, united to each other by the interlocking of their edges which are serrated, that is jagged, or like the teeth of a saw, the lines of junction being technically termed sutures. This description of bony union is beautifully displayed in the junction of the two bones marked 1 and 2 in the engraving.

The forehead is occupied by the frontal-bone (1, fig. xxvi.), which consists of a single portion; it forms the roof of the orbits, and assists to form the temples. In shape it has been compared to a clam shell. The external surface is smooth; the internal surface is concave, and for a short distance, is partially divided by a spine of bone which proceeds from its centre, where it joins the bones of the nose. Within the plates of the bone on either side of this spine are two openings called the frontal sinuses, which communicate with the nose. These cells are frequently the seat of much uneasiness, especially that of a dull, heavy, pain, and a sense of "stuffing" that is so frequently experienced in severe colds and influenza. The frontal bone is joined to the two parietal bones by the coronal suture; to the sphenoid-bone; to the ethmoid bone, and to the lachrymal bones.

The sides and top of the head are formed by the two parietal bones (2, fig. xxvi.). In form they are nearly quadrilateral; they present two surfaces, an external and internal; each bone has four margins, an anterior or frontal; a posterior, or occipital, a superior or parietal; and an inferior, or temporal. The parietal bone is joined by its frontal edge to the frontal bone; by the parietal edge to its fellow bone, and this union is called the sagittal suture; by its occipital edge to the occipital bone; and by its temporal edge to the sphenoid and temporal bones.

The occipital bone (3, fig. xxvi.) is situated at the back of the head, and forms part of the base of the skull. In shape it is trepizoidal or lozenge-shaped, and is convex externally, concave internally. At the under and fore-part of the bone is the great opening through which passes the medulla oblongata, or upper part of the spinal marrow. The occipital bone is here remarkably thick, and obtains the name of the basilar process; on either side of which is a smooth eminence, termed the condyle, for articulating the head with the first vertebra of the neck. This bone is united by its parietal margin to the parietal bones; by its temporal margin to the mastoid process of the temporal bone (*a*, fig. xxvi.), and by its basilar process to the sphenoid bone.

The temporal bones are a pair (4, fig. xxvi.). They form, as their name expresses, the temples; they are irregular in shape and unequal in thickness. Each bone is distinguished by two distinct portions, the upper part is thin and of scaly character, hence named the squamous portion (4, fig. xxvi.); the other half is of a triangular form, and of a close texture of rocky hardness, and is called the petrous portion (*a*, fig. xxvi.) The squamous portion is bounded at its base by a thin narrow projection of bone, called the zygomatic process (*c*, fig. xxvi.), which joins the malar or cheek-bone. Immediately behind the root of this projection is a cavity for the reception of the lower jaw, and posterior to this articulation is the external auditory passage, or external opening to the ear (*b*, fig. xxvi.). On the inside of the squamous portion are marks or depressions, formed by the convolutions of the brain; and the margin, where it overlaps the parietal bone, is bevelled off. In the petrous portion is the internal auditory passage, by which the nerves of hearing enter the ear, which organ is here situated: at the inferior angle is a canal, called the carotid canal, which gives passage to the chief artery of the brain; and at the base is a thimble-like depression, named the jugular fossa, made by the commencement of the jugular vein. The temporal bone is united by its zygoma, or arch-like process (*c*, fig. 26), to the corresponding projection of the malar bone (6, fig. xxvi.); by the lower edge of the squamous portion, to the large plate of the sphenoid bone (5, fig. xxvi.); by the superior edge of the same part, to the parietal bone; and by the mastoid and petrous portion to the occipital bone.

(To be continued.)

DEATHS FROM PUNCTURES IN DISSECTION.—MORTALITY AMONG FRENCH MEDICAL STUDENTS.

From accurate researches it appears that during a period of twenty-one years, from 1826 to 1846, thirty-three students belonging to the Faculty of Medicine of Paris died from suppurative fever arising from punctures received in dissection. It appears also, that while during the same period the rate of mortality was only one in eighty among students of law, and one in seventy-five among the students of the Polytechnic (Military) School, it was at least one in fifty among students of medicines.

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NERVOUSNESS.

BY THE EDITOR.

No. IV.—*(Continued from page 77.)*

THE general symptoms that accompany nervousness will be tolerably well understood by the reader who has perused the cases we have reported in the three preceding articles. To make the history complete, we will, however, briefly recapitulate the leading signs that characterise the disorder.

In all cases there is more or less disturbance in the stomach and organs of digestion; the tongue is foul, and the papillæ at the back part enlarged and furred; the taste is vitiated; the appetite precarious, sometimes never satiated, at others loathing food: as soon as food is received into the stomach, or soon after, it feels "blown out," distended with wind, and occasions most uneasy sensations; or perhaps sickness comes on, and its contents are ejected. Sleep or drowsiness after eating is a frequent result. Some persons complain acutely of a "rising" in the throat, which appears to resemble the globus hystericus in excitable females. A fluttering, or increased palpitation, is felt at the heart, which is aggravated by any little excitement; and sometimes there is pain in the left side. On examining the patient with the stethoscope, we seldom find any unnatural sounds of the heart or lungs that indicate disease, neither is there any tumour or enlargement at the seat of his pain—indeed, in nine cases out of each ten, all the symptoms are the result of disordered function, not of diseased organisation. The pulse is variable and easily affected, either by exertion or by any trifling circumstance; it will range from 80 to 96 degrees, generally weak, and occasionally intermittent. The bowels are irregular, seldom acting in the same person for many days together in the same manner; they will be constipated for a few days, then relaxed, and become confined again without any observable cause; a costive habit, however, is by far the most frequent. The evacuations are occasionally most offensive; sometimes they are green and slimy, at others of a clay-colour and clay-like consistence. The intestines are constantly charged with wind, which occasions a most disagreeable and annoying "rumbling." The flow of urine is scarcely affected; when, however, any alteration from the natural habit of the individual takes place, it is in general less in quantity, and thick or clouded: sometimes it deposits a red, or a bran-like sediment.

Headache is a constant symptom, and the pain is of a most distressing character: it is a dull heavy pressure chiefly in the fore-part and over the eyes, which is greatly increased by motion and by light. Under excitement there is a throbbing sensation within the brain; and the increased pulsation of the temporal arteries may be distinctly felt. A noise or sound, like the roaring of the sea, is heard constantly buzzing in the ears, and in some cases there is deafness in one or both ears.

The complexion is sallow, or of a dirty yellow hue; the eyes are sunken, restless, and intolerant of light; the "white" of the eye wears a jaundiced look—indeed, the appearance and the symptoms of a nervous patient afford unmistakable evidence of an unhealthy action of the liver, and all the apparatus essential to perfect digestion and the manufacture of nourishing, health-giving blood. As a consequence the body is weak, the least exertion causes fatigue, and the patient is without the least energy, or the wish to endure fatigue. If in bed, he will dread to get up; if in his chair, he will not willingly move from it; he will sit, and mope, and sigh, and brood over the load of ills and pains of which he is the unhappy sufferer.

Such are the symptoms that have reference to the digestive organs. What a volume we must write, if we detail all the symptoms that have reference to the mind!

Melancholy, fear, apprehension, distrust; want of confidence in himself; weariness, listleness, dislike of every thing, if not every body, afflict the poor patient. One may be haunted with the dread of a diseased heart, that he will die suddenly, and may drop down dead in the streets; another apprehends aneurism; a third, and he possibly possessed of wealth, sees bankruptcy staring him in the face, and the union-house in the distance; a fourth will imagine he has committed some foul crime, for which he will suffer here and hereafter; and another believes his intestines to be loaded with worms, or other parasites.

Now to the patient these fears are *not* fancies! He actually believes in them, and he has sufficient cause for his belief, for his sufferings are as great as those engendered by stern, stubborn fact. His pain and anxiety at the heart and dread of sudden death, is as great as that borne by the man who actually has organic disease. Then why, why should we deride the nervous invalid? why should all his mental and bodily agonies be sneered at, and laughed at—because forsooth,—"oh! its only nervousness?"

Is it the propensity of a healthy man to forsake pleasure, to neglect occupation, to see none but enemies in the world, and to be an enemy to the world? Is it the property of a healthy man to forsake society, and that society heretofore the most loved, to lock himself in his chamber to brood over the most gloomy imaginings; to see in the green fields, in budding flowers, in the glorious sky nought save withering deformity—or else to repine, and regret that the world and the bounties of nature are not for him, that others may enjoy them, but that he is forbidden his share by disease and pain? Is it the habit of a healthy mind and body to feed on physic instead of food, to fly from one doctor to another, to try every nostrum that comes to him in a plausible shape, and finally to become the easy prey of some charlatan, be he christian, homœopath, or jewish quack salver? Away, away with the idea that nervousness is a fancy—it is a reality.

THE CAUSES.—Indigestion we have already said is the chief cause and chief symptom of nervousness.* In fact, "the influence of the stomach in the animal economy, is greater than is perhaps generally imagined. It not only contributes to the digestion of the aliment, but the whole system is either invigorated or affected with a languor, according to the different dispositions of the nerves. By proper food the nerves of the stomach are gratefully stimulated, and the whole body is thence enlivened and strengthened; so that, besides its use for nutrition, food in the stomach becomes, on account of its stimulus, altogether necessary in some delicate nervous people for keeping up the strength of the body, and the due exercise of all its functions: and hence it is that such persons become faintish and nervous, as soon as the greatest part of the food has passed into the intestines. When the stomach is in a sound state, and digestion is properly performed, the spirits are good, and the body is light and easy; but when that organ is out of order, a languor, debility, melancholy, watchfulness or troublesome dreams, the nightmare, &c., are the consequences."†

In connexion with the influence of the digestive organs over this complaint, may be mentioned the presence of worms: in many cases we have traced, and consequently removed with facility and expedition, all the misery of a nervous patient, who suffered from the presence of worms in the intestines, especially the tape-worm, and the round earth-worm.

A modern writer says "Nervousness is entirely restricted to a highly cultivated state of society. It has no existence where man still abides in his primitive condition, (as we have no means of contradicting this, we must take it for granted). It was utterly unknown to our ancestors and to the earlier physicians. It is the

* Whytt on Nervous Diseases.

† See Yeoman on Indigestion, Low Spirits, &c.

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sickly offspring of civilisation. Its immediate causes, therefore, are to be sought and found in our habits of life." This, of course, is to a certain extent guess-work. There is, however, *a fashion* in diseases, and "Nervousness" certainly has been the fashionable disorder of the nineteenth century.

Among the other causes may be mentioned, severe study, long-continued and too close application to business; confinement in badly ventilated or dark offices or work rooms; the constant remembrance of some material loss, either in the heart's best affections, or in worldly position; anxiety of mind; grief; sedentary employments; late hours; all kinds of excessive excitement, whether physical or moral; inordinate indulgence in any one species of sensual gratification,—and that fearful result of one species of indiscretion,—Tabes Dorsalis—ranks foremost, and is ever the most prolific cause—hard drinking; the too frequent use of aperient medicines; the imprudent use of mercury, opiates, iodine, and other drugs; the daily drinking of quantities of blashy tea, or too much coffee; slavery to tobacco; indolence and the absence of cleanliness, will sooner or later induce that miserable complaint we are now describing.

In women almost all the derangements of the womb and its peculiar functions are attended by some degree of nervousness.

Our next article in this series will describe our moral, dietetical, and medical treatment of this complaint.

CAUSE OF THE SUCCESS OF QUACKERY.

No one can for a moment doubt that the practice of medicine, like that of agriculture, and every other art, must be benefited by a knowledge of the laws which govern the objects it embraces. Yet it is not an uncommon thing, at the present day, to find men totally unacquainted with the first elements of human physiology undertaking the practice of the most difficult of professions. In other arts failure is the inevitable result of ignorance; and men find it necessary, in order to succeed, that they should keep up with the knowledge of the day. Why, then, is it not so with medicine? Unfortunately for those who practice this art in earnest, the public are not able to judge of the results of their treatment. It is supposed that the human body presents no greater complication than an ordinary piece of machinery; that its derangements are as simple; and that a person who gets rid of a disease under the treatment of a homœopath, hydropath, or regular practitioner, has assuredly got well *because* of this treatment, as a watch goes right because of the treatment of the watchmaker. Now in this fallacy lies, not only the confidence of the public in the empiric and impostor, but also much error on the part of the educated practitioner. The human frame is, in fact, infinitely more complicated than the most compound piece of human machinery. It depends for its healthy action upon a vast number of causes—only a few of which have been arrived at by the most skilful practitioners of the art of medicine. In the majority of diseases, only a distant approximation can be made to a correct estimate of their causes, remote and proximate. The action of medicines themselves is only imperfectly understood; and the list of remedies successively adopted and rejected by the most skilful of medical men proves how little is certain even on this point. In addition to all this, the human system has in itself an immense recoverable power, whose agency it is often most difficult to calculate; and which certainly only those who administer trecillionths of grains of medicine are in a position to estimate. If we add to this the fact that each individual is placed in peculiar circumstances; that he is endowed with a mind acting powerfully on the body; and that in no two cases can it be said that the external circumstances, mind and body, are the same,—it must then be evident that the diseases of the body must be treated on general principles; and that only in a limited range of cases can the experience of previous cases be made especially to bear on a new one. That this is really the position in which they are placed, even all medical men do not suspect; and our medical literature abounds with details of cases successfully treated by opposite modes of treatment. The facts in such works are carefully enough stated, but the conclusion of the writers, like that of the public in the cures of empirics, is wrong; other causes, and those not alluded to at all, are the agents of cure.—*Athenæum.*

THE INFANT'S OPIATE.

You must not give to infants any opiate. Whether it be laudanum itself or opium, Godfrey or paregoric; 'Drops of Death' should be upon the label. You have no doubt seen a Bible-print which figures 'Herod's Murdering of the Innocents,' mothers cling in agony around children whose breasts are pierced, and infants struggle in the grasp of brawny soldiers. That was a fearful slaughter, yet it was mercy when compared with the more fearful murdering—the yet more devastating slaughter—among which we daily move. In Herod's time there was one day of slaying: in our time there is not a day of rest. Then, death came by the sword with one short pain, and mothers struggled to preserve their offspring: now, children perish with the lingering torments of a poison, and drops of death are poured out to them by a mother's hand. The sale extends through every corner of our land. If you have administered to your children those destructive drugs in ignorance—or under counsel different from that to which you now, I hope and pray, are listening—there can be no reproach upon your consciences. But from this day there will be, if you refuse now to be warned. The early death of your own children, or the almost inevitable sorrows of their after life, upon your own head be they, if you will not hear advice. According to their constitution, or the doses which your children have received, some who survive will become even idiots, many (reared thus to stimulus from infancy) will become drunkards, some dull in intellect, all more or less broken in constitution, in mind and body, weaker, and less able to struggle onward in the world than otherwise they would have been. To procure for yourself a selfish gratification—to still the crying of an ill-managed child, instead of seeking to improve your infant's temper by increased attention to the requirements of its health, you go to your cupboard, you take out a cruel dose. Of course the child is still. You sleep the sleep of health; but your child has not the refreshment of repose. You have called DEATH to stand and watch beside its crib, to hold his cold clenched hand over the baby's mouth, and fix it in a spell, for your convenience, until you wake and come to it again.

IRRITABLE ULCER.

THERE is only one description of ulcer I ever met with that really deserves the name of irritable, and which is not described in books; it is this,—it generally comes on the outer side of the ankle, upon or a little above the external malleolus; it is a small ulcer, sometimes not larger than the point of the finger; it never goes entirely through the skin; it has no edges, nor is there any inflammation about it; it discharges good matter, and has nothing very grave-looking connected with it; it is excessively painful, however, and you examine it all over in vain to say why it is so. You really can see nothing to account for it, in its appearance at least. Now if you have soft mild applications, such as poultices, laid on it, you will set your patient mad with pain. You must treat it in directly the reverse way. Rub over its surface with a pipe of lunar caustic, and dress it with a solution of the same, under which the pain will go, and the ulcer heal.—*Prof. Colles' Lectures.*

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A NEW METHOD OF

TREATMENT FOR PROLAPSUS ANI.

By T. G. Hake, M.D.

Prolapsus of the bowel is a disease for which both those who give and those who receive advice must allow that nô adequate means of relief has been hitherto proposed. Some years ago, disappointed in the contrivances and remedies of the day, while more than one patient suffering from prolapsus ani made application to me for relief, I suggested to Mr. Weiss the construction of a spring pad, consisting of a coil of wire surmounted by an ivory nipple. The pad was made, and fixed upon an under-strap attached to a belt. The power of the spring was about equal to the pressure of the finger when applied to maintain the rectum in its natural situation. I am informed that this instrument is largely used, and preferred by patients to every other contrivance for prolapsus ani. It had been found so effectual by a patient of my own, that, when I called on him to propose the simpler contrivance which will be described presently, he acquainted me that he was well. His case was of many years' standing: his disease deprived him of exercise and all active enjoyment. He attributed his cure to the support afforded by the pad and medicine simultaneously prescribed.

Such are the distressing consequences of this malady, that any simple and inexpensive means of cure must be hailed as a boon by a large number of sufferers.

Protrusion of the bowel may involve the production of inflammation. This is often caused from constriction of the gut by the sphincter ani, and the irritation which the part becomes liable to subsequently from friction. The parts thus strangulated and inflamed are too tender to be replaced, and need a process of depletion and fomentation before they can be returned. Such an accident recurring from time to time, conjointly with the irritation to which the bowel is exposed, gives rise to thickening of the mucous membrane; consequently, the parts are with difficulty restored even for a minute.

Hæmorrhoidal tumours are common causes of prolapsus ani, and when they protrude, are liable to the changes above alluded to.

The moral effects are yet more lamentable. The labourer is rendered by the disease unfit to work; the professional man unable to follow his calling. Whatever the duties of his station, the patient shuns society, and often becomes a hypochondriac.*

The mode of treatment which I have used for some time, and with complete success, both in prolapsus ani and protrusion of hæmorrhoidal tumours, was first suggested to me by a friend and patient, whose experience in his own case is embodied in a letter which is annexed.

The plan in question is described in a few words; it consists in returning the bowel or hæmorrhoidal tumours with great care after the daily motion; in assisting its return by means of soap-lather; in applying a coil of moist sponge firmly upon the anus, and while retaining it there with one hand, to bring the nates together by means of a broad stip of adhesive plaster, as in approximating the edges of a wound.

This method I have now tested in several cases; it has never failed of success.

The following letter from the patient who first put the plan to trial, and by whose ingenuity it was conceived, is worthy of an attentive perusal:—

"The account I promised you is as follows;—More than seven years ago, after very severe discipline, which I suppose was necessary to treat an illness that lasted many weeks, I began to be troubled with a prolapsus ani to a distressing extent. I had suffered from symptoms of it occasionally—slight symptoms, I mean, hardly worth mentioning—at times during several years before, but I took no notice of them, not knowing, indeed, what they indicated; and from time to time they came and disappeared. But in 1839, after the illness I have alluded to, there was a prolapsus every day after breakfast, and I mentioned it to a surgeon, who gave me a wash for it, but it did no good, and he did not warn me sufficiently against what it might come to. The consequence was that it went on, and did come to so much as to make my life very miserable. It generally cost me much time and trouble to restore the part to its place, and when it had been restored there was no certainty how long it would stay there; in addition to this, there was irritation and bleeding, and running of a yellowish sort of lymph as often as the evil returned, so that all standing, walking, and riding, was sure to lead to great suffering, and the prolapsus at times was very large. I could not find that I derived any considerable, and certainly no lasting benefit, from any treatment I was under; and though, by Mr. Copeland's advice, I made use of the belts and bandages that are advised in such cases, they brought me, upon the whole, nearly as much annoyance as they relieved. This made me determine to go to work for myself, and, with more thought, and a longer time, perhaps, than you would suppose, I came at last to the following very simple contrivance, for which I can never be thankful enough when I say it has answered perfectly from the beginning, and has given me such entire comfort, with the power to do what I like without pain or inconvenience, as I never expected to have again. My contrivance is this. Take a piece of sponge four or five inches long, an inch and a half wide, and half an inch thick, the more elastic a bit you can find the better; roll this, in a damp but not wet state, pretty tightly, so that the roll, if relaxed, would be ready to spring back into its full length, and it will then make a roll of some little substance round, but still soft, and its length, when thus rolled, will of course be an inch and a half. Apply it then lengthways to the anus, so that it may be pressed, about the centre of it, quite home and firmly to that part. Taking care that it may remain so, stretch a length of adhesive plaster, about 14 inches long, and 3½ wide, more or less, straight across the nates, rather low down, and contrive so that while the plaster adheres on one side, you press the other side closer to its opposite before you fix the length finally where it is to remain. Then sit down, at first gently upon it, and it will become very firm and fast as long as the plaster is good. I need not say that these two pressures constantly going on do the work capitally, and without any inconvenience worth speaking of—I mean the two pressures of the roll of sponge always striving to unwrap itself, and the cross-band of adhesive plaster always keeping it from doing so by holding the nates sufficiently close together to hinder it. The working is really perfect, where a little use and management has got a person into the way of it. But, to facilitate matters, I will set down a few observations at the risk of being tedious and more particular than I need be.

"I never put this on until the time of day when I am going to be standing about, or to take exercise, whether walking, riding, or driving; but it should be put on then for all of these. In the evening, I take off the plaster, but leave the sponge in its place, where it has got by that time so firmly fixed by gradual spreading and swelling, that there is no danger that anything short of a great exertion can loosen it, and it is, of course, more comfortable to do without the plaster when it is not wanted. The sponge should be washed in cold water every time it is taken off, and in cold weather the plaster should just cross the fire before it is put on; in moderately warm weather it will adhere of itself, especially

* A nobleman some years ago committed suicide, it is supposed, for no other cause than the misery which this disease entailed, and for which he could obtain no relief.

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if it is sat upon for half a minute. The same plaster is better the second day than even the first, and will do very well the third day; this where economy is an object.

"Wash the parts where the plaster goes every morning, or oftener, with cold water or water and vinegar; wash them well, and the skin will never suffer.

"If the plaster leaves something sticky behind it, when it is taken off, rub it with a very little spirit of wine, and the towel will remove it.

"If there be an irritation about the anus, or gut that comes down, wash it with vinegar and water, and the relief will be wonderful, and that part of the evil soon cured. This wash cannot be too much praised for this purpose, for piles, and for the like. I leave it for you to say whether something might not be dropped upon the sponge, or the sponge dipped in something which would promote a complete cure. What I have said is perfectly cleanly, secures exercise and comfort, and very gradually, I believe, tends to set things right again.

"The relief is, indeed, so perfect, and it is relief from such suffering, that, without a bit of braggadocio, I do think that no sufferer from this malady would feel that he could be grateful enough for being brought acquainted with the treatment I have described, though its perfect management will require a little experience at least, and perhaps some advice at first. So much do I feel the extent of this relief, that I could very heartily thank God for all I have suffered for it—if for no other reason—provided only I should have been made helpful in given such relief to others, as I am certain it will prove, if it is known and properly made use of. So pray make the best use of it, and improve it all you can; only excuse my tediousness, and say nothing about me. It is in your calling, not mine; so you must be the man to set it forth."—*Medical Gazette.*

THE APOTHECARIES' SOCIETY.

The bulk of mankind may require to be informed that the Apothecaries' Society is one of the smaller City companies; to none of which, however, is it second in that singular attachment to vested interests, which entitles it to rank with Smithfield, and other wonderful institutions of the Metropolis.

Yet the Company of Apothecaries ought to be a scientific body. Originally established to supply the public with genuine draughts and other medicines, it has also been chartered, by a freak of legislation, to provide the community with medical men. In 1815 the perfection of human reason invested it with sole authority to regulate the professional education of general practitioners—the physicians of the people at large. From that time to this it has continued to prescribe medical studies—and to put up prescriptions. In its commercial dealings the Worshipful Society is unimpeachable; its medicines are first-rate, and its pepper may be recommended; but its educational arrangements are considered rather inferior, and by no means so good, or so reasonable, as its drugs and spices.—*Punch.*

[Blaze brighter, ye blue lamps!]

MEDICATED MILK.

We learn from the *Gazette Medicale*, that a new institution for the medication of milk has been lately established at Montrouge, near Paris. The physicians who superintend it propose to treat certain classes of patients with the milk of goats and cows, after having placed these animals on a system of medical treatment adapted to develope in the milk those therapeutic qualities which may be requisite for the treatment of particular disease! This, we suppose, may be termed the *milk cure.*

DANGER ATTENDING THE TOO EARLY DEVELOPMENT OF THE MENTAL FACULTIES IN CHILDREN.

There can be no doubt that many a child has been sacrificed in early youth to the pride of parents, who, delighted with the intellectual activity of their children, have striven to make them prodigies of learning. But in these cases of early and undue employment of the brain, inflammation of the hemispherical ganglion, or of the lining membrane of the ventricles, with serous effusion, has usually been the cause of either a fatal issue or of subsequent mental imbecility. The late Mr. Deville related to me an interesting case of this kind. An extremely intelligent boy, of about twelve years of age, was brought to him for phrenological examination by a parent who was very proud of the intellectual endowments of his child. Mr. Deville gave his opinion of the boy's character, at the same time cautioning the father of the dangerous course he was pursuing. But the father's reply was, "all that other boys considered labour and hard study are mere child's-play to him; that his studies could not be hurting him, he enjoyed them so much." Again Mr. Deville endeavoured to save the child, but the father would not attend to the warning. Two years from that time the father again called on Mr. Deville, and in reply to his inquiries after his child, the father burst into tears—his child was an idiot.—*Solly on the Brain.*

A GOOD PRACTICAL CASE.

The following is an entry in Pepys' Diary:—"2d (Nov. 1667). To the King's playhouse. The house full of Parliament men, it being holiday with them; and it was observable how a gentleman of good habit, sitting just before us, eating of some fruit, in the midst of the play did drop down as dead, being choked; but with much ado Orange Moll did thrust her finger down his throat, and brought him to life again."—This case is clear and practical enough. It has lately been shewn that, when a foreign body lodges in the upper part of the trachea, or in the larynx, the symptoms may be those of extreme distress and impending suffocation, or they may be of a slighter character. Where it is lodged further down in the trachea, or in the bronchus, they are commonly less severe; but where the patient falls, as if choked at once, the substance is almost certain to be lodged either above or between the vocal cords, where it is generally within reach of the finger. Sudden suffocation has also, in some rare instances, been known to occur from the lodgment of a large mass of food, &c., in the œsophagus.

THE GOLD USED BY DENTISTS.

The public and the medical profession generally are not aware of a very fruitful source of disease which arises from the introduction into the mouths of many thousand persons of metallic plates and other apparatus for the securing artificial teeth. These plates, &c., are nominally constructed of gold, but in point of fact, in innumerable instances, there is little or no gold used in the construction of them; silver gilt, or some still baser metal, is employed, which being acted upon by the acids of the stomach, produces a poison which insidiously undermines the health, causing cancer and other diseases. The false delicacy of the sufferer, and his ignorance of what causes his complaint, prevent him from receiving such advice as would meet his case. This imposition on the public admits of a most simple remedy: it is, merely compelling all persons who are employed in the trade or profession of making such plates, springs, &c., to have them stamped at the Goldsmiths'-hall, and a standard enforced which would guarantee the security of those by whom they were required.

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HINTS FOR HEALTH.

DISLOCATION OF THE LOWER JAW.

Some persons readily displace the jaw-bone by the act of yawning; it is also sometimes dislocked by a blow. The reduction is comparatively easy even to an unprofessional assistant, if he will pay attention to the following rules: First, cover your thumbs with a handkerchief or piece of linen wrapped round them; then put your thumbs inside the mouth, on the top of the grinder teeth on each side, as far back as you can reach, and hold the remainder of the jaw and chin with the rest of your hands and fingers; then forcibly press down the jaw with your thumbs on the teeth, and at the same time, raise the chin with your fingers and palms. The bone will then slip in, and the jaws come together with a force that would hurt your thumbs if they are not protected with a handkerchief or napkin. Afterwards bind up the jaw with a handkerchief and let the patient avoid talking or eating for some few hours.

THE BISHOP OF LONDON ON BATHS AND BATHING.

The Bishop of London, in a speech at a public meeting held at the Mansion House, in 1844, for the purpose of promoting the establishment of public baths and wash-houses, illustrated the advantages of the bath, by the remark of a labourer who said, "that he felt he could do another week's work after he had come from the bath. "Now," continued the right reverend prelate, "supposing this to take place on a Saturday, you will remember these labouring men are not only, as to their natural sensations, and, to a certain extent, their physical energies, capable of doing another week's work, but that they are more fit for, and probably will be more disposed to, the due observance of that holy day immediately following the Saturday, which is given to man for the refreshment of his soul as well as of his body. There is probably hardly any one cause which operates more to the keeping of the poor from the Lord's house on the Lord's day, than the habits of uncleanliness in which they are, against their own inclination, compelled to live."

A HINT FOR DESK-CLERKS WHO VALUE THEIR EYES.

The most frequent situation of counting-houses, and other places where business is carried on, in close and dark situations, is injurious to the sight, and to the general health; for the latter is not more affected by confined and ill-ventilated rooms than the former by dim and obscure ones, into which the light of day can hardly ever be said to penetrate. It is therefore essential to the preservation of the sight in any degree of vigour, that the apartments in which the greatest portion of our time is spent, and in which are carried on those occupations requiring a continued exertion of our eyes, be in a light and cheerful situation; for whoever neglects this advice will assuredly sooner or later feel the baneful effects of his temerity. Care should also be taken to avoid rooms the windows of which face white-washed walls, as they reflect the rays of the sun so powerfully as to sensibly weaken the shortest sight in a short time, causing inflammation and a train of other evils.

DECAYED TEETH.

Among the causes of caries of the teeth, Chelius mentions the improper use of acrid or acid substances, negligent cleansing of the mouth, alternate use of hot and cold water, tobacco-chewing, and mechanical injury of the teeth, by which the enamel is destroyed, and its internal substance exposed to the air.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD-SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

THE DISEASES OF WOMEN AND CHILDREN will be resumed in our next.

The Apothecary, or Calling for Orders—a FARCE, in four scenes; acted every day, but never before published—will appear in our next.

TO NEWS-AGENTS.—If our friends in the provinces will send to us the address of their London agent, we will send, for enclosure, posters, bills, and show-cards of the PEOPLE'S MEDICAL JOURNAL.

AZYGOS (Durham).—The articles on the ANATOMY and PHYSIOLOGY of the HUMAN BODY were commenced in No. 53.

BATHS AND WASH-HOUSES, MAIDSTONE.—This town is taking a noble lead in the sanitary and moral progress of the age, by the proposed erection of baths and wash-houses. The cost of the buildings have been estimated under £4000, and although the responsibility rests with the town council, there will not be any addition made to the rates. This is admirable. How many towns, aye, and cities, of greater pretensions than the county town of Kent, should follow the example here held out to them! As an investment, cheap baths return large profits. Think of ten *per cent!* most worshipful corporators, if you forget health.

P. H. H. (Manchester).—Refer to answer to A. T. (Clerkenwell) in No. 47.

O. P. Q.—Such applications do not merit, and will not receive, gratuitous consideration.

W. G. T.—The case is too complicated for us to advise without seeing the patient. We never *hazard* an opinion.

JOHN MORRISON (Durham).—Take one of the following pills, twice a day. For diet, &c., see the article on the TREATMENT of DEBILITY arising from INDIGESTION, in No. 42. Take, compound extract of colocynth, a scruple; extract of hyosciamus, a scruple; compound galbanum pill, half a drachm; oil of cloves, two drops. Mix, and divide into eighteen pills.

ROBERT JONES (Putney).—See answer to C. C. in No. 61.

ERRATUM.—P. R.—It is a palpable misprint. Please correct every advertisement you read in certain newspapers, headed "*Self-preservation*," and read "SELF DESTRUCTION."

T. B. (Tadiham).—You will find long articles on HÆMORRHOIDS, or PILES, in Nos. 10 and 43.

RICHARD LONGHURST (Maidstone).—'Tis a mistaken, and we hoped an exploded, idea; an annual bleeding is an annual blunder.

C. BAXTER (Oxford).—The life of a sick person can be shortened not only by acts, by also by the words or the manner of a physician, and that most unintentionally on his part. It is therefore his sacred duty to guard himself carefully in this respect, and to avoid all things which have a tendency to discourage the patient and depress his spirits.

AN ECONOMIST (Lewisham).—You can purchase soap, lucifer matches, congreves, hair oil, pickles, sauces, vinegar, and black-lead, quite as cheap at your apothecary's, as you can at the chandlers'. The "rhubarb-seller," or as *Punch* has it, the "pepper and spice" seller, has this great advantage,—his blue lamp indicates his residence in a dark night. Knock up your "doctor" for a *pen'north of pickles!*

L. N.—If we were "laconic,"—and we are obliged to be laconic in our answers,—it was far, very far from our intention to be rude.

W. R. R. (Tiverton).—Until we see you, purge the bowels occasionally, and dash the body with cold water.

ALEPH.—THE PEOPLE'S MEDICAL DICTIONARY will contain many words and much information not included in the Glossary. The Glossary is essential to the Journal. We hope the Dictionary will be essential to every library.

J. ROBERTS (Coney Street, York).—We have long been familiar with the name and doings of Mrs. Lamb, the worm-doctress who haunts your city and other large towns in Yorkshire: her handbill is a perfect curiosity. We suppose there is some old sheep in the background. We regret that we cannot make use of your communication, which, clever though it be, possesses only a local interest.

THOMAS BALLINGDON.—We will not advise without seeing you.

M. S. (Sun Street, Bishopsgate).—Take five grains of the extract of hyosciamus, and one of camphor, made into one or two pills, at bedtime. Do not take suppers.

A YOUNG STUDENT.—Never "pooh-pooh" a nervous patient. Remember, his sufferings are real, however anomalous they may appear to you.

JOHN B——T (Dale End, Birmingham).—Take three grains of the trisnitrate of bismuth, and four grains of the extract of gentian, made into two pills, daily at eleven o'clock.

W. HARRIS (Wandsworth Road).—We have little faith in sarsaparilla: in such cases we find six or seven drops of muriatic acid in a wineglassful of water an excellent remedy.

ELLEN (Grove Lane, Camberwell).—Five grains of the compound aloetic pill, every other night.

T. S. (Great Passage Street, Hull).—Read YEOMAN on HEADACHES.

A DENTIST (Fleet Street).—We never before received a note so highly scented or so badly spelled as yours. In reference to the paragraph in our last, of which you complain, all we can say is, if the cap fits, wear it.

X. Y. Z. (Belgravia).—The first exposure of the quack consulting surgeons appeared in the letter of VICTIM, published in No. 2.

B. (Bayswater).—See article on PROLAPSUS ANI in this number.

JOHN THOMPSON (Birmingham).—A fee case.

JOHN LAWRENCE (York) writes peremptorily for an answer by return of post; we are told to "write plain:" he knows we "can cure him,"—and so, of course, we must. His claim upon our attention is based on the outlay of one penny in the purchase of No. 61.

ESTHER D.—It is a common result of DYSMENORRHŒA: see articles on that affection of the uterine organs in No. 41.

T. H. D.—Many thanks. We know our *friend*.

ALFRED C——N (Angel Hill, Bury St. Edmunds).—Take five drops of the tincture of the sesqui-chloride of iron, in a small quantity of water twice a day. Dash the body with cold water night and morning.

CHARLES JACKSON (Queen Street, Lincoln's Inn Fields).—The anatomical museum is all nonsense: the wax "preparations" are more gross, but less natural, than Madame Tussaud's. Save your "two shillings." The "pepper" of the advertisement is, that "ladies are not admitted" (we should think not), and young men under eighteen are ineligible!

J. F. YOUNG.—Read YEOMAN on ASTHMA, BRONCHITIS, &c.

ROBERT HOLMES (Farringdon Street).—Kuosso may be obtained of Savory and Moore, Bond Street. It certainly has the power to expel tapeworm, but we think the male fern root is of equal efficacy, more easily procured, and not so expensive.

D. R. T. (Henry Street, Mile End).—Apply to any governor of the London Hospital. As an out-patient you may readily obtain a ticket.

R. R. (Hatton Garden).—We never prescribe by letter for persons whose residence is so near to our own as is yours.

M. Y. (Norwich).—The address of the secretary of the "Union for the Discouragement of Vicious Advertisements" is No. 5, New Inn, Strand.

CHARLES —— (Upper Brook Street).—The dose prescribed was for an adult. See the sixth article on PHARMACOLOGY, in the first volume.

A POOR MAN.—"Fee according to the circumstances of the patient," but *not* gratuitous.

MATTHEW FEARON (Newry).—As far as the curative properties of cod-liver oil are concerned, it is of very little consequence whether it be pure or impure; as regards taste, a pure oil may be less nauseous than a rancid one. We know of no means to obtain it pure, other than by applying to a respectable chemist. We cannot see what possible benefit can result from its use in "groin hernia."

ROSA CLARK (Briggate, Leeds).—The swelling appears to be caused by enlargement of the liver. Take small and repeated doses of blue-pill, as three grains every night, and occasionally full dose of castor oil. Be careful to avoid all stimulating diet and spirits. Apply friction to the part, and take a hot bath occasionally.

HEALTH OF LONDON DURING THE WEEK.—This return exhibits a condition of the public health in London still more unfavourable than was reported in the previous week. 1401 deaths were registered, a rate of mortality exceeding that which usually prevails at a season of the year more inauspicious. Bronchitis has produced the greatest number of fatal cases; 171 were attributed to this cause, the number in the previous week having been 160, or double the usual amount at this time. Phthisis or consumption carried off 166 persons last week; pneumonia, chiefly fatal to children, 123. Deaths from hooping-cough had risen to 92, about double the average. Influenza, which in the previous week numbered 15 deaths, last week caused 38. Deaths from small-pox had declined to 16. Measles numbers 29, scarlatina 16, fever 52. Registered births, 1533.

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GLOSSARY OF MEDICAL TERMS.

NOTE.—Those words printed in *italics* are either synonymous with the word explained, or are explained elsewhere in alphabetical order:—thus—*thorax*, see THORAX.

A

ABDOMEN.—The belly, or the cavity situated between the chest and the *pelvis*, containing the stomach, intestines, &c.

ABDOMINAL REGIONS.—The abdomen is distinguished into three transverse zones, for facility in describing the situation of the parts contained within. They are the *epigastric* region, the *umbilical* region, and the *hypogastric* region.

ABERRATION.—A wandering, as applied to the mind; aberration of intellect; a loss of reasoning power.

ABNORMAL.—That which deviates from the usual order; unnatural.

ABORTION.—Miscarriage; the premature expulsion of the *fœtus* from the womb.

ABRASION.—The rubbing off of the skin.

ABSCESS.—A collection of pus, or matter.

ABSORBENTS.—Two distinct sets of vessels which absorb and convey fluids to the *thoracic duct;* namely the *lacteals*, which take up the *chyle* from the alimentary canal; and the *lymphatics*, which pervade almost every part of the body.

ABSORPTION.—The function of the absorbents.

ABSTINENCE.—Excessive, or total privation of food.

ACETABULUM.—The socket for the head of the thigh-bone.

ACCOUCHEMENT.—Parturition; a woman's delivery; child-birth.

ACINI.—The minute parts of the lobules of the liver.

ACNE.—Stone-pock, maggot pimples, or whelks; small tumours having black heads, which slowly suppurate; they chiefly occur on the face.

ACOUSTICS.—Relating to the hearing.

ACUPUNCTURE.—The insertion of needles into the flesh, or skin.

ADEPS.—Fat.

ADHESION.—The process by which parts that have been separated, by accident or design, unite.

ADOLESCENCE.—The period of life in which the body has acquired its utmost development; commencing at puberty and terminating about the twenty-fifth year.

ÆGOPHANY.—A sound of the voice, resembling the bleating of a goat.

ÆTIOLOGY.—The doctrine of the causes of disease.

AFFUSION.—The pouring of cold water on the body.

AFTER-BIRTH.—The *placenta*.

AFTER-PAINS.—The contractions of the *uterus*, which are continued for a certain length of time after delivery.

AGUE.—Intermittent fever.

AGUE CAKE.—Enlargement of the spleen.

ALBUMEN.—A thick, glairy fluid contained in several of the textures of the body; the white of egg.

ALCOHOL.—Ardent spirit of wine.

ALIMENTARY CANAL.—The entire passage through which the food passes from the mouth to the *anus*.

AMADOU.—Agaric; German tinder; used for stopping bleeding.

AMAUROSIS.—Blindness; loss of sight from an affection of the *retina*.

AMENORRHŒA.—Obstruction, or morbid deficiency of the *menses*.

AMENTIA.—Imbecility of intellect.

AMPHORIC RESONANCE.—A sound of the chest like that heard on blowing into a decanter.

AMPUTATION.—The removal of a limb or other part of the body, by means of the knife.

ANÆMIA.—Exsanguinity; bloodlessness; deficiency of blood.

ANASTHESIA.—Loss of the sense of touch.

ANAPHRODISIA.—Impotence, incapability of sexual intercourse, from organic, functional, or moral cause.

ANATOMY.—The knowledge of animal bodies acquired by dissection; the science of organisation.

ANEURISM.—The dilation of a blood-vessel.

ANGINA PECTORIS.—Breast-pang; spasm of the chest, attended with fainting and a sense of suffocation.

ANHELATION.—Difficulty of breathing.

ANKYLOSIS.—A stiff joint from bony union.

ANTHRAX.—*Carbuncle;* a severe form of boil.

ANUS.—The termination, or verge of the rectum, serving as an outlet for the *fæces*.

AORTA.—The great artery of the heart.

APERIENTS.—Mild purgatives.

APHONIA.—Loss of voice or speech.

APHORIA.—Barrenness, sterility, inability to conceive offspring.

APHRODISIACS.—Medicines which excite the venereal appetite. Remedies against impotence.

APTHA.—Thrush; numerous small vesicles, or bladders in the mouth, terminating in white sloughs.

APYREXIA.—Intermissions between the paroxysms of fever.

ARACHNOID MEMBRANE.—The fine cobweb-like membrane situated between the *dura mater* and *pia mater* of the brain.

ARCUS SENILIS.—An opacity occurring round the *cornea*, in persons of advanced age.

AREOLA.—The pink or brown circle that surrounds the nipple.

ARTICULATION.—A joint.

ASCARIS.—A genus of intestinal worms.

ASCITES.—Dropsy of the belly or abdomen.

ASPHYXIA.—Interrupted respiration, as in hanging or drowning.

ASSIMILATION.—The conversion of the food into nutriment.

ASTHENIA.—Debility; want of strength.

ASTHMA.—Broken wind, short breath, difficulty of breathing, recurring in paroxysms, and independent of organic disease.

ATONIA.—Atony; a defect of muscular power.

ATROPHIA.—Atrophy; emaciation; defective nutrition; wasting of the body, without cough or evident fever.

AURIS.—The ear.

AUSCULTATION.—The act of listening to the sounds of the chest: it is termed "immediate" when practised by the naked ear; "mediate" when performed by means of the *stethoscope*.

AUTOPSIA.—Examination of the body after death.

AXILLA.—The arm-pit.

B

BALANITIS.—Inflammation of the mucous membrane of the *prepuce*.

BISTOURY.—A small curved knife for operations.

BLAIN.—An eruption, or elevation of the skin, containing a watery fluid. *Rupia*.

BLEB.—A small bladdery tumour of the skin, distended by a fluid. *Pemphigus*.

BLENORRHŒA.—A discharge from the urethra—*gleet*.

BOIL.—A small tumour, attended with inflammation and pain.

BOMBUS.—A beating, or buzzing in the ears.

BORBORYGMUS.—The rumbling noise occasioned by wind in the intestines.

BOUGIE.—An instrument made of wax and other compositions, for the purpose of dilating the urethra, the rectum, the gullet, &c.

BRACHIUM.—The arm, from the shoulder to the elbow.

BRAIN.—The largest portion of the central part of the nervous system, occupying the cavity of the *cranium*.

BRONCHUS.—The division and continuation of the windpipe.

BRONCHIAL TUBES.—The minute branches of the bronchi.

BRONCHITIS.—Inflammation of the bronchial tubes.

BRONCHOCELE.—Swelled neck—Derbyshire neck—goitre, an enlargement of the *thyroid gland*.

BULLÆ.—*Blebs; blains.*

BUNION.—Inflammation of the *bursa mucosa* at the inside of the ball of great toe.

BURSÆ MUCOSÆ.—Small sacs situated about the joints, forming a part of the sheath of the tendons.

C

CACHEXIA.—A bad habit of body.

CŒCUM.—One of the large intestines.

CÆSARIAN SECTION.—The operation by which the *fœtus* is taken out of the *uterus*, by an incision through the abdominal muscles, &c.

CALCULUS.—A concretion found in various parts of the body, especially in the kidney and bladder; commonly called *stone*, or *gravel*.

CALLUS.—New bone, or the substance which serves to join together the ends of a fracture, and restore destroyed portions of bone.

CALORIC.—The cause of the sensation of heat.

CALVARIA.—The upper part of the *cranium*.

CALX.—Lime, the oxide of calcium, commonly called quicklime, or caustic lime.

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CANCELLI.—The spongy or lattice-like structure of bones.
CANCER.—Literally a crab, *scirrhus*, a livid tumour, intersected with firm whitish divergent bands, terminating in a fœtid and *ichorous* ulcer; the pains attending it are acute and lancinating.
CANCER SCROTI.—Chimney sweeper's cancer of the penis and scrotum; or soot wart.
CANCRUM ORIS.—Canker; a fœtid ulcer of the gums and inside of the lips and cheeks, attended with a copious flow of offensive saliva.
CANINE TEETH.—*Cuspudati*, the four teeth which immediately join the *incisors*.
CANTHUS.—The angle of the eye, where the eye-lids meet; the inner canthus is that nearest to the nose; the other is called the outer or lesser canthus.
CANULA.—A small tube, generally of silver, attached to a *trocar*.
CAPILLARY.—Resembling a hair in size; the minute ramifications of veins and arteries.
CAPUT.—The head—it is distinguished into the skull and the face.
CARBON.—A substance well known under the form of coal, charcoal, lamp-black, &c.
CARBUNCLE.—*Anthrax*, a boil terminating in *mortification* under the skin, instead of *suppuration*.
CARCINOMA.—The Greek term for *cancer*.
CARDIA.—The heart—the entrance into the stomach, so called from being near the heart.
CARDIAC.—Belonging to the heart.
CARDIALGIA.—Literally, heart-ache; but employed to denote pain in the stomach, and hence synonymous with *gastralgia*, and *gastrodynia*.
CARDITIS.—Inflammation of the heart.
CARIES.—Ulceration of the bones.
CAROTID.—The name of two large arteries of the neck.
CARPUS.—The wrist.
CARTILAGE.—Gristle.
CARUNCULA.—A little piece of flesh.
CASTRATION.—The operation for removing the testicles.
CATALEPSIA.—A spasmodic and nervous disease, in which the limbs remain in any position in which they are placed, however painful or fatiguing.
CATAMENIA.—The *menses*, the monthly uterine discharge.
CATAPLASM.—A poultice.
CATARACT.—Opacity of the crystalline lens of the eye, *glaucoma*, *gutta-opaca*.
CATARRH.—Popularly a cold; inflammation of the mucous membranes of the nostrils, *coryza*, and of the air passages, *bronchitis*.
CATHARTICS.—Medicines which produce evacuations from the bowels.
CATHETER.—A tube which is introduced through the *urethra* into the bladder, to withdraw the urine, &c.
CAUTERY.—The application of caustics; the actual cautery is the application of iron heated to whiteness.
CELLULAR MEMBRANE, or TISSUE.—The filmy meshes which connect the minute compound parts of the structures of the body.
CEPHALALGIA.—Pain in the head, headache.
CEREBELLUM.—The little brain, situated behind the *cerebrum*.
CEREBRUM.—The brain; the chief portion of the brain, occupying the whole upper cavity of the skull.
CERUMEN.—Wax; waxy secretion of the ear.
CERVIX.—The neck.
CHALK STONES.—Gouty concretions, found in the joints, consisting of urate of soda, and phosphate of lime.
CHALYBEATE WATERS.—Mineral waters containing iron.
CHANCRE.—A sore which arises from the direct application of the *syphilitic* poison.
CHARPIE.—Scraped lint.
CHEMOSIS.—Elevation of the *conjunctiva*.
CHEST.—Upper part of the trunk, containing lungs, heart, &c.; the *thorax*.
CHICKEN POX.—The popular name for a species of *varicella*.
CHILBLAIN.—An inflammation of the extreme parts of the body, from exposure to cold. *Pernio*.
CHILD-BED FEVER.—Puerperal fever; inflammation of the *peritonæum*, occurring after delivery.
CHINCOUGH.—Hooping cough; *pertussis*.
CHLOROSIS.—Green-sickness; an affection in which the blood becomes impaired, and the *catamenia* suppressed.
CHOLERA.—An affection attended with vomiting, purging, &c.; in the European form accompanied with bile; in the Asiatic form, without bile, or urine.
CHORDEE.—A painful affection of the penis, attending *gonorrhœa*.
CHOREA.—St. Vitus' Dance; convulsive motions of the limbs.
CHORIUM.—The *dermis*, or innermost layer of the skin.
CHRONIC.—Long continued, as applied to disease of long standing, and opposed to acute.
CHYLE.—The milk-white fluid absorbed by the *lacteal vessels*.
CHYLIFICATION.—The process by which the chyle is separated from the *chyme*.
CHYME.—The semi-fluid matter, the result of digestion, which passes from the stomach into the *duodenum*.
CICATRIX.—A scar; the mark left after the healing of a wound or ulcer.
CILIUM.—The eye-lash, or eye-lid.
CINERITIOUS.—Ash-coloured; a term applied to the exterior or cortical part of the brain.
CIRCULATION.—The flow of blood through the heart, the arteries, and veins.
CIRCUMCISION.—The removal of a circular portion of the *prepuce*.
CLAP.—The vulgar name for *gonorrhœa*.
CLAVICLE.—The collar bone.
CLITORIS.—A small elongated organ of the *pudendum*.
CLONIC.—A kind of *spasm*, which occurs in hiccough.
CLYSTER.—A glyster, *enema*, or *lavement*.
COAGULUM.—The *clot* in blood; the *curd* in milk.
COCCYX.—The lower end of the spine.
COCHLEA.—A cavity of the ear, resembling the spiral shell of the snail.
CŒCUM.—The blind pouch at the commencement of the large intestines.
COLIC.—A painful affection of the intestines, without inflammation or fever.
COLLYRIUM.—A lotion for the eyes—eye-wash.
COLON.—The first of the large intestines.
COMA.—Drowsiness; lethargic sleep; dead-sleep; torpor.
COMATOSE.—Afflicted with *coma*.
COMMINUTED.—A term applied to a fracture, when the bone is broken into several pieces.
COMPRESSION.—A diseased state, usually of the brain, occasioned by pressure.
CONCEPTION.—The first stage of generation on the part of the female.
CONCUSSION.—A term applied to injuries sustained by the brain, and other viscera, from falls, blows, &c.
CONDYLE.—A rounded eminence in the joints of several bones.
CONGESTION.—Undue fulness of blood-vessels.
CONJUNCTIVA.—The mucous membrane which lines the inner surface of the eye-lids, and is continued over the fore part of the globe of the eye.
CONSUMPTION.—Wasting of the body; tubercular disease in the lungs; *phthisis marasmus*.
CONTAGION.—The propagation of disease from one individual to another by contact.
CONTUSION.—A bruise.
CONVALESCENCE.—The state of recovery from sickness.
CONVULSION.—*Spasm*; violent involuntary spasm of the muscles, with alternate relaxations, commonly called *fits*.
COR, CORDIS.—The heart.
CORE.—The slough which forms at the central part of boils.
CORIUM.—Leather; the deep layer of the *cutis* or true skin.
CORNEA.—The anterior transparent portion of the globe of the eye.
CORYZA.—*Catarrh*, a cold in the head.
COSTA.—A rib.
COSTIVENESS.—Confinement of the bowels; constipation.
COUNTER-IRRITATION.—The production of an artificial or secondary disease, in order to relieve a primary one—thus a blister applied on the surface is intended, by the external irritation it produces, to relieve internal irritation, or inflammation.
COUP DE SOLEIL.—Sun-stroke. An affection of the head, produced by the rays of the sun.
COWPER'S GLANDS.—Two small granulated bodies placed parallel to each other before the *prostate gland*.
CRAMP.—Spasm; violent contraction of the muscles.
CRANIUM.—The skull, or cavity which contains the brain, its membranes and vessels.
CRASSAMENTUM.—The clot of blood, consisting of fibrin and red globules.
CREMASTER.—A muscle which draws up the *testes*.
CREPITUS—A crackling; the peculiar rattle of *pneumonia*; the grating made by joints in a deficiency of *synovia*, &c.
CRETINISM.—Imperfect development of the brain, with mental imbecility, usually conjoined with *bronchocele—Derbyshire neck—goitre*.
CROUP.—Inflammation of the lining membrane of the windpipe, and the consequent formation of a false membrane; accompanied by hoarseness, cough, and a crowing sound.
CUTICLE.—The *epidermis*, or scarf-skin.
CUTIS.—The *derma*, or true skin.
CYANOSIS.—"Blue disease," in which the complexion is tinged with venous blood, from malformation of the heart.
CYNANCHE.—Quinsey; sore throat; the mumps.

D.

DANDRIFF.—Scurf of the head.
DEBILITY.—Weakness, feebleness, decay of strength in mind and body.

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DEGLUTITION.—The act of swallowing.
DELIRIUM.—Raving, phrensy, disorder of the brain.
DELIRIUM TREMENS.—DELIRIUM CUM TREMORE,—delirium, co-existing with restlessness, and a tremulous condition of the body or limbs,—a disorder peculiar to drunkards.
DEMENTIA.—Idiotcy, absence of intellect.
DEMULCENTS.—Softening and diluting medicines.
DENTITION.—Cutting the teeth, teething.
DEOBSTRUENTS.—Medicines for removing obstructions.
DEPILATORY.—An application for removing hair from any part of the body.
DERMA.—The cutis vera, or true skin.
DETRITUS.—Suppuration, softening, *ramollissement*.
DEVONSHIRE COLIC.—Lead colic, painters' colic.
DIABETES.—An immoderate flow of urine.
DIAGNOSIS.—The distinction of diseases; referring symptoms to correct causes.
DIAPHORETICS.—Medicines which increase the natural exhalation of the skin,—that is, perspiration.
DIAPHRAGM.—The midriff; the muscular partition that separates the chest from the belly.
DIARRHŒA.—A flux; a flowing through; a looseness.
DIASTOLE.—The dilatation of the heart and arteries. It is opposed to *systole*.
DIATHESIS.—Constitutional disposition, as a gouty diathesis, a scrofulous diathesis, &c.
DIURETICS.—Medicines which promote the secretion of urine.
DIURESIS.—A copious flow of urine.
DIGESTION.—The change of the food into *chyme* by the mouth, stomach, and small intestines; and the absorption and distribution of the more nutritious parts, or the *chyle*, through the system.
DILUENTS.—Watery liquors, as barley-water, which increase the fluidity of the blood.
DIPLOE.—The cell-like bony tissue between the two tables of the large bones of the skull.
DISEASE.—A morbid change in the structure, or organization of bodies.
DISLOCATION.—The displacement of a bone from its natural situation.
DISORDER.—Impaired function.
DOUCHE.—Cold affusion. A current of water directed to, or made to fall upon, some particular part of the body.
DOVER'S POWDER.—A sudorific: compound ipecacuanha powder.
DRASTICS.—Purgatives which operate powerfully.
DROPSY.—An effusion of fluid into the cellular tissue, or into any of the natural cavities of the body.
DUODENUM.—The first portion of the small intestines; so called from its being equal in length to the breadth of twelve fingers.
DURA MATER.—The outermost membrane of the brain.
DYSENTERY.—In common language a flux, or bloody flux, according as the intestinal discharges are free from or loaded with blood. Inflammation of the mucous membrane of the intestines.
DYSMENORRHŒA.—Difficult or painful menstruation.
DYSPEPSIA.—Indigestion; difficulty of digestion.
DYSPHAGIA.—Difficulty of swallowing.
DYSPHONIA.—Difficulty of speaking.
DYSPNŒA.—Difficulty of respiration; short breath.
DYSURIA.—Difficulty in voiding the urine.

E.

ECCHYMOSIS.—Extravasated blood, from bruises.
ECTHYMA.—An eruption on the skin: irritable pustules.
ECTROPIUM.—Eversion of the eye-lids.
ECZEMA.—Heat eruption; minute vesicles, or little bladders, which afterwards scale off; attended with troublesome heat and itching.
EFFLUVIA.—Exhalations or vapours.
EFFUSION.—The escape of fluid out of its natural vessel into another part. Water on the brain, water on the chest, dropsy, are examples.
ELEPHANTIASIS.—Black leprosy. Elephant leg.
EMACIATION.—General waste of the body, with debility.
EMASCULATION.—Privation of virility; castration; removal of the testes.
EMBROCATION.—An external application that is rubbed on the skin.
EMBRYO.—The *ovum* in the uterus previous to the fourth month of pregnancy, after which it is called the *fœtus*.
EMETIC.—A medicine that causes vomiting.
EMMENAGOGUES.—Medicines which promote the menstrual discharge.
EMOLLIENTS.—Agents that soften, relax, and soothe.
EMPHYSEMA.—A swelling produced by air diffused in the *cellular membrane*; wind-dropsy.
EMPIRIC.—A quack; a vendor of nostrums.
EMPROSTHOTONOS.—Clonic spasm fixing the body forwards.
EMPYEMA.—Matter in the chest, between the *pleuræ*.
ENAMEL.—The hard exterior surface of the teeth.
ENARTHROSIS.—A ball and socket joint, as the head of the thigh-bone in the *acetabulum* of the hip.
ENCEPHALON.—The contents of the skull.
ENDEMIC.—Native diseases; diseases peculiar to the inhabitants of particular countries or districts.
ENDERMIC.—The method of employing remedies by the skin.
ENEMA.—A clyster; glyster; lavement; injection.
ENSIFORM CARTILAGE.—The cartilage at the end of the breast-bone.
ENTERITIS.—Inflammation of the bowels.
ENTOZOA.—Intestinal worms.
ENTROPIUM.—Inversion of the eye-lid.
ENURESIS.—Incontinence of urine; involuntary discharge of urine.
EPIDEMIC.—A prevailing, but not native disease.
EPIDERMIS.—The *cuticle*, or scarf-skin.
EPIGASTRIUM.—The superior part of the abdomen.
EPIGLOTTIS.—A cartilage of the *larynx*, situated above the *glottis*.
EPILEPSY.—The "falling-sickness;" fits in which there is a convulsive motion of the whole body, or a part, with loss of sense.
EPIPLOON.—The *omentum*; a membranous expansion that floats upon the intestines.
EPISPASTICS.—Blisters.
EPISTAXIS.—Bleeding from the nose.
EPITHELIUM.—The cuticle on exposed mucous membranes, as the red part of the lips.
ERYTHISMUS.—Constitutional irritation, or excitement.
ERRHINES.—Medicines which produce a discharge from the nose.
ERUCTATION.—*Flatulency*; belching.
ERUPTION.—A breaking out; a term applied to acute skin diseases.
ERYSIPELAS.—An eruptive fever that spreads rapidly; St. Anthony's fire.
ERYTHEMA.—Morbid redness of the skin; inflammatory blush.
ESCHAR.—A dry slough; a scab, or crust.
ESCHAROTICS.—Substances which form a slough.
EUSTACHIAN TUBE.—A canal which extends from the *tympanum* to the back part of the throat.
EXACERBATION.—An increase of feverish symptoms.
EXANTHEMA.—Eruptive diseases, as rashes, or superficial red patches, terminating in the peeling off of the skin; cuticular exfoliations.
EXCORIATION.—An *abrasion* of the skin.
EXCRESCENCE.—A preternatural growth, as a wart or a wen.
EXCRETION.—A general term for the perspiration, urine, fæces, &c., which are separated and voided from the blood or food.
EXFOLIATION.—The separation of a dead piece of bone from the living.
EXOMPHALOS.—Hernia at or near the *umbilicus*, or navel.
EXOSTOSIS.—An excrescence or diseased enlargement of a bone.
EXPECTORANTS.—Medicines for promoting the discharge of mucus from the windpipe and its branches.
EXPECTORATION.—Matters—mucus or pus—discharged from the chest.
EXPIRATION.—That part of *respiration* in which the air is expelled.
EXSANGUINITY.—A state of bloodlessness; *anæmia*.
EXTIRPATION.—The entire removal of any part by the knife or *ligature*.
EXTRA UTERINE.—A term applied to those cases of pregnancy in which the *fœtus* is contained in some organ exterior to the *uterus*.
EXTRAVASATION.—The passage of fluids out of their proper vessels, and their infiltration into the surrounding tissues; the discoloration of the skin in bruises—black eyes, for example.

F.

FACIES HIPPOCRATICA.—The peculiar appearance of the face immediately before death, described by Hippocrates; hence the name.
FALLING SICKNESS.—*Epilepsy*; an affection in which the patient falls to the ground.
FALLOPIAN TUBES.—Two trumpet-like ducts, commencing at the bottom of the *uterus*, and extending to the *ovaria*.
FALSE CONCEPTION.—Unnatural conception.
FALSE MEMBRANE.—A membrane, organised *lymph*, the result of inflammation, as that produced in pleurisy, *peritonitis*, croup, &c.
FASCIA.—The delicate tendinous or fibrous expansion covering some muscles.
FATUITY.—Foolishness, weakness of understanding.
FAUCES.—The back part of the mouth; the commencement of the gullet.
FEBRIFUGE.—A remedy against fever.
FEBRIS.—A fever.
FEBRILE.—Feverish.
FECUNDATION.—Impregnation.
FELON.—A malignant whitlow, in which the *effusion* presses on the *periosteum*.
FEMUR.—The thigh-bone; the longest, largest, and heaviest of all the bones.
FERRUGINOUS.—That which contains iron.
FIBRE.—A filament, or thread; as, a nervous fibre, a muscular fibre.
FIBRIN.—A tough fibrous mass, which, together with *albumen*, forms the basis of muscle.

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FIBULA.—The lesser bone of the leg.
FIDGETS.—The desire of changing the position of the body.
FILAMENT.—A small thread-like structure, or *fibre*, as that of a nerve.
FILM.—The popular term for opacity of the *cornea*.
FISH-SKIN DISEASE.—A horny condition of the skin—*Ichthyosis*.
FISSURE.—A fine crack in a bone.
FISTULA.—A pipe-like sore; a wound with a *sinus*.
FISTULA IN ANO.—A fistula penetrating into the *cellular* substance about the *anus*.
FISTULA IN PERINEO.—A fistula in the course of the perineum, sometimes extending to the *urethra*, bladder, *vagina*, or *rectum*.
FISTULA LACHRYMALIS.—A fistula penetrating into the *lachrymal sac*.
FLATULENCE.—Wind in the intestines.
FLOODING.—*Uterine hæmorrhage*—loss of blood from the *uterus*, or womb.
FLUOR ALBUS.—Literally, white discharge; the whites, *leucorrhœa*.
FLUX.—A discharge; diarrhœa; a *bloody-flux*,—dysentery.
FŒTOR.—A strong offensive smell.
FŒTUS.—The young of any animal. The child in the *uterus*, after the fourth month.
FOLLICLE.—A little bag; a very minute secreting vessel.
FOMENTATION.—The application of flannel, wet with warm water, or some medical infusion or decoction.
FONTANELLA.—The spaces left in the head of an infant, before bony union is perfect.
FONTICULUS.—An issue.
FORAMEN.—An opening; a passage in bones for the transmission of a nerve or blood-vessel.
FORMICA.—The sensation of creeping in a limb.
FORMULA.—A prescription; the mode of preparing medicines.
FOSSA.—A little depression, or sinus.
FRACTURE.—A broken bone.
FRECKLES.—The little yellow spots which appear on persons of fair complexion: sun-burns.
FRICTION.—Rubbing the body with the hand, a brush, a horse-hair glove, or belt, or linen.
FROST BITE.—A state of numbness, produced by cold; if unrelieved, followed by death of the parts affected.
FUMIGATION.—Fumes arising from chlorine, nitric acid, or vinegar; used to remove or counteract offensive and infectious odours.
FUNCTION.—The office of an organ; digestion; the *function* of the stomach.
FUNGUS.—A mushroom; proud-flesh.
FUNGUS HÆMATODES.—Bleeding fungus; soft cancer; medullary *scarcoma*.
FUNIS UMBILICALIS.—The *umbilical cord*; the navel string of infants.
FURUNCULUS.—A boil.

G

GALL-BLADDER.—A membranous reservoir, or bag, lodged in a fissure on the under surface of the liver, containing bile.
GALL-STONES.—Biliary secretions found in the gall-bladder.
GANGLION.—A small nervous centre, or an enlargement in the course of a nerve; sometimes called a "little brain." Also a diseased enlargement in the course of a tendon.
GANGRENA ORIS.—A disease which affects and destroys the cheeks, or gums of infants. A like disease occurs in the *pudenda*.
GANGRENE.—Mortification.
GASTRIC FEVER.—Common fever attended by much derangement of the stomach.
GASTRIC JUICE.—The peculiar digestive fluid secreted by the stomach.
GASTRITIS.—Inflammation of the stomach.
GASTRODYNIA.—Pain in the stomach.
GENERATION.—Reproduction.
GESTATION.—The state of pregnancy.
GLAND.—A small body situated in different parts of the body, composed of blood-vessels, nerves, &c. The liver, the pancreas, the spleen, are glands that supply new material necessary to the body: the kidneys, the breasts, are glands that secrete a new material unnecessary to the body.
GLEET.—A transparent, thin discharge from the urethra; the after-clap of *gonorrhœa*.
GLOBUS HYSTERICA.—A sensation experienced by hysterical persons, as if a globus or ball ascended from the stomach, up the neck, and became fixed in the throat.
GLOSSA.—The tongue.
GLOSSITIS.—Inflammation of the tongue.
GLOTTIS.—The aperture at the top of the *larynx*.
GLUTEN.—A viscid substance obtained from wheaten flour.
GLYCERINE.—A sweet principle of oil.
GOITRE.—Scrofulous enlargement of the *thyroid gland*.
GONAGRA.—Gout in the knee.
GONORRHŒA.—An infectious disease of the *urethra*, attended with discharge, heat, and pain.
GOUT.—Inflammation around the small joints; *podagra*; *arthritis*.
GRANULATION.—Minute, grain-like, fleshy bodies that form on the surface of wounds and ulcers during their healing.
GRAVEL.—Sediments deposited in the bladder from the urine.
GREAT SYMPATHETIC.—A nerve formed by a collection of filaments from every other nerve, which join each other at adjacent *ganglia*.
GREEN SICKNESS.—The popular term for *chlorosis*, from the pale, greenish cast of the skin.
GROCERS' ITCH.—An irritating eruption produced by the animalcule contained in impure sugar; *eczema impetiginodes*.
GUINEA-WORM.—A worm, native in India, that burrows under the skin of the sole of the foot.
GUM-BOIL.—Inflammation, abscess, or *boil* of the gums.
GUM-RASH.—Red gum; a cutaneous disease peculiar to infants during teething, consisting of pimples on the face, neck, arms, and loins, surrounded by a red blush.
GUTTA OPACA.—*Cataract*, or opacity of the crystalline lens.
GUTTA SERENA.—Blindness; *amaurosis*.

H

HÆMATEMESIS.—Vomiting of blood; *hæmorrhage* from the stomach.
HÆMATURIA.—Bloody urine; the passing of blood in the urine.
HÆMOPTYSIS.—Spitting blood; the expectoration of blood.
HÆMORRHAGE.—The rupture of a blood-vessel; the loss of blood.
HÆMORRHOIDS.—Piles; congested blood in the vessels of the *rectum*.
HALLUCINATION.—Depraved or erroneous imagination.
HALO.—AREOLA.—The ring or circle surrounding the nipple.
HARE-LIP.—A division of the upper lip, supposed to resemble that of a hare.
HECTIC.—A protracted fever that attends many serious diseases, especially those in which purulent matter is formed, as consumption and extensive abscesses.
HEMIPLEGIA.—Paralysis of one side of the body.
HEPAR.—The liver; the organ that secretes bile.
HEPATITIS.—Inflammation of the liver.
HERNIA.—Rupture. The protrusion of an intestine into a sac, or bag, formed by the *peritoneum*.
HERPES.—Clustered *vesicles* on the skin, which form into a *scab*.
HETEROGENOUS.—Substances made up of dissimilar parts.
HICCUP.—HICCOUGH.—A spasmodic contraction of the *diaphragm*, with partial closure of the *larynx*.
HOMŒOPATHY.—Quackery; the principle of which is, that every disease is curable by such medicines as would produce, in a healthy person, symptoms similar to those which characterise the disease.
HOMOGENOUS.—Substances made up of parts possessing the same properties.
HOOPING COUGH.—WHOOPING COUGH.—A cough attended with a whooping sound. *Pertussis*.
HORRIPILATIO.—A sensation of creeping in different parts of the body, that frequently precedes fever.
HUMERUS.—The large bone of the arm.
HYDRAGOGUES.—Cathartics that produce liquid evacuations.
HYDRARGYRIA.—A species of heat eruption caused by the irritation of mercury.
HYDROCARDIA.—Dropsy of the *pericardium*.
HYDROCELE.—Water, or dropsy, in the *scrotum*, &c.
HYDROCEPHALUS.—Dropsy of the brain; water in the head.
HYDROPATHY.—Partial quackery. The water-cure; the treatment of disease by the external and internal use of water.
HYDROPHOBIA.—A dread of water; difficulty in swallowing; spasms following the bite of rabid animals, invariably terminating in death.
HYDROTHORAX.—Dropsy in the chest.
HYDROPS.—Dropsy. A diseased collection of water in a cavity, or the *cellular substance*.
HYMEN.—A fold of membrane at the entrance of the virgin *vagina*.
HYOIDES.—A bone situated between the root of the tongue and the *larynx*.
HYPERTROPHY.—An excess of nutrition. An enlarged liver is frequently caused by hypertrophy.
HYPNOTICS.—Medicines which cause sleep.
HYPOCHONDRIASIS.—Low spirits; the vapours; indigestion with a sense of uneasiness around the stomach, and great depression of spirits.
HYPOCHONDRIUM.—The upper lateral region of the abdomen, under the cartilages of the false ribs.
HYPOGASTRIUM.—The lower anterior region of the abdomen.
HYSTERIA.—Hysterics; a nervous affection, chiefly seen in females.

I J

JAMES' POWDER.—Pure antimonial powder.
JAUNDICE.—A disease proceeding from obstruction in the liver, and characterised by a yellow colour of the skin. *Icterus*.

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ICHOR.—The thin acrid discharge from unhealthy wounds and ulcers.
ICTERUS.—*Jaundice.*
IDIOPATHIC.—Original or primary disease; that is, a disease of itself, not a symptom of another disease.
IDIOSYNCRACY.—Individual peculiarities.
JEJUNUM.—A portion of the small intestines, succeeding to the *duodenum.*
ILEUM.—The lower three-fifths of the small intestines, succeeding to the *jejunum.*
ILEUS.—Costiveness, with twisting pain around the region of the navel; sometimes called the iliac passion.
ILIUM.—The uppermost portion of bone in the *pelvis.*
IMBECILITY.—Weakness of mind or intellect.
IMPETIGO.—Running *tetter*, or *scall*; yellow, itching *pustules* on the skin, terminating in a yellow, thin scaly scab or crust.
IMPOTENCE.—Incapability of sexual intercourse, from organic, functional, or moral cause.
IMPREGNATION.—The act of generation on the part of the male: the corresponding act in the female is *conception.*
INANITION.—Emptiness, from want of food; exhaustion.
INCISION.—A cut, as with a scalpel, or other surgical instrument.
INCISORS.—The fore, or cutting teeth.
INCONTINENCE.—Inability to retain the natural secretions, as incontinence of urine.
INCUBUS.—The nightmare.
INDIGINOUS.—A term applied to diseases peculiar to a country.
INDURATION.—Hardening; an increase of natural consistence, the effect of chronic inflammation. An indurated liver is a hard liver.
INFANTICIDE.—The destruction of a newly born child.
INFARCTION.—Stuffing; constipation.
INFECTION.—The propagation of disease by *effluvia.*
INFILTRATION.—The escape of fluids into the *cellular tissue* of organs.
INFLAMMATION.—A state indicated by pain, heat, swelling, and redness.
INFLUENZA.—*Epidemic* cold, or *catarrh*, attended with fever.
INNOMINATA.—Two bones composed of the parts termed the *ilium*, the *ischium*, and the *pubis*; these, with the *sacrum*, form the *pelvis.*
INOCULATION.—The insertion of a healthy or morbid *virus* into the system.
INSPIRATION.—That part of respiration in which the air is inhaled.
INTERMITTENT.—Fever recurring at intervals, as the ague.
INTESTINES.—The bowels; the alimentary canal, extending from the stomach to the *anus.*
INTUS-SUSCEPTIO.—The descent of one portion of intestine into a lower portion.
INVERSIO UTERI.—The total or partial inversion of the *uterus.*
JOINT.—The connection of moveable bones. *Articulation.*
IRIS.—The membrane round the pupil of the eye.
IRITIS.—Inflammation of the iris.
ISCHIUM.—That part of the hip-bone upon which we sit.
ISCHURIA.—Suppression or retention of the urine.
ISSUE.—An ulcer intentionally made and kept open, for the cure or prevention of disease.
ITCH.—The vulgar name for a cutaneous disease of the fingers depending on a very minute animalcule. *Scabies.*

L

LABIA.—The lips.
LABIA MAJORA.—The two large folds constituting the external orifice of the female organs of generation.
LABIA MINORA.—Two smaller folds, situated within the labia majora.
LACERATION.—The tearing of any part; a jagged wound.
LACHRYMAL GLAND.—The gland that secretes the tears.
LACTATION.—The secretion of milk; nursing, suckling.
LACUNA.—Folds of mucous membrane in the *urethra.*
LAMBDOIDAL—The name of a *suture* of the skull.
LAND SCURVY.—An eruption of circular spots, stripes, or patches, scattered over the arms, thighs, and trunk.
LARYNX.—The upper part of the windpipe.
LARYNGITIS.—Inflammation of the *larynx.*
LARYNGOTOMY.—The operation of making an opening into the *larynx.*
LATERAL.—Belonging to the side.
LAXATIVES.—Mild purgatives.
LENITIVES.—Soothing medicines; gentle purgatives.
LENS.—The crystalline humour of the eye.
LEPRA.—A scaly disease of the skin, occurring generally in circular patches.
LESION.—Any hurt, injury, or *morbid* change.
LETHARGY.—Profound and continued sleep.
LEUCOMA.—Dense opacity of the *cornea.*
LEUCOPHLEGMATIC.—A term applied to a dropsical habit of body.
LEUCORRHŒA.—A white discharge from the vagina; the "whites."
LICHEN.—An eruption of red pimples, usually terminating in scurf.
LIGAMENT.—A tough, flexible membrane that connects and protects th bones in joints.
LIPOMA.—A fatty tumour.
LIPPITUDO.—Blear-eyes; chronic inflammation of the eye-lids.
LITHIC ACID.—A principle constantly present in healthy urine.
LITHONTRIPTICS.—Medicines which dissolve gravel or stone in the bladder.
LITHOTOMY.—The operation of cutting into the bladder to extract a stone.
LIVER.—The largest gland in the body; it secretes the bile.
LIVIDITY.—The discoloration of the body that occurs in some diseases of the heart.
LIVOR.—A blackish mark on the body, produced by a blow; a dark circle round the eye.
LOCHIA.—The discharge from the *uterus* that continues for some days after delivery.
LOCKED JAW.—The spasmodic closing of the jaws. *Trismus; tetanus.*
LUES VENEREA.—The venereal disease; *syphilis.*
LUMBAGO.—Rheumatism of the muscles about the loins.
LUMBAR.—Belonging to the loins.
LUMBRICOIDES.—The long round worm found in the intestines.
LUPUS.—Ragged ulcerations of the nose, cheeks, forehead, eye-lids, and lips; so called from its eating away the flesh like a wolf. *Noli me tangere.*
LUXATION.—Dislocation of a bone.
LYMPH.—A colourless liquid which circulates in the *lymphatics.*
LYMPHATICS.—Minute tubes which absorb and take up lymph.

M

MACULA.—A spot.
MALARIA.—Bad air; impure exhalations from marshy ground, &c.
MALFORMATION.—A deviation from the natural form of an organ.
MALIGNANT.—A term applied to diseases in which the symptoms appear to be fatal.
MAMMA.—The breast; the organ that secretes the milk.
MANIA.—Insanity; disordered intellect.
MARASMUS.—Emaciation; wasting of the body.
MAXILLA.—The jaw-bone.
MEATUS AUDITORIUS.—A canal in the ear.
MEATUS URINARIUS.—The orifice of the female *urethra.*
MECONIUM.—The first discharge of the fæces, of a blackish green colour in infants.
MEDIASTINUM.—The septum that separates the lungs from each other.
MEDULLA.—Marrow; a kind of fixed oil, occupying the cavities of bones.
MELÆNA.—Black jaundice; dark-coloured, grumous, and pitchy evacuations, generally accompanied with vomiting of dark blood.
MELANOSIS.—A diseased deposit, of a dark brown or black colour, on the surface of organs, or infiltrated within them.
MENINGES.—The name of the membranes of the brain; the dura mater and the pia mater.
MENINGITIS.—Inflammation of the membranes of the brain.
MENORRHAGIA.—A profuse discharge of the *catamenia*, or *menses.*
MENSES.—MENSTRUATION.—The monthly discharge in women.
MESMERISM.—A delusion and a snare; animal magnetism; nonsense.
MESENTERY.—The membrane that connects the small intestines and the posterior wall of the abdomen.
METACARPUS.—The wrist.
METASTASIS.—The removal of disease from one part to another, as rheumatism suddenly leaving the limbs and attacking the *pericardium.*
METATARSUS.—That part of the foot situated between the ankle and the toes.
METRITUS.—Inflammation of the womb.
MIASMA.—*Malaria* from marshy ground.
MIDRIFF.—The muscle which separates the chest from the abdomen; the *diaphragm.*
MILIARIA.—Numerous little vesicles on the body, containing a colourless, acrid fluid, which burst and terminate in scurf.
MILK-FEVER.—Fever that occurs at the commencement of the secretion of milk; vulgarly said to be "the milk flying to the head."
MOLARES.—The double, or grinding teeth.
MOLLITIES CEREBRI.—Softening of the brain; *ramollissement.*
MOLLITIES OSSIUM.—Softening and flexibility of the bones.
MONOMANIA.—Madness upon one subject.
MONS VENERIS.—The eminence immediately over the *pubis* in women.
MORBID.—Diseased.
MORIBUND.—Dying; ready to die.
MORTIFICATION.—Death of any part of the body.
MUCUS.—The liquid secreted by the mucous surfaces, as of the nostrils.
MUMPS.—Inflammation and swelling of the *parotid* glands.
MUSCÆ VOLITANTES.—Motes, or small bodies floating before the eyes.
MYOLOGY.—A description of the muscular system.
MYOPIA.—Short sight; near sight.

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N

Nævus.—*Maculæ* maternæ, or mothers' spots. Congenital spots and discolorations of the skin, as "strawberry stains," "mulberry stains." Sometimes they consist of enlarged cutaneous arteries.

Narcotics.—Medicines which induce sleep or stupor. *Opiates.*

Nates.—The buttocks.

Nausea.—Sickness of the stomach; loathing.

Necrosis.—Mortification, or death, of bone.

Nephritic.—A medicine which acts on the kidneys.

Nephritis.—Inflammation of the kidneys.

Nerves.—White cords arising from the brain and spinal marrow, and distributed to every part of the body.

Neuralgia.—Nerve-ache, or pain in a nerve. *Tic-douloureux* is pain in the nerves of the face.

Neuroses.—Nervous diseases.

Nictitatio.—Twinkling of the eye-lids; winking.

Node.—A swelling of a bone, or thickening of the *periosteum* from a venereal cause.

Noli me Tangere (touch me not).—Cancer; lupus of the face; *lupus.*

Normal.—That which is regular.

Nosology.—An arrangement of diseases according to their classes, orders, genera, and species.

Nostrum.—A quack medicine.

Nucha.—The back part, or nape of the neck.

Numbness.—Insensibility of touch or general feeling.

Nutrition.—The process of nourishing the frame.

Nyctalopia.—Night-eye, vulgarly called owl-sight: an affection of the sight, in which the patient is blind in the day, but can see at night.

Nymphæ.—The *labia minora.*

Nymphomania.—Lascivious madness in women.

O

Obesity.—Fatness; corpulency.

Obstetric.—Belonging to midwifery.

Obstipation.—A form of costiveness, in which the fæces are hard and slender.

Occiput.—The back part of the head.

Oculist.—One who practises in diseases of the eye.

Odontalgia.—Tooth-ache.

Œdema.—A swelling caused by the *effusion* of fluid; "puffing." Swollen ankles are frequently œdematous.

Œsophagus.—The gullet; the musculo-membranous canal extending from the mouth to the stomach.

Olecranon.—The head of the *ulna*, forming the point of the elbow.

Olfactory.—Belonging to the sense of smell.

Omentum.—The caul; a fold, or reflexion of the *peritonæum.*

Omphalocele.—A rupture at the navel.

Onychia.—An abscess near the finger-nail; whitlow.

Opacity.—Thickening; any change which affects the transparency of the *cornea.*

Operation.—Any act of the surgical art performed by the hand, or by the assistance of instruments.

Ophthalmia.—Inflammation of the eye.

Opiate.—An anodyne; a medicine which, like opium, produces sleep.

Opisthotonus.—The rigid bending of the body backwards. *Tetanus.*

Opium.—The juice of the white poppy.

Opodeldoc.—A solution of soap in spirits of wine, with the addition of camphor and volatile oils.

Optic.—Relating to the sight.

Orbit.—The cavity under the forehead, in which the eye is fixed.

Orchitis.—Inflammation of the testicle.

Organ.—A part which has a determinate office in the animal economy. The heart is an organ of the circulation.

Orthopnœa.—An affection of the breathing when it takes place only in the erect position.

Os.—**Oris.**—A mouth; a passage or entrance to any place.

Os Uteri.—The orifice or mouth of the *uterus*, or womb.

Osmazome.—Alcoholic extract of meat. An extract obtained from muscular fibre.

Ossification.—The formation of bone.

Osteology.—The history or anatomy of the bones.

Osteo Malachia.—Softening of the bones. *Rachitis.*

Osteo Sarcoma.—The growth of a fleshy or cartilaginous mass within a bone.

Otalgia.—**Otitis.**—Ear-ache; pain in the ear.

Otorrhœa.—*Otitis* when it has passed into the chronic stage.

Ovarium.—An organ containing the "egg" of animals: two small oval bodies placed in the substance of the broad ligaments of the *uterus.*

Ozæna.—An ulcer, situated in the nose, discharging a fetid, purulent matter, sometimes accompanied with *caries* of the bones.

P

Painters' Colic.—Colic arising from the use of, or working in lead.

Palate.—The upper wall of the mouth.

Palliatives.—Medicines which produce merely temporary relief.

Palpebra.—The eye-lid.

Palpitation.—An increase in the force and frequency of the heart's contraction.

Panacea.—A universal remedy (an impossibility); a quack *nostrum.*

Pancreas.—A conglomerate gland situated transversely across the posterior wall of the abdomen; the sweetbread.

Papilla.—A teat, or nipple; the small eminences that form the rough surface of the tongue.

Paracentesis.—The operation of tapping, or making an opening into the abdomen, chest, or bladder, for the purpose of discharging the fluid contained in them in disease.

Paralysis.—Palsy; loss of sensation or of motion, or of both.

Paraphymosis.—An affection of the *prepuce*, when it is drawn quite behind the glans *penis*, and cannot be drawn forward again.

Paraplegia.—*Paralysis* of the lower half of the body.

Parenchyma.—The spongy substance composing the lungs, liver, &c.

Parotid.—The name of the large *salivary* gland situated near the *ear.*

Parotitis.—Inflammation of the *parotid* gland: in England, the mumps; in Scotland, the branks.

Paroxysm.—A periodical increase of disease; a fit.

Parulis.—An abscess in the gums; gum-boil.

Parietal Bones.—The "walls" of the skull.

Parturition.—The act of bringing forth, or being delivered of children.

Patella.—The knee-pan.

Pathology.—The investigation of the nature of diseases.

Pectorals.—Medicines which relieve disorders of the chest.

Pectoriloquy.—A chest-sound; a voice which appears to proceed from the chest, and to traverse the tube of the *stethascope.*

Pelvis.—The large bony cavity which terminates the lower part of the trunk, and contains the urinary and genital organs, and in women the uterus.

Penis.—The male organ of generation.

Pepsin.—A peculiar animal principle secreted by the stomach, and present in the gastric juice.

Percussion.—The act of striking upon the chest, abdomen, &c., with the view of producing sounds by which the state of the subjacent parts may be ascertained.

Pericardium.—A fibro-serous membrane which surrounds or contains the heart.

Pericarditis.—Inflammation of the *pericardium.*

Perichondrium.—The *synovial* membrane which covers *cartilage.*

Pericranium.—The *periosteum*, or membrane which covers the bones of the *cranium.*

Perinæum.—The lower part of the trunk, between the external parts of generation and the *anus.*

Periosteum.—The membrane which surrounds the bones.

Periostitis.—Inflammation of the *periosteum.*

Periostosis.—A tumour formed by swelling of the *periosteum.*

Peripneumonia.—Inflammation of the substance of the lungs.

Peristaltic.—A term applied to the vermicular, or worm-like, twisting motion of the intestines.

Peritonæum.—The serous membrane which lines the interior of the abdomen, and invests the intestines, &c.

Peritonæal Fever.—Puerperal, or child-bed fever, so called from its occurring frequently after labour.

Peritonitis.—Inflammation of the *peritonæum.*

Pernio.—A chilblain.

Perspiration.—The watery vapour which is constantly passing through the skin.

Pertussis.—Hooping cough.

Pessary.—An instrument made of wood, ivory, india-rubber, &c., used for preventing the *prolapsus* of the womb, or *vagina.*

Petechia.—Specs or spots resembling a flea-bite, which occur in some *epidemical* fevers.

Phagedæna.—An ulcer which spreads and eats away the flesh.

Pharmacology.—The method of administering remedies.

Pharmacy.—The preparation of medicinal substances.

Pharynx.—The upper portion of the gullet, at the back part of the mouth.

Pharyngotomy.—The operation of cutting into the *pharynx.*

Phimosis.—An affection of the *prepuce*, in which it cannot be drawn back, so as to uncover the glans penis.

Phlebitis.—Inflammation of the veins.

Phlebotomy.—The opening of a vein for the purpose of blood-letting; bleeding.

Phlegm.—A thick tenacious matter secreted in the lungs.

Phlegmatic.—A term applied to a lax and sluggish *temperament.*

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PHLEGMASIA DOLENS.—*Puerperal* tumid leg; inflammation of the iliac and femoral veins after child-birth.
PHRENITIS.—Phrensy; inflammation of the brain.
PHRENOLOGY.—A description of the mind; a science (?) by which particular characters and propensities are indicated by the conformation of the skull.
PHTHISIS.—Consumption, or decline; tubercles on the lungs.
PHYSIOLOGY.—The study of the constitution of the works of nature.
PIA MATER.—A vascular membrane investing the whole substance of the brain.
PILES.—The common designation for *hæmorrhoids*.
PITYRIASIS.—Dandriff, or scurf.
PLACENTA.—The after-birth.
PLAGUE.—The name of a disease which is *endemic* in Egypt.
PLETHORA.—Repletion; full habit of body; an excessive fulness of the blood-vessels.
PLEURA.—A serous membrane which encloses each lung, and lines the internal walls of the chest.
PLEURALGIA.—Pain, or stitch, in the side.
PLEURITIS.—Pleurisy; inflammation of the pleura.
PLEXUS.—A kind of net-work of nerves, or blood-vessels.
PLICA POLONICA.—A disease in which the hair is plaited or matted together.
PNEUMO-THORAX.—A collection of air in the cavity of the *pleura*.
PNEUMONIA.—Inflammation of the substance of the lungs.
PODAGRA.—Gout in the feet.
POMPHOLYX.—Water-blebs; an eruption of *bullæ* or *blebs*, without inflammation round them, and without fever.
POMUM ADAMI.—Adam's apple,—the prominent part of the *thyroid cartilage* in the throat.
PORRIGO.—Moist *scall*; an eruption of straw-coloured pustules. Ringworm is a species of porrigo.
PRÆCORDIA.—The fore part of the region of the chest.
PREPUCE.—The foreskin of the *penis*.
PREGNANCY.—The period of child-bearing.
PROBANG.—An instrument introduced down the gullet to remove obstructions.
PROGNOSIS.—Fore-seeing and predicting the results of disease.
PROLAPSUS.—The falling down of any part.
PROPHYLACTIC.—Any means employed for the preservation of health.
PROSTATE.—A gland situated before the neck of the bladder in the male.
PRURIGO.—Severe itchings.
PSEUDO.—A prefix denoting spuriousness.
PSOAS.—The name of two large muscles in the loins.
PSOAS ABSCESS.—Lumber abscess; abscess in the psoas muscles.
PSORA.—The itch.
PSORIASIS.—*Dry scall, or* scaly *tetter*; a scaly and chappy disease of the skin.
PSYCHOLOGY.—A description of the intellectual and moral faculties.
PTYALISM.—Salivation; an involuntary flow of saliva.
PUBES.—The share bones; the anterior part of the *pelvis*.
PUDENDA.—The external parts of generation in the female.
PUERPURAL.—Belonging to child-bed.
PUERPURAL FEVER.—Child-bed fever; inflammation of the *peritoneum*, succeeding delivery.
PULMO, PULMONARY.—The lungs, relating to the lungs.
PULSE.—The stroke or beat of an artery.
PURGATIVES.—Active *cathartics*.
PURIFORM.—Resembling *pus*.
PURPURIA.—Literally, purple or livid disease; *scorbutus* or scurvy; an eruption of small, distinct, purple specs or patches, attended with languor, general debility, and pains in the limbs.
PURULENT.—Of the nature of *pus*, attended with *pus*.
PUS.—The product formed by the process of *suppuration*; a matter consisting of globules.
PUSTULE.—An elevation of the *cuticle*, with an inflamed base, containing *pus*.
PUTRID FEVER.—A name given to *typhus*.
PYLORUS.—The lower and contracted *orifice* of the stomach.
PYREXIA.—Fever.
PYROSIS.—Pain and heat of the stomach, with eructation of watery fluid; the water-brash.

Q.

QUACK.—A social pest; one who robs the pocket and destroys the constitution, whilst professing to restore lost health; one who professes to cure all diseases by the same remedy:—patent medicines are *quack* medicines.
QUALM.—A sudden attack of sickness.
QUARTAN AGUE.—A species of intermittent fever, in which the intermission is generally about seventy-two hours.
QUINSY.—Sore throat; inflammation of the mucous membrane of the *fauces*; *cynanche*.
QUOTIDIAN AGUE.—Intermitsent fever, in which the intermission is about every twenty-four hours.

R

RABIES.—Madness occuring after the bite of a rabid animal.
RACHITIS.—The rickets; deficient firmness in the bones.
RADIUS.—The small bone of the fore-arm.
RALE.—A *rhonchus*, or rattle in the chest.
RANULA.—A tumour under the tongue.
RASHES.—Patches of superficial redness on the skin.
RECTUM.—The last portion of the intestines; the straight gut.
REDUCTION.—The operation by which a dislocated bone is returned to its proper situation.
REMITTENT.—A class of fevers characterised by periodical increase and diminution of symptoms.
RHONCHUS.—Rattling in the throat.
RHYTHM.—The sonorous vibration of the pulsations of the heart and arteries.
RIGOR.—Coldness; a shivering-fit.
RINGWORM.—Distinct patches of an irregular circular figure upon the scalp, forehead, and neck—*Porrigo Scutulata*
ROSEOLA.—Rose-rash; a rose-coloured rash, occasionally fading and reviving, not contagious.
RUBEFACIENT.—Substances which induce irritation and redness on the skin without blistering.
RUBEOLA.—Measles.
RUGA.—A wrinkle.——RUGOSITY.—A wrinkled surface.
RUPIA.—An eruption of flat, distinct vesicles, slightly inflamed, which contain a *sanious* fluid.
RUPTURE.—The protrusion of some part of the abdominal *viscera*, but principally of the intestines. *Hernia*.

S

SABULOUS.—Gritty; gravelly deposits in the urine.
SACRUM.—The base of the spinal column; the back part of the *pelvis*; the sacred bone, because it was offered in sacrifice.
SALINE.—That which contains salt.
SALIVA.—The insipid, transparent, viscid liquid secreted by the salivary glands.
SANGUIFICATION.—The process by which the *chyle* is converted into blood.
SANIES.—A thin, serous, fetid matter, discharged from unhealthy sores.
SARCOMA.—Fleshy or fatty tumours.
SARCOCELE.—A fleshy enlargement of the testicles.
SATYRIASIS.—Lascivious madness.
SCAB.—A hard substance formed by the concretion of fluids discharged from superficial ulcers.
SCABIES.—The itch; an eruption of minute pimples, occurring chiefly between the fingers.
SCALL.—Patches of rough scales; a chappy state of the skin.
SCAPULA.—The shoulder-blade-bone.
SCARF-SKIN.—The outermost layer of the skin; the *epidermis*.
SCARLATINA.—Scarlet fever.
SCHNEIDERIAN MEMBRANE.—The mucous membrane lining the nostrils.
SCIATICA.—Hip-gout; pain in the hips and buttocks, shooting down the thighs; a neuralgic affection of the hip and thigh.
SCHIRRUS.—The earlier stage of cancer.
SCLEROTIC.—The dense fibrous membrane which, with the *cornea*, forms the external tunic of the eye-ball.
SCORBUTUS.—Scurvy.
SCROFULA.—Indolent glandular tumours, which suppurate slowly; the king's evil.
SCROTUM.—The envelope, or bag, containing the *testes*.
SCURF.—Exfoliation of the *cuticle*; *dandriff*.
SCURVY.—The popular name for *scorbutus*.
SCYBALA.—Indurated feces; stools passed in lumps.
SEBACEOUS.—Like suet.
SECERNENTS.—Vessels which deposit matters separated from the blood, for the reproduction of the several parts of the body.
SEDATIVES.—Medicines which depress (soothe?) the vital powers, without previously inducing excitement or stimulation.
SEDIMENT.—A deposit; that which settles at the bottom of any liquid.
SEMEIOLOGY.—The history of the signs of disease.
SEMEN.—The fecundating fluid of the male.
SEQUELA.—A disordered state following a previous disease.
SERUM.—A thin, yellowish fluid, derived from the blood and the *chyle*.
SETON.—A kind of *issue*, usually made with a flat needle threaded with a skein of silk, and passed through the skin and integuments for the purpose of inducing a discharge.
SHAMPOOING.—The rubbing, thumping, and kneading of the muscles and the joints after a vapour-bath.
SIALOGOGUES.—Substances which increase the flow of the saliva.

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SINAPISM.—A mustard poultice.
SINUS.—A cavity or cell within the substance of a bone.
SLOUGH.—Dead or mortified membrane or integument, the result of *suppuration* and *ulceration*.
SORDES.—The viscid matters discharged from ulcers.
SPASM.—The irregular contraction of muscles; cramp.
SPECULUM.—An instrument for examining obscure parts.
SPERMATIC CORD.—A cord consisting of the arteries, veins, and nerves, which pass to and from the testicles.
SPERMATOCELE.—An enlargement of the testicles.
SPERMATTORRHŒA.—Debility of the spermal vessels; oozing or discharge of the seminal fluid.
SPHACELUS.—Mortification.
SPINAL CORD.—The medullary or brain-like matter contained within the canal of the spine.
SPORADIC.—Diseases arising from occasional causes, as cold, fatigue, &c.
SPUTUM.—Expectoration.
STAPHYLOMA.—Increase in the size of the *cornea*, accompanied by opacity.
STEATOMA.—A wen, or encysted tumour, containing a fat-like matter.
STERILITY.—Barrenness; *impotence* in the male; inability to conceive in the female.
STERNUM.—The breast-bone.
STERTOR.—Snoring or snorting.
STETHOSCOPE.—An instrument to assist the ear in examining the sounds of the chest, heart, and lungs.
STIMULANT.—That which increases the vital activity of an organ.
STOMACHIC.—That which strengthens the powers of the stomach.
STRABISMUS.—Squinting.
STRANGURY.—Suppression of, or difficulty and pain in passing the urine.
STRICTURE.—A contracted state of a passage or tube.
STRUMA.—STRUMOUS.—Scrofula; scrofulous.
ST. VITUS' DANCE.—Chorea.
STUPOR.—A state of insensibility.
STYE.—An inflammatory tumour on the eye-lid.
STYPTIC.—An astringent application for stopping bleeding.
SUDOR.—Sweat; perspiration.
SUPINATION.—The act of lying with the face upward; the act of turning the hand upward.
SUPPOSITORY.—A medicated solid introduced into the *rectum*.
SUPPURATION.—The process by which *pus* is formed.
SUTURE.—A seam; the junction of the bones in the skull; the junction of the edges of wounds by stitches.
SYMPATHETIC NERVE.—A chain of *ganglia* formed by and communicating with all the other nerves in the body.
SYMPTOM.—A sign or mark by which a disease is characterised.
SYNCOPE.—Fainting, or a swoon; a sudden suppression of the heart's action.
SYNOCHUS.—Continued fever; the common fever of this climate.
SYNOVIA.—The lubricating fluid contained in the capsular ligaments of joints.
SYSTOLE.—The contraction of the heart, auricles, and arteries.
SYPHILIS.—The venereal disease, vulgarly called pox.

T

TABES.—A wasting or melting, applied to emaciating diseases.
TABES DORSALIS.—Decline, or wasting from intemperate indulgence in libidinous pleasures.
TABES MESENTERICA.—Scrofulous disease in the *mesentery*.
TÆNIA.—The tape-worm.
TALIPES.—Club-foot; distortion of the feet.
TAPPING.—The operation of puncturing the abdomen and drawing off fluid.
TARSUS.—The instep; also the thin cartilage situated at the edges of the eye-lids.
TAXIS.—The operation of reducing a rupture by the hand.
TEMPERAMENT.—Peculiarities of constitution.
TENDON.—The fibrous termination of muscles, by which the muscle is attached to a bone.
TERTIAN.—A species of ague, in which the intermission continues for forty-eight hours.
TESTES.—The testicles.
TETANUS.—Contraction of the muscles of voluntary motion; *trismus*; locked-jaw.
TETTER.—*Herpes*.
THERAPEUTICS.—The medicinal treatment of disease.
THORAX.—The chest.
THORACIC DUCT.—The great trunk formed by the junction of the absorbent vessels.
THROMBUS.—A tumour formed by a clot of coagulated blood.
THYROID GLAND.—A body composed of two oval lobes situated on each side of the *trachea*.
TIBIA.—The shin-bone; the larger bone of the leg.
TIC-DOLOUREUX.—A painful affection of the nerves of the face.
TINEA CAPITIS.—Scald head; *porrigo*.
TONICS.—Medicines which restore the vigour of the muscular system.
TONSILS.—The round glands situated between the pillars of the *palate*.
TORMINA.—Griping; the pain which accompanies inflammation of the bowels and diarrhœa.
TORPOR.—Insensibility.
TOURNIQUET.—An instrument or bandage placed around a limb to arrest bleeding.
TOXICOLOGY.—The account, classification, and effects of poisons.
TRACHEA.—The windpipe.
TRANSFUSION.—The operation of transfusing the blood of one person into the veins of another.
TRAUMATIC.—Belonging to wounds; occasioned by wounds.
TREMOR.—Trembling; agitation of the head or limbs.
TREPHINE.—An instrument used for perforating the skull.
TRISMUS.—Locked jaw.
TRUSS.—An instrument or bandage to relieve rupture.
TUMOUR.—A swelling.
TUSSIS.—A cough.
TYMPANITIS.—A drum-like distension of the abdomen; dry dropsy, or wind-dropsy.
TYPHUS.—Malignant fever.

U

ULCER.—A wound attended with the secretion of *pus* or other discharge.
ULCERATION.—The process by which sores or ulcers are produced.
ULNA.—The large bone of the fore-arm.
UMBILICUS.—The navel.
UREA.—A principle peculiar to the urine.
URETER.—The membranous tube which transmits the urine from the kidney to the bladder.
URETHRA.—The canal that conveys the urine from the bladder.
URIC ACID.—A healthy constituent of the urine.
URINE.—The fluid secreted by the kidneys from the arterial blood.
URTICARIA.—Nettle-rash; itching.
UTERO-GESTATION.—The period of pregnancy.
UTERUS.—The womb.
UVULA.—The pendulous body hanging down from the centre of the palate

V

VACCINATION.—The act of inserting vaccine matter; inoculation for the cow-pox.
VAGINA.—The membranous canal that extends from the mouth of the *uterus* to the external parts of generation in the female.
VALETUDINARIAN.—One who is of infirm health, weakly, or sickly.
VARICELLA.—Chicken-pox.
VARICOCELE.—The enlargement and distension of the blood-vessels of the *scrotum*.
VARIOLA.—Small-pox.
VASCULAR SYSTEM.—A term generally applied to the vessels that carry on the circulation of the blood.
VELUM PALATI.—The soft *palate*; the moveable partition that separates the mouth from the *pharynx*.
VENA CAVA SUPERIOR.—The large vein which transmits the blood circulating in the upper part of the body to the heart.
VENA CAVA INFERIOR.—The vein that conveys the blood from the lower part of the body to the heart.
VENA PORTÆ.—The large vein of the liver.
VENESECTION.—Bloodletting; opening a vein; phlebotomy.
VENTRICULUS.—The stomach.
VERMES.—Worms.
VERMIFUGE.—A remedy which expels worms; *anthelmintics*.
VERTEBRA.—A bone of the spine.
VERTIGO.—Giddiness; dizziness with a fear of falling.
VESICA.—A bladder.
VESICLE.—A little bladder on the surface of the skin, containing a transparent serous fluid.
VIRUS.—Venom; poison.
VISCUS.—VISCERA.—Bowels, or intestines; any organ that has any appropriate use; the stomach is a *viscus*; the *intestines* are *viscera*.
VOMER.—A bone of the nose, forming a partition between the nostrils.
VOMICA.—An abscess, leaving a cavity, in the lungs.

W

WHITES.—The vulgar name for *leucorrhœa*.

X

XIPHOID.—A term applied to the sword-like cartilage at the extremity of the breast-bone.

Y

YELLOW FEVER.—One of the severest forms of malignant fever, in which the whole surface of the body is of a yellow hue.
YELLOW GUM.—The *jaundice* of infants.

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THE
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THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XIV.—THE CRANIUM AND FACE.

The Sphenoid Bone, (5, fig. xxv. *e e*, fig. xxvi.) so called, from its situation in the base of the skull, where it wedges in and locks together most of the other bones, is connected to fourteen distinct bones. It is placed between the occipital and ethmoid bones, and stretches on each side to the temples. In form it has a general resemblance to a bat with extended wings, and is divided into a middle part, or body, and into the greater processes, three on each side; namely, the little wings, or wings of Ingrassius, the great wings, and the pterygoid processes. The perfect knowledge of this bone is a study of itself: it is the bugbear of students, in consequence of its numerous processes, foramina, and connexions. We well remember our first introduction to the late Mr. Anthony White, the then President of the Royal College of Surgeons, who advised us always to carry a bone in our pockets, to study and think of on any leisure occasion. This bone was our companion for several months. Although this bone lies chiefly in the base of the cranium, and is almost beyond the reach of external violence, still it has many important relations which demand attention; for example, to the brain, to the carotid arteries, to the cavernous sinuses, to the nostrils and orbit of the eye.

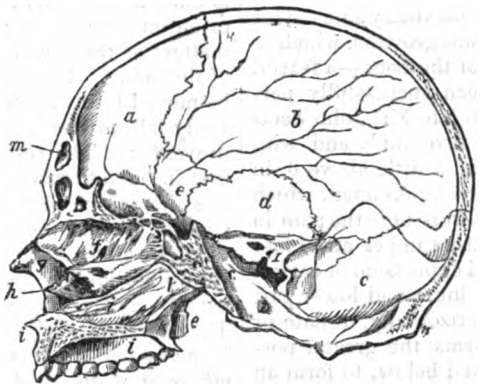

Figure XXVI.
Section of the Human Skull.

a The Frontal Bone.
b The Parietal Bone.
c c The Occipital Bone.
d The Temporal Bone.
1. The Petrous Portion, containing the internal ear.
e e The Sphenoid Bone.
f f The Ethmoid Bone.
g The Nasal Bone.
h The Turbinate Bone.
i i i The Superior Maxillary Bone.
k The Palate Bone.
l The Vomer.
m The Frontal Sinus.
n The Occipital Protuberance.

The ethmoid bone (*f f*, fig. xxvi.) derives its name from the upper surface resembling a sieve, being full of small holes; it is of a cubical form, and consists principally of numerous cells: consequently, it is peculiarly light and spongy. It occupies the anterior part of the floor of the cranium between the orbits, from which it descends into the nostrils and walls of the orbit. Its upper surface is a horizontal plate, termed the cribriform plate, perforated by numerous little holes to transmit the twigs of the olfactory nerves, or nerves of smelling, to the nostrils. In the middle is a sharp process, named the ethmoid crest, or crista galli, from a supposed resemblance to a cock's comb. From the lower part descends the nasal plate, making part of the central division of the nose; and the flat, or orbitar plates, which form the principal portions of the inside of the orbits. On either side of the central division of the nostrils are the turbinated plates or bones (*h h*, fig. xxvi.), which are there pendulous and convex; and on the back part are numerous cells, consisting of many convoluted plates of bone, called labyrinths. The nerves of smelling, after passing through the holes in the cribriform plate, are expanded on the nasal septum, and throughout the whole extent of the cells formed by the turbinate bones. Thus a very considerable surface is provided for the distribution of these nerves, and at the same time a very small space is occupied. The ethmoid bone is joined by the edge of its cribriform plate to the ethmoidal notch of the frontal bone, and to the sphenoid bone; and by the back part of its nasal plate to the latter bone, and to the vomer; it also joins the lachrymal bones and the upper jaw. There are no muscles attached to or covering this bone.

The Bones of the Face

are in pairs, except two bones, one of which, the vomer, forms part of the partition of the nose; the other is the lower jaw. They are fourteen in number, thirteen of which belong to the upper immovable part, usually called the upper jaw; some meet and unite in the central or mesial line; others are placed at a greater or less distance from this line. The union of the bones of the face has been said to take place by sutures, which are named according to their connexion with each: but in fact they are united rather by simple irregular lines than by sutures.

The nasal bones (8, fig. xxv. *g*, fig. xxvi.) form the bridge of the nose: they are convex externally, thereby giving greater resistance to violence from without; and they are concave internally for enlarging the cavity of the nose; at their middle part each presents a small hole which passes through the bone, and transmits a vein to the lining or pituitary membrane. The upper margin of this bone is joined to the spine of the frontal bone and to the nasal plate of the ethmoid bone; its external edge joins the upper jaw, and its inner edge is united to its fellow-bone at the centre of the bridge of the nose; its lower edge is joined only by the alar cartilages, or gristle of the nose.

The lachrymal bone (9, fig. xxv.) is nearly the size, shape,

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and indeed thickness of the finger nail, therefore it is also called the os unguis, or nail-like bone; it is called lachrymal because the anterior concave portion supports the lachrymal duct, which conveys the tears from the inner corner of the eye into the nose. The orbitar plate of this bone assists in forming the orbit of the eye.

The malar or cheek-bone (6, fig. xxv.) is situate at the middle of either side of the face. It exhibits three surfaces,—a facial, namely, that which is readily recognized as *the* cheek-bone; an orbitary surface, which is concave, and assists to form the floor of the orbit; and a zygomatic surface (*a*, fig. xxv.), where it joins the temporal bone, and with it forms the zygomatic arch. At its central upper part, immediately beneath the socket of the eye, there is a foramen, or hole, through which passes the malar nerve.

The upper jaw-bones, ossa maxillaria superiora, or superior maxillary bones (7, fig. xxv. *i i i*, fig. xxvi.) constitute the principal part of the bones of the face. The body of each bone is of an irregular form, having a large cavity opening into the nostrils, commonly called the antrum of Highmore, or maxillary sinus. This is frequently the seat of diseased and malignant growths, which in some severe cases demands the extirpation of the bone—a fearful operation, which within late years has been successfully performed. We witnessed its removal by the late Mr. John Scott in three cases, two of which terminated favourably and with little deformity. On the outer surface, and a little above 6, in fig. xxv., is a foramen, termed the infra orbitar foramen, which gives passage to the nerves of the face, and it is here the pain in tic-douloureux appears to commence. At its upper and inner edge, where it joins the nasal bone, is a small depression or cavity, for lodging the lachrymal sac. From the inner and lower part of the body of the bone there extends, horizontally, a plate or table, called the palatial process, which forms the greater portion of the floor of the nose, and is hollowed below, to form an equal part of the roof of the mouth. That portion of the upper jaw which secures the teeth is greatly increased in density and strength. Each bone usually has eight cavities,—the alveolar cavities,—for the reception of the teeth.

The palatine bones (*k*, fig. xxvi.). Each palate bone is placed at the lower and back part of the upper jaw-bone, and below the middle of the base of the skull. They form the posterior part of the palate, from which they ascend along the outer walls of the nostril to the orbit. The attachments of this bone are many and complicated: it is joined to its fellow-bone by the palatine process; to the vomer, to the upper jaw-bone, to the turbinate bones, to the sphenoid bone, and to the ethmoid bone.

The vomer (*l*, fig. xxvi.) is thus named from its resemblance to a ploughshare. It is situated in the septum or division of the nose, of which it forms a considerable part. It is a quadrilateral thin plate, presenting two surfaces,—one turned to the right nostril, the other to the left. It is divided into four edges: the sphenoidal, hollowed to receive the azygos process of the sphenoid bone; the anterior or nasal process, grooved to receive the nasal process of the ethmoid bone, and the cartilaginous division of the nose; the inferior edge uniting with the crest of the upper jaw; and the posterior, or the pharygneal margin, concave and facing the pharynx, or commencement of the gullet.

In our next we shall describe the lower jaw and the teeth, illustrated with four engravings.

MAXIM.

He alone discovers a truth who proves it.

DISTORTION OF THE SPINE.

BY SIR B. C. BRODIE, BART., F.R.S.

Many circumstances render *Distortions of the Spine, independent of caries or ulceration*, especially worthy of attention. The condition of the patient through life depends on the treatment which is had recourse to, and the attention that is paid, when, at an early age, the first indications of a deviation from the natural figure are perceptible.

In a person of what is called a good figure, when the feet rest on the ground with the heels in contact, the lower limbs being straight, and the upper limbs occupying the same position on the sides, the spine rises perpendicularly in the same line with the *os sacrum*,* and making on each side the same angle with the pelvis; the centre of gravity being somewhere in the middle line of the body. Whatever causes the centre of gravity to shift its place so as to be on one side of the central line, will necessarily cause some alteration in the position of the spine. A heavy weight in one pocket, or held in one hand, where there is none in the other; the greater height of the heel of one shoe, or an unequal leaning on the two lower limbs: even such trivial matters as these will occasion more or less of lateral deviation of the spine. If from any cause whatever the centre of gravity be moved far away from the spine, the individual would necessarily fall to the ground if he were not to make an effort to prevent it. The result of that effort is, that, while the cause first in operation, whatever that may be, produces a bending to one side in one part of the spine, by the action of the muscles another part of the spine is bent in the opposite direction: and thus, in all cases in which a lateral curvature exists, the curvature is double, the whole spine assuming a form which is usually, and not very inaptly, compared to that of the italic *S*. The degree of such curvature of course varies in different cases. In many persons it is so trifling as to be scarcely perceptible; in others it is so considerable as to become a great and obvious deformity.

From whatever cause the spine becomes affected with a lateral curvature, it cannot but happen that the effects of it should extend to other parts of the trunk. The ribs corresponding to the convex side of the curvature are at their anterior extremities separated from each other by a wider interval than is natural, while on the opposite side they are, as it were, squeezed together, and compressed into a smaller compass. The *os ilium* of one side appears to be more prominent than that of the other; and there is a corresponding change in the appearance of the scapula, and clavicles, and even of the sternum.

No part of the body can be permanently displaced without undergoing an alteration in its figure. In a case of unreduced dislocation of the humerus, the old glenoid cavity is absorbed, and a new articulating surface is generated on the lower margin of the scapula, while the head of the humerus becomes reduced in size, and otherwise altered so as to correspond to the parts with which it is now in apposition. In like manner, in an established case of lateral curvature of the spine, the bodies of the vertebræ are found reduced in thickness on one side, increased in thickness on the other; the ribs bulge unnaturally in one place, and are unnaturally depressed in another: and corresponding changes take place in the clavicles and sternum, and even in the scapulæ. These changes are produced the more

* Those of our readers who have followed us in the papers on ANATOMY, especially the one describing the "SKELETON," in No. 63, and that describing the "PELVIS," in No. 64, will have little difficulty in comprehending the technical names and exact situation of the bones, &c., mentioned by Sir Benjamin Brodie in the above admirable lecture, which is abridged from the *Medical Gazette*.

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readily, because when lateral curvature exists, it almost invariably begins to shew itself in early life, while the process of growth is going on. These facts should be borne in mind with a reference to practice. As deviations from the natural figure occur with more facility during the period of growth, so is the restoration of the natural figure more easily obtained during the same period also. The treatment of the disease cannot be begun too soon after the first signs of spinal curvature are perceptible, and little or no benefit can arise from the continuance of the treatment after the period of growth is completed.

A difference in the length of the two limbs is in some instances the result of original formation. I have had young persons brought to me because one shoulder was observed to be higher than the other (this being usually the first thing observed in the commencement of a lateral curvature of a spine), and in whom I have found the *femur and tibia* on one side respectively shorter than the *femur and tibia* of the other, although there neither were at the time, nor had been previously, any indications of disease in either limb. At other times, however, the difference in the length of the femur or tibia is clearly to be traced to disease. A diseased bone may grow less rapidly than the corresponding bone which remains in a healthy state. Thus, in a case of scrofulous affection of the bones of one finger, it is very common for the finger thus affected not to grow at all, while the other fingers grow as usual. The reverse of this also may happen, and the diseased bone in certain cases becomes actually longer than its fellow of the opposite side. Now, in such cases it must be evident that the only thing to be done is to endeavour to equalise the length of the limbs by making the sole of one shoe thicker than that of the other. Nothing done to the spine itself can be of the smallest service. Indeed, for the most part, in these cases, the curvature of the spine is trifling. The addition of a very little cork to the sole of one shoe will be sufficient to prevent its being observed at all; and a clever shoemaker will easily manage so that the difference of the two shoes will be imperceptible also.

In a young person who has recovered from disease of the hip-joint after the formation of abscess (and in some cases even where suppuration has not taken place), the limb on the side of the disease is left considerably shortened. The shortening of the limb is sometimes the consequence of actual dislocation; at other times it arises from the margin of the acetabulum having been destroyed by ulceration, or from a partial destruction of the head of the femur, the limb being afterwards drawn upward by the action of the glutæi muscles. In whatever way the shortening of the limb is produced, it necessarily happens that as soon as the patient begins to walk the spine becomes distorted. There is, however, in many of these cases, another cause operating so as to produce the same result. The patient has been lying for a long time in bed without any particular attention being paid to the position in which he has placed himself, and this position has probably been that of lying on one side with the spine twisted laterally. The lateral curvature thus produced of course continues to exist when the patient first begins to stand and walk. Now, of these two kinds of curvature, the first is evidently irremediable; but the latter admits of considerable, and perhaps of complete, relief, under a simple mode of treatment, which I shall explain to you hereafter.

There is a peculiar paralytic affection to which children are liable, and which I have in my lectures been accustomed to describe under the name of *infantile paralysis*. The child (generally after suffering from an attack of fever) exhibits symptoms of what is commonly called "determination of blood to the brain," and not improbably has an attack of convulsions. Then, all at once, the muscles of some part of the body lose their power of acting under the influence of the will. In a few cases, recourse being immediately had to the exhibition of mercury, the paralysis is relieved. In the majority of cases it is not relieved at all, but remains unaltered the rest of the patient's life. Now, if this has happened in one of the lower limbs, you need only refer to the observations which I made at the beginning of the lecture, to be satisfied that a lateral curvature of the spine must be the consequence. One lower limb will support the weight of the body, the other will not support it; one limb is heavier than the other, and one limb only is exercised. The pelvis, under these circumstances, must become depressed on one side more than on the other, and a lateral inclination of the spine will follow depression of the pelvis. In some instances all the muscles of the leg and thigh are paralytic, and the whole of the lower limb is useless to the patient. In other cases, perhaps not more than one or two muscles are thus affected, and the curvature of the spine varies accordingly.

In a very few of such cases, where the paralysis is of limited extent, the application of an instrument which in some degree supplies the place of the muscles whose power is deficient, may be useful in assisting the patient to retain the erect posture. In other cases, where, in consequence of the want of power in the antagonist muscles, those of the calf of the leg are contracted, the heel being elevated so that it cannot be brought into contact with the ground, some good may be done by the subcutaneous division of the *tendon Achillis*. But the advantage obtained in either of these ways is of limited extent, and, beyond what I have just mentioned, nothing is to be expected from the exercise of our art.

The effect of paralysis on the figure of the spine is not confined to these cases in which the seat of the paralysis is in the lower limbs. Even a *partial* loss of power in the muscles of one of the upper limbs will, in a growing person, become a cause of spinal curvature, and in one case which fell under my observation, in which there had been, from infancy, a complete paralysis of *all* the muscles of the arm, forearm, and hand, the spine was as much distorted as it would have been in a case of recovery from diseased hip-joint, with a very contracted limb. The distortion here is to be attributed to the difference in the weight of the two limbs, and the greater muscular action on the side opposite to that of the disease, combining to draw the centre of gravity out of the middle line of the body. Of course, the case is beyond the reach of remedies. Nothing can restore the spine to its proper condition but the removal of the paralysis, a thing rarely to be accomplished, even when you are consulted in the first instance, and of which there certainly can be no reasonable expectation at that later period, when the attention of the parents is first called to the alteration of the patient's figure.

It was the prevailing opinion formerly, and I believe that some hold the opinion still, that the common cause of a lateral curvature of the spine is a rickety condition of the bones. This view of the pathology of the disease is, however, not confirmed by the specimens preserved in museums of morbid anatomy, and no one who has seen much of these cases in the living person can doubt that the fact is otherwise. The altered shape of rickety bones, in which there is, as you well know, a deficiency of hard earthy matter (phosphate of lime), depends partly on the action of the muscles, but still more on the operation of the superincumbent weight. The greater the weight the greater is the distortion. Hence in a rickety child the disease is manifested first in the legs, then in the thighs, then in the pelvis, and afterwards in the spine. Now, in cases of lateral curvature of the spine, it rarely happens that there is anything like the rickety

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flexure of the lower limbs. In the rickety pelvis the two *ossa pubes* are as it were squeezed towards each other both behind and below the symphysis. The form of the brim of the pelvis is altered, the diameter of it being diminished in the direction from before backwards, and increased from side to side. One result of such distortion of the pelvis is, that parturition, at the full period of utero-gestation, is rendered either difficult or impossible. Nevertheless we meet with instances without number of women with very considerable lateral curvature of the spine who have borne children with as little inconvenience as others whose spines are straight.

We are not, therefore, justified in regarding rickets as the common, or even as a frequent cause of spinal curvature: nevertheless it is the cause of it in a few instances. The curvature in these cases is, for the most part, not merely lateral, but there is a bending of the lower part of the spine forward, so that the spinous processes project posteriorly in the form of a segment of a circle. This circumstance, and the condition of the legs and thighs, afford sufficient ground for our diagnosis.

What is to be said as to the treatment of this variety of distorted spine may be comprised in a few words, and will be more conveniently introduced here than in any other place. I know of no reason why the treatment of the rickety affections of the spine should be different from that of the rickety affections of the legs and thighs. Of this last I see a great number of cases. In a large portion of them, heavy instruments of steel have been already applied, with a view to reduce the curvature. In others the same thing has been recommended either by instrument-makers or surgeons, but the machinery has not yet been applied. Now what is the effect of this mode of treatment? The original curvature is probably removed, but in order that this object should be attained, the instrument must make pressure on at least two points, one in the limb above, and the other in the limb below, and at each of these points a curvature is produced which did not exist before, so that there is simply an exchange of one curvature for two others. Then the instruments are a great weight and encumbrance to the child. He cannot drag them about so as to take such an amount of exercise as is necessary for the maintenance of the general health. They harass and torment him; and as they are always liable to break, and be otherwise out of repair, they are an endless trouble and expense to the parents. There is only one form of the disease in which, according to my experience, the use of instruments is at all justifiable, and that is one of very rare occurrence, in which the flexure is confined to the superior epiphysis of the tibia, the tibia below the epiphysis being bent outwards, making an angle more or less obtuse with the femur, so that the sole of the foot is with difficulty placed on the ground. With this single exception, I have never seen a single case of rickety curvature of the lower limbs, in which, if the health could be improved, and the general vigour of the system maintained, the curvature did not disappear spontaneously without any kind of local treatment being had recourse to; while, on the other hand, under a continuance of bad health, every kind of local treatment has been ineffectual. I generally recommend that the child should live in the country rather than in a crowded city; that he should be as much as possible at the sea-side; that he should take some preparation of iron from time to time, the bowels being at the same time carefully regulated; that he should use a shower-bath every morning, cold in summer, with the chill taken off in winter; and that he should live on a plain but nutritious diet. In the early part of my practice I advised that he should be encouraged to crawl on the floor rather than to use his feet, and that instead of running about out of doors he should be taken into the fresh air in an open carriage. I am now convinced that this advice was wrong; that the general health cannot be maintained without exercise; that the more the limbs are used the better chance is there of the necessary quantity of phosphate of lime being deposited in the bones; and that as the bones become harder so will they most certainly regain their proper figure, in spite of the weight which they have to sustain. Even in what might be termed a bad case of rickety affection of the limbs, three or four years, and in slighter cases a still shorter period, will generally be sufficient for this beneficial change to be brought about. From what I have already said, you may be aware that I have a more limited experience of rickety disease as it exists in the spine than as it exists in the extremities; but nevertheless I have seen enough of it to be satisfied that the plan of treatment which is the best adapted in the one case is also the best adapted to the other.

SUCCESSFUL APPLICATION OF THE MATICO LEAF IN A CASE OF OBSTINATE HÆMORRHAGE. BY JOHN HAMILTON, ESQ.

The subject of this case, a little boy between four and five years old, was brought to the author about a year and a half ago, in consequence of a bleeding from the tongue, which had continued for two days in spite of the application of lunar caustic and pressure, by the gentleman to whom the child had first been brought. It appeared that he had fallen down, and bit his tongue at the point, where a small and constant oozing of thin blood now took place from a little irregular opening. The child was quite blanched, and beginning to get weak, and its mother was in the greatest state of alarm, and not without reason, as his brother had bled to death from a slight injury to the nose, in spite of the best medical assistance; and this child had formerly nearly bled to death from some slight wound about the mouth. In such a soft, unresisting moveable organ as the tongue, subjected to constant heat, moisture, and suction, the arrest of hæmorrhage offered no small difficulties. The author first tried the actual cautery. This only caused a momentary stoppage. He then passed a small sewing needle with a double ligature behind the spot, and tied on each side of it. This was successful for a time, but in an hour or two the child was brought back, bleeding as fast as ever. The child was then persuaded to keep a piece of alum in its mouth, continually sucking it, and this, after an hour or two, effectually arrested the hæmorrhage. The child was a long time regaining his strength, or any approach to a natural colour. The child was, a second time, brought to the author, having again bit his tongue three days previously, since when a continual oozing of blood had gone on in spite of the application of the nitrate of silver, and of his sucking alum as he had formerly done with such success. He was, as on the former occasion, perfectly blanched, and the blood, which oozed out from a raised point at the tip of the tongue, was thin and watery. The author tried pressure with his fingers, with a small piece of fuzzy lint; but the blood soon soaked through the lint. He then took a small piece of the matico leaf, and applied the lower surface to the bleeding point, and kept it there as long as the child would keep the tongue quiet, which was not half a minute. He then found that the blood had ceased to flow, and that the small spangle of matico leaf adhered to the tongue. The nurse was desired to re-apply a piece of the same size whenever this fell off. On the next day the child was well. The first piece of matico had fallen off in less than half an hour; but there was then scarcely any appearance of bleeding: the nurse applied a second piece, and the hæmorrhage was completely arrested.—*Dublin Hospital Gazette.*

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The Apothecary; or, Calling for Orders.

A FARCE.

FREQUENTLY ACTED, BUT NEVER BEFORE PUBLISHED.

DRAMATIS PERSONÆ.

Mr. CAMPHOR (an Apothecary, "a Doctor," and General Dealer).
Mr. CARDAMOMS (his assistant)
JOHN BULL, Esq.
Mrs. BULL.
Mr. CLOUDSLEY BULL.
Miss BULL.
Miss JEMIMA BULL.
Master JACK BULL.
HARRIET (a housemaid).
BETSEY (a cook).
JOE BRIDLE (a coachman).
TOM CROP (a groom).

SCENE I.

Interior of Mr. CAMPHOR'S "*Open Shop.*" *In the windows are displayed, Parr's pills, pink saucers, Congreve matches, poppy heads, syringes, bears' grease, pickles, sauces, real eau de Cologne, and peppermint drops.*

Mr. CAMPHOR *and* Mr. CARDAMOMS.

Mr. CARDAMOMS. We want some treacle, sir, for the syrup of poppies.

Mr. CAMPHOR. Egad! you're always wanting something. Send the boy for two pounds; take fivepence from the till, and put it down. Wash out those dirty bottles, and make some ginger beer. I'm going to Mr. Bull's. *Exit.*

SCENE II.

Drawing Room in Calf Hall. Mr. BULL *standing with his back to the fire.* Mrs. BULL *in an easy chair, reading* "*Household Words.*" Miss BULL *studying* "*Soyer's Housewifery.*" Miss JEMIMA BULL *engaged with crotchet.* Master JACK *tying the kitten's tail to a chair leg.*

Enter Mr. CAMPHOR.

Mr. CAMPHOR. Ah! my dear madam, how are you?

(Bows obsequiously to Mr. BULL *and his offspring.)*

Mrs. BULL. Thank you, doctor, quite well, quite well. I am strong, and really want a cook more than physic.

Mr. CAMPHOR. Oh! my dear madam. Allow me. (*Feels her pulse. Draws out his watch with much pretension. Speaks in a whisper intended to be heard by all in the room.*) Ah! (*a sigh*) weak, very weak, fluttering, ah! (*aloud*) My dear Mrs. Bull, you must take care of yourself. Your's is a valuable life; you indeed must be careful. I'll send some tonic draughts that will give you strength and improve your nerves.

Mrs. BULL. I don't, indeed, I don't want medicine. I won't—

Mr. CAMPHOR. Pardon me, pardon me, my dear madam! you are excited; *don't* be excited! I'll send you some composing draughts. (Mrs. BULL *mutters to herself, and then reads her Journal.*)

Miss BULL. Pray, Mr. Camphor, do you supply Mrs. Miserly with ginger wine?

Mr. CAMPHOR. I have that honour.

Miss BULL. Really, its very good, I should like to—

Mr. BULL. No, you won't! I'll have no British wines in my house. If you want an order, doctor, you may send in a bottle of Soyer's Relish.

Mr. CAMPHOR. I'm obliged; thank you, sir.

Miss JEMIMA BULL. If you please, Mr. Camphor, will you send me two pen'orth of canary seed, and a small quantity of German paste, for my dear little dickey.

Mr. CAMPHOR. With pleasure, Miss Jemima.

Master JACK. I say, doctor, I've got tuppence; let's have a pen'orth o' bull's eyes and a pen'orth of almond rock.

Mr. CAMPHOR. Ah! master Johnny—sweet tooth, aye, my boy—you shall have it. Good morning, Mr. Bull; good morning, Mrs. Bull. (*Bows himself out.*)

SCENE III.

Hall and entrance into the front garden. Mr. CLOUDSLEY BULL *meeting* Mr. CAMPHOR.

Mr. CLOUDSLEY BULL. Holloa, doctor, how are you, my old sawbones? I say, send us up a dozen real Havannahs, there's a good fellow—stick 'em up to the gov'nor and call 'em pills—anodyne pills for ma! You will? won't yer, old feller?

Mr. CAMPHOR. You are a great smoker, Mr. Cloudsley—they shall be sent with your mamma's medicine.

Enter HARRIET.

HARRIET. Please, sir, will you let us have another bottle of furniture oil?

Mr. CAMPHOR (*with dignity*). Certainly, Harriet, it shall be sent up.

BETSEY (*calling from the kitchen*). If that's doctor, Harriet, tell him I want a quarter o' pound o' black lead, a pound o' mustard, and a packet o' starch.

Mr. CAMPHOR (*calling down stairs*). Very well, Betsey. They shall be sent.

Enter JOE BRIDLE.

JOE. Them ere purging balls are no use. T' auld mare bolts 'em and laughs at 'em. I want two or three strong uns, please doctor.

Mr. CAMPHOR. Strong ones, eh, Joe; well, you shall have some strong ones;—six, did you say, Joe?

JOE. No, sir; only three.

Mr. CAMPHOR. Very well, Joe, you shall have them.

Enter TOM.

TOM. Your boy, sir, please, sir, tells me, sir, that you make, sir, capital harness polish, sir. Please, sir, I wish you'd let me have a shilling's worth, sir, if you please, sir.

Mr. CAMPHOR. You're right, Tom; it is a capital polish, 'twill save you loads of trouble, Tom; you don't like trouble, eh, Tom; eh, Tom. *Laughs.* *Exeunt.*

SCENE IV.

Open Shop as before. Mr. CAMPHOR *and* Mr. CARDAMOMS.

Mr. CAMPHOR. Now, Mr. Cardamoms, will you have the kindness to enter to the Bulls as follows:—Four rose draughts, 6*s.*; two composing draughts, 3*s.*; one bottle of Soyer's Relish, 1*s.*; canary seed, 3*d.*; German paste, 2*d.*; bull's eyes, 1*d.*; almond rock, 1*d.*; a dozen cigars—call them anodyne powders, Mr. Cardamoms—3*s.*; furniture oil, 1*s.*; black lead, 3*d.*; mustard, 2*s.*; starch, 8*d.*; purging balls, 2*s.*; harness polish, 1*s.* What does it amount to, Mr. Cardamoms?

Mr. CARDAMOMS. One pound and sixpence, sir.

Mr. CAMPHOR. Ha! good customers, the Bulls. I shall call again to-morrow. (*Rubs his hands—suddenly catching a wandering recollection*). Oh! Mr. Cardamoms, write to those Jews in Berners Street, for another dozen of their cordial balm of Zazezizozu—it's a —— quack thing—but it pays us very well—yes, it pays. *Curtain drops.*

He who pulls off his coat cheerfully, tucks up his sleeves in earnest, and sings while he works, is the man to get along in the world.

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THE UTILITY OF WINE, AS AN ARTICLE OF DIET.

There is no one dietetic point in which grievous errors are more frequently made than in respect to wine; and as these appear to arise, in most instances, from mistaken ideas as to its action on the animal economy, a few words explanatory of the principles according to which it ought to be granted or withheld, may prove of service. Wine is stimulating, but not nutritious; hence, it contains nothing really strengthening to the body, although, when administered with judgment, it answers a good purpose of its own totally independent of any nourishing virtue. In certain cases it quickens the nerves, if I may be permitted to use that expression; or more technically, it bestows tone and vigour on the nerves and blood-vessels of the stomach, in consequence of which they are enabled to perform their functions with more energy than they would have done without it. The wine is not aliment in itself, but it qualifies the stomach to act with power on other substances capable of affording it. Is wine, then, good for all stomachs? or which are the *certain cases* alluded to wherein this beneficial operation may be expected?

When the stomach is sound, no stimulation beyond that of plain wholesome food is required; and when wine is taken under these circumstances, all that can be said is, that the vigour of the mucous membrane protects it against injury: but, on the other hand, the function of digestion by no means derives any advantage therefrom.

When wine has been habitually taken in moderation, the stomach gets accustomed to the artificial stimulus, so that sometimes it will not work well without it. This state may at last become natural from habit, and the individual may continue all his life to drink wine without suffering from indigestion: more frequently, however, the strength of the stomach is eventually impaired.

But it is chiefly where the stomach is weak, although perhaps not dyspeptic, that most advantage is to be derived from the medicinal use of wine. If much wine or spirits (which in their action on the mucous membrane may be considered as concentrated wine) be taken, various evils arise. Thus the lining membrane of the stomach is over-stimulated or inflamed, and the gastric juice deteriorated, or even the secretion of it arrested. Hence, the point in prescribing wine is, to give enough to impart a beneficial stimulus without producing any of the bad effects mentioned. To fix this quantity absolutely is of course impossible; and it must always be left to the judgment of the practitioner to allow for difference of constitution or previous habits: but at the same time, I am satisfied, from the careful observation of many cases, that the "useful" allowance will be found to lie between a half and a whole wine-glassful at luncheon and dinner, diluted with about twice its bulk of water. Patients usually, and, it must be admitted very naturally, plead "debility" as a reason for increasing the quantity: they argue, the greater the weakness, the more wine is required; but the inference is altogether wrong. When the point of healthful excitement has been attained by the slight impulse afforded by the wine, every drop beyond that tends to mischief. The patient, it is true, may experience the fleeting sensations of comfort that arise from the use of stimulants, but the stomach pays the penalty. It is a far safer, and a much more truthful dietetic axiom, that the weaker the individual and the stomach may be, the more easily is the latter disordered, and the greater is the effect which stimulants exert on the mucous membrane. Increasing the quantity of food always strengthens the patient, provided he be able to digest it; but increasing the quantity of wine imparts no real vigour, and the moment the healthy limit is passed, the spirit in the wine tends to paralyse the functional activity of the stomach, and prevents it from digesting food so well as it would have done had it been left to its own resources.—*Dr. Child.*

PROSECUTION UNDER THE LUNACY ACT.

At the Kent assizes, held last week, at Maidstone, Dr. A. B. Maddock and Mr. Perfect, the proprietor and medical officer of the lunatic asylum at Malling, pleaded guilty to an indictment preferred against them by the Commissioners of Lunacy, for making false entries in their books, representing that no personal restraint had, during a certain period, been used towards any of their patients. Dr. Maddock also pleaded guilty to a second indictment. The defendants pleaded guilty,—as they stated, to spare the exposure of the names of their patients. The case, however, was gone into, and the indictment fully sustained. Mr. Baron Parke said that the question was not whether restraint was necessary, but it was imperative on the defendants to have placed the employment of that restraint on record. The Commissioners had most properly instituted this prosecution. The present proceeding would operate as a warning. It was the duty of the defendants to have made the entries, and having failed to do so, they were subject to the consequences. But under all the circumstances, justice would be satisfied by the defendants paying the costs of the prosecution, which he understood would be £150, and he ordered Dr. Maddock to pay a fine of £50 on each of the indictments, and Mr. Perfect £50 on the indictment against him.

CASE OF POISONING FROM SWALLOWING PERCUSSION CAPS.

BY T. W. POSPER, M.D.

Not long since, I was called in great haste to attend an infant aged 14 months. Upon entering the room, I was informed by the parents that they had observed their child, about two hours previous to my visit, playing with a box of percussion caps, and they supposed she had swallowed some of them, as signs of acute suffering were exhibited soon after.

The little patient appeared to be sinking very fast. The eyes had a hollow, glazed appearance; there was great heat in the epigastric region, and coldness of the extremities; there had been eight or nine discharges from the bowels in an hour, and her general aspect denoted approaching collapse. Before my arrival free emesis had been produced by some domestic remedy, yet I continued the vomiting by administering ipecac. and large draughts of warm water (of which the patient greedily drank), with the hope of discharging at least a portion of the offending matters. The discharge became so debilitating, however, that I threw up an injection of eight drops of laudanum, suspended in starch mucilage, and immediately afterwards gave a large dose of calcined magnesia. An alkaline purgative was selected for the purpose of neutralizing any acid which might be found in the stomach or intestines, and thus prevent any chemical change in the copper. In the course of an hour the child became perfectly composed, and fell into a pleasant slumber, though it had previously suffered excruciating pain, attended with spasms. Dr. Spilman, the family physician, now took charge of the case, and applied counter-irritation to the abdomen. On the next day four caps were discovered in the fæcal matter, which were found to be devoid of their fulminating powder. The child is now enjoying very good health.—*Philadelphia Medical Examiner.*

A HINT TO PRACTITIONERS.

It is a great fault common to young practitioners, particularly of late, that they strive principally to excite sensation, whether it be by the newest fashion of dress or science, or by love of paradox and singularities, or even by charlatanism.—*Hufeland.*

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HINTS FOR HEALTH.

"HARDENING" CHILDREN.

In early infancy an ordinary tepid bath night and morning is very useful: it invigorates, and is enjoyed by the youngest child. It is, however, a mistake to suppose that the daily immersion of a child all the year round in cold water, or almost cold, renders it robust. In the summer it may have that tendency, but in cold weather the effect of such a shock is positively debilitating: a check is given to the circulation early in the morning, when the child has been long fasting, and it does not recover itself the whole day afterwards. If, however, the water is used warm, it acts in winter as a stimulant; it promotes and equalizes the circulation, and enables all parts of the body to resist the chilling effects of the atmosphere.

NOCTURNAL INCONTINENCE OF URINE.

M. Morand recommends the extract of belladonna as a valuable remedy for nocturnal incontinence of urine, in those cases of it which seem to be associated with a state of general debility. For children from 4 to 6 years old, he begins with a pill containing a quarter of a grain of the extract twice a day, increasing the dose to one grain in the course of fourteen days. He suspends the medicine if symptoms of narcotization come on, but otherwise continues it for two or three months, so as to effect a perfect cure.

MODE OF ARRESTING HÆMORRHAGE FROM LEECH-BITES.

Dr. Houston recommends the following plan for preventing excessive bleeding from leech-bites, which he has found invariably successful. Take a small pinch from the felt of a beaver hat, pile it on the bite; or if there be several points, pile one respectively on each, and spread over the whole a piece of thin muslin, drawing it tightly, so that any blood which flows must pass directly through both; then with a fine sponge drying up the blood as it oozes out, and in a very short time both felt and muslin will have become dried by the coagulation of the blood in the thin fine meshes, and the hæmorrhage arrested. The muslin may then be all cut away, except the adhering points, which, in the course of a couple of days, will of themselves drop off, leaving the parts healed, and free from any such disfigured marks as those which necessarily follow cautery, caustics, or needles.

ON THE MEANS OF PREVENTING BED SORES.

The thicker the cuticle, the more it will protect the parts beneath; you may, if you attend to it in time, add to the thickness of the cuticle by stimulating the surface of the skin. Nurses know this very well, for when patients are bed-ridden, they wash the parts subjected to pressure with brandy. What is still better is a lotion composed of two grains of bichloride of mercury to an ounce of proof spirits. When you think that a patient is likely to be confined so long in bed that sloughs may be found on the os sacrum, begin at an early period to wash the parts two or three times a day with this lotion. I have found it useful in other cases where a patient suffers from pressure. For example, in a case of hernia, which requires to be supported by a very powerful truss, the truss galls and frets the skin, and may at last cause inflammation and sloughing; but, under the use of a stimulating lotion, a thicker cuticle is generated, and such mischief is avoided.—*Sir B. Brodie.*

SPECTACLES.

The best are the Brazilian pebbles; they are cool to the eyes, and not liable to be scratched or broken. Persons cannot be too cautious of whom they purchase spectacles; for it is a fact that they are to be bought at *one shilling* per dozen. The use of such inferior articles cannot be too much reprobated.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

WE have to apologize for the absence of our customary original practical article in this number—severe indisposition is unfortunately the cause. The very useful Lecture on DISTORTION OF THE SPINE will, we know, more than compensate for the absence of *our* paper.

G. H. (Strand).—Without seeing you, we cannot offer you more minute instructions than you may obtain in the papers on your complaint which we have already published.

J. S. (Princess Square, Sunderland).—Is it possible that you are, as you say you are, "a Chemist's Assistant"? If you are, you are totally unfit for your position. You should know, sir, that *potassa fusa* is never administered internally—then why ask the dose? It is a powerful *escharotic*, and you deserve to have its effects tried on your thick head. You ought also to know the composition of *glycerine* and the purposes for which it is used. If you *are* "an assistant," you deserve this sharp answer; if you *are not* "an assistant," you deserve a yet sharper reprimand, for assuming a title to which you have no right, and degrading a body of intelligent young men by claiming fellowship with them.

DOARDO (Strand).—First—In such cases we are like a lady, we never give a "because" to a rude "why." Second—See YEOMAN ON COLDS AND INFLUENZA. Third—Accept our cordial thanks.

CHARLES JEFFREYS (Winchester).—We have noticed the very great age to which many persons have arrived during the last few years. Several deaths have been recently recorded in which the persons had exceeded a century by several years. The approaching census renders speculation unnecessary. We do not attach much importance to your theory.

A SHOPKEEPER (Bedford Place, Commercial Road).—Have moral courage, and tell the little "Apothecary" to "send in" his bill, to send his "boy" for the money, and not to call again. He will, if you continue to take his *black draughts*, run you up a bill that will compel you to get *white-washed* to remove your responsibility. Some apothecaries are like nasty little annoying insects—let them once get into your house, and you never can get them out again.

ROBERT JONES (Merthyr Tydfil).—Take the following as a general rule. Supposing a full-grown person to require one drachm, or sixty grains, of any medicine; a youth of fourteen to sixteen would require two-thirds, or forty grains; a boy from ten to fourteen, one half, or thirty grains; a child from five to ten, one third, or twenty grains; from two to three years old, one eighth part, or eight grains; for one year old, one twelfth part, or five grains; and so on proportionally to the tenderest age. Of course there are many, very many, exceptions to this *general* rule.

CONSTIPO (Southampton Row).—The common black draught is thus made: Take of senna leaves, half an ounce; Epsom salts, half an ounce; a small piece of bruised ginger—the whole infused for two hours in a cupful of boiling water. The addition of five or ten drops of sal volatile deprives the dose of its nauseating taste. See PURGATIVES IN PHARMACOLOGY, in Vol. I.

ANTHONY.—You must be a careless reader, if a constant reader. It has been often explained in the Journal, that the *pulse* is the vibration given to the arteries by each contraction or beat of the heart. There is a long article on the *Pulse* in No. 17, page 131, Vol. I.

A WATCHMAKER (Wynyatt Street).—We will not advise without examining you by aid of the stethescope.

W. H. (Southampton).—Call *immediately* in Lloyd Square.

A. MICKLE (Bedale).—That of Dr. Bird; published by Churchill, Princes Street.

MARY GORDON (Camden Town).—Read the chapter on "Bilious Headaches," in YEOMAN ON HEADACHES.

RICHARD JEFFRIES (Uxbridge).—Yes, on the mornings of Sundays as well, unfortunately.

W. J. SIMPSON (Ossulston Street).—The fact of your having purchased the book in question does not entitle you to the unrequited services of the author. From the character of your handwriting, we imagine you belong to a profession, that, professionally, will not say "yes" or "no" under 6s. 8d.

ARCHIBALD ARNOLD (Bristol).—Ox-gall is employed medicinally. It is supposed to possess the property of softening and dislodging hardened and impacted fæculent matter, without producing griping or purging. The dose of the "inspissated ox-gall" is from 3 to 10 grains, three times a-day.

INFLUENZA.—A long history of the Treatment of the Epidemic that is now afflicting every third person in the Metropolis, will be found in No. 5 (page 33, Vol. I).

DUDLEY (Dublin).—In such cases quinine alone is useless; in the form of lozenges it is worse than useless. Second—We never answer such questions in the Journal.

THOMAS G[illegible]EY (South Moulton Street).—Why apply to the Brompton Hospital? Cod-liver oil is there, Alpha and Omega.

D. D. (Bedford Square East).—Discontinue drugging yourself. Only give nature a fair chance, and she will cure herself in nine cases out of ten. A run down to Brighton or Dover will do *you* more good than a hogshead of decoction of sarsaparilla.

ROBERT HART (Castle Street, Liverpool).—Take four grains of the compound calomel pill (*Plummer's pill*) every other night, for five or six doses.

W. R. B— (Leamington).—We shall be in your delightful town in a short time. Send your address.

O. P. Q.—Our opinion entirely coincides with yours; but *we* stand alone. Week by week we have letters begging for a continuation of the series, and your communication is the only one that has run counter to the majority. The irregularity with which we insert the papers will tell you we do not write them *con amore*. Will you repeat your former question, or call?

JEANETTE (St. Helier's, Jersey).—There is a translation of Parent-Duchatelet's admirable work, published by Renshaw, in the Strand. What a remarkable subject for a lady to write about!

A. B. C. (Portsmouth).—A letter, directed as you requested, has been re-returned to us by the post-office authorities, marked "not called for." This is very annoying.

JOSEPH BLAKE (Shrewsbury).—Many careless dispensers employ a hot iron in spreading blisters. This is improper; great heat destroys the efficacy of the cantharides. This, probably, was the cause of failure in your case.

A. A. S. (Temple).—See answer to R. R. (Hatton Garden), in No. 65.

D. P. (Guy's Hospital).—According to the late Dr. Dalton's calculation, the total exhalation from the skin amounts to 6¾ ounces in twenty-four hours. The more accurate experiments of Seguin give 7 grains per minute in a male in a state of rest, which would amount in twenty-four hours to little less than 1¼ lbs. avoirdupois.

GEORGE HARRISON (Whitby).—You must go to Mecca, Mecca will not come to you.

DAINTY DAVY (Leamington).—In many cases of slow digestion, "sluggish stomach," as you properly call it—Currie is an excellent medicine, as well as a piquant and savory addition to made dishes. If it agrees with you, take it. Whatever "agrees" with the stomach must be wholesome.

THE NEW PHARMACOPŒIA.—The London College of Physicians has just published a new Pharmacopœia—(misery to young students). We are wading through it, and shall notice any and all alterations and improvements in future Numbers.

ROLAND CAXTON (Pall Mall).—Many thanks for your "echo." The original suggestion has already vibrated several hundred times: but we are disposed to let "well" alone.

MARTHA (Huntingdon). It is "bilious headache," caused by a disordered stomach and liver. Will you read the Editor's small work on the varieties of headache? Refer to page 3, and write again.

HEALTH OF LONDON DURING THE WEEK.—London is most unhealthy. The Deaths registered last week amount to 1412. The sickness which now prevails is common to all periods of life; influenza in conjunction with bronchitis, inflammation of the lungs, diseases of the heart, or other malady, was fatal in 65 cases; bronchitis, 156; inflammation of the lungs, 125; consumption, 166; asthma, 39; hooping cough, 81; croup, 12. Measles shows some disposition to prevail; but it is satisfactory to observe that small-pox is less fatal than it was a few weeks ago, and has declined to 16 deaths. The births of 824 boys and 756 girls—in all, 1580 children, were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 67.—Vol. III.] SATURDAY, APRIL 12, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XV.—THE LOWER JAW AND THE TEETH.

The lower jaw, or os maxillare inferius, is by far the largest bone in the face. In form it has been compared to a horseshoe, or to the letter U. The broad flat part forming the chin, is called the base; the termination of this part, where the bone ascends up towards the cheek, is called the angle; and the ascending portion which runs up the side of the face to the temporal bone, is known as the ramus. The upper part of the ramus is deeply indented, and gives rise to two processes—the posterior one is the condyle, which connects the lower jaw by capsular and lateral ligaments with the glenoid cavity of the temporal bone; the other, from its supposed resemblance to a crow's beak, has obtained the name of the coronoid process. In the inner side of the ramus, about its middle, is an opening, the inferior maxillary foramen, through which pass the nerves and vessels that supply the teeth; and these afterwards escape from the jaw through a hole situated at a short distance from the centre or symphisis of the chin on each side.

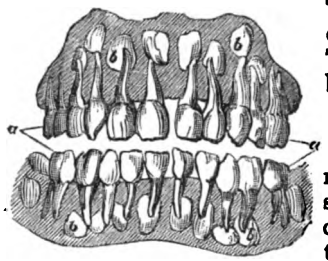

Figure XXVII.

View of the First, Milk, or Deciduous Teeth.

(The permanent teeth being as yet undeveloped, and lying in their deep alveolar cavities, or sockets.)

a The Deciduous Teeth.
b The Permanent Teeth about to become developed.

The lower jaw has, in the adult, sixteen alveolar cavities, or sockets, for the reception of the teeth. There are twelve pairs of muscles attached to this bone.

The Teeth.

Each jaw is provided with sixteen teeth, arranged with perfect uniformity—eight on each side of each jaw; those of the one side exactly corresponding with those of the other. The formation of the teeth takes place in what anatomists have termed a capsule, which is, in fact, an apparatus for their production, seated in the alveolar cavities of the jaws. These capsules exist at an early stage of existence; and the teeth, though as yet undeveloped, are, to a great extent, formed at the period of birth. The first dentition, or the "teething" of the deciduous teeth, takes place from the tenth to the twenty-fourth or thirtieth month after birth, and usually commences in the lower jaw; the incisors are the first to make their appearance. Then, on each side, the first grinder; next the canine tooth; and, lastly, a second grinder. The period of dentition is frequently a most anxious time to the mother, and a painful period for the infant. In the most favourable cases it is preceded by a dribbling of saliva at the mouth, heat, and fulness of the gums, occasional flushings, increased thirst, restlessness

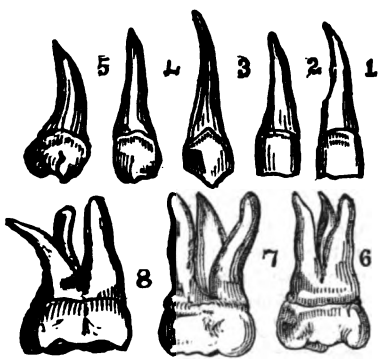

Figure XXIX.

Front or External View of the Upper Teeth.

1. The Central Incisor.
2. The Lateral Incisor.
3. The Cuspid.
4. The first Bicuspid.
5. The second Bicuspid.
6. The first Molar.
7. The second Molar.
8. The third Molar, or Dens Sapientiæ.

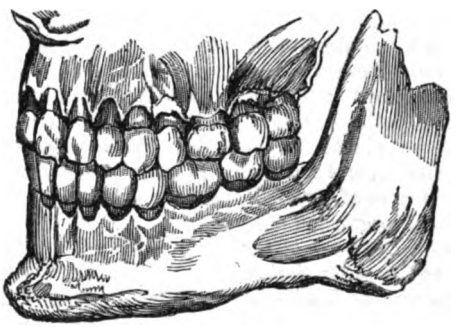

Figure XXVIII.

A Lateral View of the Whole Series of the Permanent Teeth; showing the relative situation of those of the upper with those of the lower jaw.

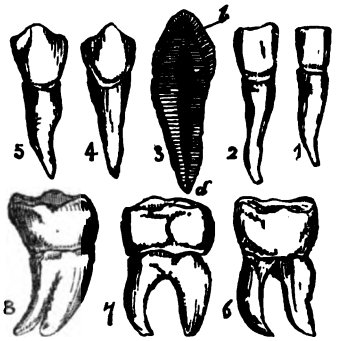

Figure XXX.

Front view of the Lower Teeth.

1. The Central Incisor.
2. The Lateral Incisor.
3. The Cuspid. The section of this tooth also shows the structure of the teeth. *a* the bony part; *b* the enamel; *c* the internal cavity; *d* the foramen, or hole at the extremity of the tooth.
4. The first Bicuspid.
5. The second Bicuspid.
6. The first Molar.
7. The second Molar.
8. The third Molar, or Dens Sapientiæ.

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or fretfulness, and frequent endeavours to thrust substances into the mouth, evidently to allay irritation or itching. We may here add, that the best thing to place in the hands of an infant "cutting its teeth," is an India rubber ring—a coral or an ivory ring is much too hard.

When the sixth or eighth year is attained, the phenomena of the second dentition commence by the development of a third molar, stronger than those already noticed, and the strongest of the set about to be formed. Next, all the first teeth fall out (or their roots, being more or less absorbed, are readily removed by the finger and thumb), exactly in the order in which they first appeared, and are replaced by others stronger and larger, but of the same character, excepting that the two molars—double teeth, or grinders—succeeding the canine, are replaced by false or bicuspid molars. This operation is completed at about the twelfth year; soon after which the second molar appears; and lastly, the back molar, or wisdom tooth. The time of the appearance of this tooth varies; it seldom cuts the gum till several years after the others, and is occasionally delayed till near the thirtieth year. Figure xxvii. displays the relative situation of the two sets of teeth, previously to the fall of the first; and figure xxviii. gives a side view of the permanent teeth.

For the convenience of description, a tooth is divided into three parts—the crown, which is the exposed portion; the neck, which is continuous to the crown, and is covered by the edge of the gums; and the root, or fang, which is a continuation of the neck, gradually diminishing in size to its extremity, and lodged deep in the jaw.

Three tissues enter into the formation of the human tooth: the enamel, which coats with variable thickness the crown of the tooth (*b*, fig xxx.); dentine, or ivory, which forms the great bulk of the tooth (*a*, fig. xxx.); and cement, or dental bone, which forms the surface of the fang. In the centre of each tooth is a cavity (*o*, fig. xxx.) partaking generally of the shape of the exterior of each tooth, being very small at its commencement in the root, and gradually increasing in size, till it terminates in the crown. The vessels, nerves, and remains of the original pulp of which the tooth was formed, occupy this cavity, from which it has obtained the name of the pulp-cavity. It is only in this cavity, and its contents, that the tooth is endowed with sensation. Here is the seat of that "hell o' all diseases," as Burns, more emphatically than elegantly, calls toothache. The teeth of each jaw receive their nerves from the sensitive branches of the fifth pair; the arteries are derived from branches of the external maxillary branch of the external carotid. The nerves and blood vessels that compose the pulp enter the dental cavity through a minute hole at the extremity of the fang. For the accomplishment of their office the teeth must be endowed with great strength; for the fulfilment of purposes immediately connected with the apparatus of digestion, it is necessary that they should be placed in the neighbourhood of exceedingly soft, delicate, irritable, and sentient organs. That they may possess the requisite degree of strength, they are constructed chiefly of bone, the hardest organized substance. Bone, though not as sensible as some other parts of the body, is nevertheless sentient. The employment, says Dr. Smith, of a sensitive body in the office of breaking down the hard substances used as food, would be to change the act of eating from a pleasureable to a painful operation. Had a highly organized sensitive body been made the instrument of cutting, tearing, and breaking down the food, every tooth, each time it comes in contact with the food, would produce the pain now occasionally experienced when a tooth is inflamed. Yet a body wholly inorganic, and therefore insensible, could not perform the office of the teeth; first, because a dead body cannot be placed in contact with living parts without producing irritation, disease, and consequently pain; and, secondly, because such a body being incapable of any process of nutrition, must speedily be worn away by friction, and there could be no possibility of repairing or of replacing it.

The teeth, from the differences they present in their size, form, mode of connexion with the jaw, and use, are divided into four classes; namely—in each jaw—four incisors, or cutting teeth; two cuspid, or canine, or dog-teeth as they are sometimes called; four bicuspids, or small grinders; and six molars, or large grinders.

The central incisors of the upper jaw (1, fig. xxix.) present a large, scarcely convex surface, in apposition with the lips, are wedge-shaped from behind forward, and terminate in a broad cutting edge, similar in shape to a chisel. The corresponding teeth in the lower jaw (1, fig. xxx.) though possessing a general resemblance, are much smaller than those of the upper jaw, being only half as wide on the cutting edge. The lateral incisors (2, figs. xxix.—xxx.) are less in lateral diameter than the central, frequently to the amount of one third, the depth of the crown and of the enamel being slightly less: the fang is compressed laterally, and is somewhat shorter than those of the central. The office of the incisors is, as their name imports, to cut the food, which they do on the principle of shears or scissors. Standing next to the lateral incisors are the cuspid, canine, or eye teeth, (3, figs. xxix.—xxx.). They are the largest of the single-fanged teeth; the external surface is convex, and the crown terminates in an obtuse point; those of the lower jaw are less convex, and the point is broader; the fang is longer than that of any other tooth. The office of the cuspids is to tear such parts of the food as are too hard to be readily divided by the incisors.

Next the cuspids are the bicuspids, four in each jaw (4, 5, figs. xxix.—xxx.); they are so named from being provided with two distinct prominences or points, and in them we find the most simple form of molar teeth: the external surface is convex, and, like the canine, terminates in an obtuse cone. The crowns of these teeth are, at least, one third shorter than those of the previously described; the fangs are sometimes double, and if only one, it is deeply grooved and perforated by two cavities, uniting to form one in the crown. The office of these teeth is to tear tough substances preparatory to their trituration by the next class.

There are three pairs of molars, or grinders, in each jaw, named in the order of their respective places, as regards the anterior part of the mouth, first, second, and third (6, 7, 8, figs. xxix.—xxx.). They are provided with four or five prominences on the grinding surface, with corresponding depressions; which are so arranged that the elevations of those of the upper are adapted to the concavities of those of the lower jaw. The molars of the upper jaw have three fangs, those of the lower jaw only two. When the prominences on the crown (tubercles or cusps) are worn down by use, the grinding surface offers a tolerably square surface, surrounded by a ring of enamel.

(To be continued.)

WORMS A CAUSE OF EPILEPSY.

A woman, aged 26, had been confined for a period of eight years in a lunatic asylum in consequence of fits of epilepsy, which sometimes lasted for two or three weeks together. Various remedial measures had been employed without benefit, when one day after a dose of rhubarb and calomel she vomited a foreign body, which from the description appeared to be a lumbricus worm. After this there was no return of the fits; the woman became cheerful, and was perfectly restored to health.

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DISEASES OF WOMEN AND CHILDREN.

BY THE EDITOR.

No. IX.

(Continued from page 27.)

INFLAMMATION OF THE UTERUS.

In continuation of this series of papers, we have now to speak of inflammation of the womb, or uterus,*

Inflammation of the uterus may exist under two different conditions; first, as the result of those effects which will induce inflammation in any organ or part of the body; second, as the consequence of, or succession to, child-birth. The first variety has been termed *simple inflammation of the womb*—not very "simple" by the way—and the latter *puerperal inflammation.*

The causes of inflammation in the unimpregnated womb are those which will induce inflammation in any other organ; namely, exposure to cold; physical injuries, as a blow, or a fall; the sudden suppression or diminution of the periodical discharge; the imprudent use of astringent applications; mental emotions; excesses, &c. In more than one case we have known the disease to succeed to the immoderate employment of violent purgatives, containing aloes and gamboge.

The symptoms easily diagnose the malady; there is acute and lancinating pain at the lower and fore part of the body, which is greatly increased by the slightest pressure, or on the patient's making a deep inspiration: a pain less acute, and more of a dull, heavy, "dragging" character, is also felt around the loins, which extends down the thighs; and a sense of weight or "bearing down" at the fore part of the body is seldom absent. In some cases the organ is considerably enlarged, and forms a hard circumscribed tumour, occupying a greater space than in the healthy state; the whole abdomen is swollen and tympanitic —that is drum-like, or distended with air. The urine is scanty, and voided with great difficulty, and the evacuation of the bowels, especially if constipated, adds greatly to the sufferings of the patient. These local symptoms are generally accompanied by fever; at first there is a shivering fit, or rigour, which is succeeded by a hot, dry skin, and rapid or "wiry" pulse; sometimes there is constant nausea and vomiting. In the most severe cases the head becomes seriously affected; there is violent and deep-seated pain across the forehead, giddiness, intolerance of light, and impaired vision, followed by slight delirium, and sometimes by drowsiness and lethargic sleep—coma. The strength is greatly prostrated, and in a few hours, a robust and vigorous female may be reduced to the helplessness of infancy.

The treatment should be that which reduces inflammation in ordinary cases. A great practical authority (the late Dr. Gooch), says, "Bleed freely in the commencement, and keep up an adequate purging." Although the excessive loss of blood, which physicians of the past generation considered necessary to the security of their patients in common inflammatory diseases, is not at the present time so generally, and we may add, so needlessly, adopted as formerly; nevertheless, acute and severe inflammation of the uterus demands the free and prompt lowering of circulation, either by general depletion, blood-letting at the arm, cupping to the loins, or the application of leeches to the groin and surrounding parts. A depressing effect on the system should be induced, and continued by a combination of calomel and tartar-emetic, as two grains of the former to a quarter or sixth part of a grain of the latter, taken every three or four hours; and if there be considerable irritation of the whole system, with much local pain, provided the bowels have been previously freely acted upon, a minimum dose—the sixth or eighth part of a grain of the muriate of morphia, may be added. The lower part of the body should be sedulously fomented with hot applications, as a decoction of poppy-heads, or, what is far preferable, the patient should be placed in a hot hip-bath, at a temperature of 98 or 100 degrees. If the pain be not greatly subdued by these means, the lower part of the body should be covered with a mustard poultice, or swathed in hot flannels, moistened with turpentine. The bowels should be kept freely open by gentle saline aperients, as—

> Take—Tartrate of potash, three drachms;
> Flake manna, one ounce;
> Distilled water, six ounces. Mix.
>
> For a mixture: three large spoonsful should be taken every four hours, or when necessary.

Or—

> Take—Sulphate of magnesia, four drachms;
> Syrup of orange-peel, two drachms;
> Cinnamon water, fourteen drachms. Mix.
>
> For a draught, to be taken occasionally.

The secretion and evacuation of the urine should be encouraged by copious draughts of mucilaginous drinks, as barley water, solution of gum arabic, or thin linseed tea; to either of which a small quantity of nitrate of potash may be added.

The patient should be kept perfectly quiet, cool, and as free from all noise and excitement as possible; her diet should be simple, and void of everything that can stimulate; and not until all symptoms of inflammation are subdued—until the pulse is soft, moderate, and equal, should she be permitted to leave the horizontal position, or to have other sustenance than that comprehended in spoon diet.

CHRONIC INFLAMMATION of the Uterus is a common consequence of the acute form, when neglected or badly treated. It may assume a variety of degrees, and frequently gives rise to many most anomalous symptoms, by reason of the great sympathy which exists between this organ and every other part of the female organization. Thus in many cases the distressing headache and morning sickness is so constant as to cause pregnancy to be suspected; in others there is a constant uneasiness at the heart, with a highly nervous and excitable state of the whole system; and again, hysteria is the chief general symptom. It sometimes happens that these symptoms are more urgent than the local disease; and in the attempt to assuage the effects, the cause is overlooked.

The local symptoms are those which characterize acute inflammation, with the absence of very increased pain or pressure. The sensation of "bearing down" is more constant, and frequent darting lancinating pains are experienced around the loins, thighs, &c. There is seldom absent a discharge more or less profuse, which varies in character in different cases. In its mildest form it is viscid, nearly colourless, or of an opaline hue, and unaccompanied by any local irritation. It afterwards becomes more opaque and like mucus, and is accompanied with a sense of

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* We experience great difficulty in writing these articles. The diseases peculiar to women should ever be considered sacredly private; their sufferings, their anxieties, should not be obtruded on public notice, either to indulge and to administer to a dangerous system of self-treatment, which many, very many, delicate and sensitive females will inflict on themselves, rather than reveal their indisposition and its effects to a physician—or to gratify a prurient curiosity. On the insertion of each article in our FAMILY MEDICAL JOURNAL, we feel that we are gliding on dangerous ground; and, we are compelled to say, we continue them in compliance with the request of numerous fair correspondents, rather than by the direction of our own judgment. To the pure, however, all things are pure.

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heat, and itching, or smarting: in this stage it is of a yellowish white. As the disease advances in degree, it appears greenish, thinner, and more acrid, and highly offensive, and is apt to excoriate the whole surface with which it may come in contact.

The most common consequences of chronic inflammation of the uterus are ulceration, suppuration, membranous inflammation, and enlargement and induration of the mucous follicles and structure of the organ. The neck of the uterus is the most frequent seat of structural disorganization.

We have on several occasions expressed our opinion as to the uncalled-for and impertinent use of that now fashionable instrument, the speculum, in the examination of uterine, or supposed uterine affections. When, however, the careful practitioner has just cause for suspecting the existence of disease, it is a valuable means of confirming his opinion, and assisting him to apply his remedies with confidence and with accuracy.

In the treatment of this complaint, we must direct our attention to the general health; invigorate it, if weakened; soothe it, if excited;—the secretions should be maintained in a regular state, especially avoiding all powerful purges containing aloes, or colocynth; the diet must be moderately nourishing, and all stimulating beverages prohibited. When the pain is extremely severe, twenty-five or thirty drops of the tincture of hyosciamus may be taken in a wine-glass full of camphor mixture, or the eighth part of a grain of muriate of morphia made into a pill with aromatic confection. The patient should remain in the horizontal position, on a sofa, as much as possible, and an occasional hot hip bath will afford much relief. Local means are of great service in this form of the complaint. The injection of cold water is extremely useful as a powerful tonic and astringent; the compound alum lotion is also a valuable remedy, and is by far the most efficacious of all, with the exception of the nitrate of silver. The application of the latter agent is, however, an operation that demands the greatest possible caution, for cauterization, like all operations, is surrounded with danger. While, therefore, this mode of treatment stands first on the list of remedies, because of its efficiency, it is also the most hazardous if incautiously employed; and requires on the part of the practitioner the most watchful attention, both as to the manner of using it and to its subsequent effects, in order to render it perfectly successful.

A recent writer on this disease, and one who has made a bold stand against the indiscriminate use of the speculum—says, "Not only is it possible to treat successfully non-ulcerated inflammation of the neck of the uterus, when slight and of recent date, merely by emollient and astringent injunctions, rest, and attention to the general health, without having recourse to instrumental examination, or to means of treatment requiring instrumental interference, but even slight ulcerations, unaccompanied by general inflammatory enlargement, will sometimes give way under the influence of these means."

(To be continued.)

POWER OF THE MIND DURING SLEEP.

Dr. Abercrombie relates, that an eminent lawyer was consulted respecting a case of great difficulty and importance; and after several days of intense attention to the subject, he got up in his sleep, and wrote a long paper. The following morning he told his wife that he had had a most interesting dream, and that he would give anything to recover the train of thought which had then passed through his mind. She directed him to his writing-desk, where he found his opinion clearly and luminously written out.—*Dr. Moore.*

ON THE TREATMENT OF ABSCESSES BY SETON.

At a late meeting of the Surgical Society of Ireland, Dr. Darby said that he had recently treated some cases of abscess by seton; and, as it was not a mode of treatment generally adopted, he wished to submit a short account of them to the Surgical Society:—

In the summer of 1844, I was first induced to try it in the case of a young woman who had an encysted abscess of about an inch and a half in diameter on the side of the neck, which she objected to have punctured, fearing an "unsightly mark" would remain, and requested I would "put it back." This I told her it was impossible to do, and advised her to let me put a fine thread through it: to this she consented. With a curved needle I inserted a thread of cotton, as a seton through the entire diameter of the abscess, and applied waterdressing over all to obviate inflammation. On the following day, I found pus oozing beside the thread, and in this manner the contents slowly and continually discharged, the cavity gradually contracted, and at the end of ten or twelve days was obliterated. I removed the seton, and after a short time no perceptible cicatrix remained.

I next treated in this manner a large strumous abscess (about four inches in its longest diameter), which a boy in the workhouse had on his breast-bone, and the case went on more favourably than I think it would have done had I punctured the abscess with the lancet.

In November last, I was consulted by a lady who, after a severe attack of influenza, had inflammation of some of the cervical glands, situated behind the sterno-mastoid muscle, deep-seated, and midway between the ear and the collar-bone. I inserted a thread in this situation, including between the points about two inches of skin; the contents distilled out, but the abscess was fed from that which first formed, and finding that no benefit was likely to ensue, I passed a thread through the original abscess: in two days afterwards I was enabled to remove the first seton, and in six days subsequently, the second. The disease was cured, and the closest observer could not now perceive a trace of either the disease or the operation. I have since treated four cases of strumous abscess in this way with similar results: in one case only did any unsightly scar remain, and this I attribute to the thinning process having advanced considerably before the seton was applied. I have not found any case followed by high inflammation or much pain; in fact, the results have been satisfactory.

Before concluding, I wish to remark that I have seldom or never had a case where pus was absorbed after I was fully satisfied it had been formed; I should therefore be disposed to insert the seton as early as possible after the formation of pus, and remove it as soon as the cavity of the abscess appeared obliterated. And it is my opinion that this mode of treatment, followed by careful dressing and judicious management, is calculated to obviate in a great degree the disfiguration and annoyance which so frequently result from the ordinary method of treating abscesses, especially those which present in conspicuous situations.

RENUNCIATION OF A LEGACY BY A SURGEON.

The late Mrs. Butler Cole bequeathed to Mr. Dixon, surgeon, of Preston, her medical attendant, the sum of £3000. That gentleman has, it is said, declined to receive the legacy, and has executed a deed of renunciation. This sum will be divided among the nephews and nieces of the deceased lady.—*Blackburn Standard.* [Such honourable, noble conduct, adds lustre to the profession of which Mr. Dixon is so worthy a member.—Ed. P. M. J.]

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MANIFESTO EXTRAORDINARY.

Austrian manifestoes sink into insignificance when the protest of Messrs. Morison, the pillmongers, which has just been issued, is compared with them. It is true the former are not quite so harmless as the latter, and on that account the country has reason to "rejoice and be glad;" but in point of impudence and impertinence, the Hygeist proclamation beats that of old Haynau. The present Assizes have developed many cases of fatal poisoning; children have died at the hands of their parents, and husbands have been poisoned by their wives, and *vice versâ*. This opportunity has not been allowed to slip by the Morisons, who, from the "British College of Health," have issued a "Protest" against the Bill to regulate the Medical Sale of Arsenic. The object of this protest is to abuse the medical profession, to knock-up the "guinea trade," and to show that the sale of arsenic ought to be entirely prohibited, and nothing but Morison's Vegetable Universal Medicine permitted to be sold. This is modest, certainly; but quacks must possess a good share of this useful commodity, and plenty of brass and effrontery, to enable them to sustain their occupation with credit to the fraternity. "The British College of Health!" In the country, people imagine that this is some important institution, where the science of surgery is taught; where the afflicted are received as patients, and medicine dispensed *gratis* to those who are too poor to pay for it. Good people! The British College of Health is nothing of the sort. It is a dingy building in the New-road, inhabited by parties who manufacture the rot-gut rubbish sold under the name of Morison's Pills. It is no more a college or a hospital than Holloway's emporium at Temple-bar, and not half so respectable in appearance. Such persons as these, aided by the pen of a worn-out scrub of the press—are the parties who undertake to rate the medical profession, and charge it with profound ignorance! We will undertake to say, without fear of contradiction, that the parties guilty of this impudent assumption are ignorant of the medical qualities of the articles of which the vegetable pills are composed—namely, gamboge, colocynth, and aloes, and perhaps if they were put to it they would be puzzled to spell a word of three syllables. Take a sample of the protest:—"The human mind should be emancipated in medicine as well as in religion, which it can never be so long as poisons are falsely declared to be good for disease." This is the climax of stupidity and ignorance! Words, words, and that's all. Many diseases will yield to poisons judiciously administered, and nothing else. But we have another equally sagacious gem to quote:—"Poisons belong to a period of priestcraft and witchcraft, and are totally repugnant to this enlightened age." Poisons must always be repugnant where they are clandestinely employed, but in frequent cases where they are used by medical men, they prove a blessing. What else do the Hygeists say? Of course they have an eye to the pounds, shillings, and pence part of the question. "The most extensive experience of 30 years, in all parts of the world, has amply proved that all diseases are curable without poisons by Mr. Morison's Vegetable Universal Medicine, of the British College of Health; because there is, in fact and in truth, only one disease, viz. Impurity of the Blood!!!" How many Juries, after receiving medical evidence, have returned as their verdict, that death had been accelerated by taking Morison's Pills! How many? We cannot recount the number, but it is very great indeed; yet these men have the insufferable impudence to denounce the medical profession as a body of ignorant individuals. If the Hygeists had their deserts—if Parliament would act a faithful part towards the people—these friends to the sextons would find themselves in a place not quite so comfortable as the British College of Health, but still in society not a whit less respectable, quite as honest, and by far more intelligent.—*The Weekly Dispatch.*

A SIMPLE REMEDY FOR CRAMPS IN THE LOWER EXTREMITIES.

BY DR. BARDSLEY.

Having myself been for many years a martyr almost every night to this torturing malady, and, having tried in vain many of the "thousand and one" remedies usually prescribed for relief, I was at length led to reflect upon a fact which had hitherto escaped my attention, viz., while sleeping in a chair, with my lower limbs—if not touching the floor, yet so depending as to form an inclined plane with the whole of my frame—that it was in this position never disturbed by cramps; and upon inquiry I found other sufferers from habitual cramps were under the same predicament. These facts, in connexion with some physiological considerations, induced me to put into practice the following plan, which has proved decidedly successful. My plan is to sleep upon an inclined plane, which is effected by taking care that the bed or mattress should incline twelve inches from the upper to the lower part of the bed: and for this purpose the lower feet were cut down so as to form this inclination. I will now state two facts which are sufficient tests that neither the imagination nor intemperate diet were the causes of my habitual cramps. 1st. That after my trial of the inclined plane for seven consecutive nights with complete success, the housemaid, unknown to me, had raised my bed to its usual horizontal level, and, unconscious of the change, I went to sleep, when shortly afterwards the cramps were so severe as to compel me twice to alarm the family by my cries and moans; and it was not until I arose in the morning that I discovered the change in the form of my bed. 2nd. The other test is the one which I made six weeks ago. After very spare diet of twenty-four hours, I replaced my bed from the inclined to an horizontal position, when shortly after I awoke with dreadful cramps—so violent in the muscles of the thigh and legs as to require two persons to hold the limbs down in order to apply friction, with stimulants, both external and internal; indeed, the paroxysm was so severe and continued as to be accompanied with sickness and faintness. I deem it necessary to give a caution to sufferers from cramps, that the disorder is almost always connected with a weak or imperfect state of the digestive organs, and therefore, although the method now stated for relief will allow the sufferer several luxuries hitherto forbidden, yet there must be limits placed to such indulgences if he expects to pass the nights entirely free from his malady.—*Medical Gazette.*

SECRET OF SUCCESS IN MEDICAL PRACTICE.

Skill and art alone are not sufficient. He (a medical practitioner) must be particularly mindful of his conduct. It is this which recommends him to the public, and creates confidence; for as the generality of people are incompetent to pronounce on his science, it is natural for them to take the measure of his ability from the measure of his conduct. By force of conduct alone, a physician, of very moderate talents, may become the favourite of the public; and without it, the most skilful professional man remain unnoticed and unappreciated.—*Hufeland.*

SINGULAR TITLE FOR A MEDICAL BOOK.

Mr. Churchill advertises a work called "*Birds' Deposits*"!

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IPECACUANHA IN THE BITES OF VENOMOUS ANIMALS.

Some years since, the daughter of T——., Esq., about eight years old, had her hand upon the companion-ladder of the East India ship, *Malcolm*, when she suddenly felt it bitten by something which was not observed, but the two specks on her finger plainly showed the marks of a centipede's fangs, of which many of very considerable size had been caught. As surgeon of the ship, I was called to her assistance, and found her in very great suffering, and, after exhausting all the remedies usually considered useful,—oil, spirit, laudanum, ammonia, &c.,—I recollected having been informed by an old officer, in a previous voyage, that the best cure for the bite of a rattle-snake was ipecacuanha. I fetched a bottle of wine of ipecacuanha from the chest, and gave it to the mother to apply locally, at the same time telling her that I had not the slightest faith in the remedy; but, to my surprise and delight, she came out of her cabin in two minutes, to tell me it had stopped the pain instantly. I requested her to reapply it if necessary. The pain returned once, when it again immediately and entirely relieved it. If so minute a quantity as is contained in the wine could be attended with such good effects, I think much more might be expected from its use in the concentrated form of emetine.

Mr. Collet has never had an opportunity of testing the remedy in a second case, but many of his friends have found it useful in the sting of wasps.—*Mr. Collet, in the Provincial Medical and Surgical Journal.*

FREE TRADE IN POISONS.

A trial for manslaughter by poisoning with Godfsey's cordial took place at Guildford, and it came out on the cross-examination of one of the witnesses, that laudanum and Godfrey's cordial were sold at different shops in the town in common with *grocery, cheese, candles,* and *drapery!* One of the shopmen, in answer to a question put to him by the counsel for the defence, said very innocently, that he did not know whether they kept prussic acid and arsenic, as well as laudanum, among their articles of grocery!

Not long since a superintendent of police went in disguise to a general shop in a country village, and asked for two pennyworth of arsenic. It was immediately weighed in the scales in which coffee and other articles were weighed, and handed to him by the old woman who kept the shop. Upon asking her whether she was not in the habit of marking "poison" upon articles of this kind, her answer was: "Lor, bless you, I can't write to begin with, and then it would frighten people if poison was written on it." This experiment was made in order to ascertain with what facility enough arsenic might be procured to destroy the lives of almost *one hundred persons:* and it was perfectly successful! It furnishes a clue to the cause of the abundant occupation given to coroners, magistrates, judges, barristers, and others, in detecting and punishing individuals for the penetration of crimes which the Government takes not the slightest pains to prevent.—[Happily, the Earl of Carlisle's Bill for restricting the sale of poisons will have the effect of arresting such fearful dangers.]

LONGEVITY IN INSANITY.

It is alleged that insanity tends to shorten the duration of life, and this is generally true. A remarkable instance of longevity in a lunatic at Gheel, in Belgium, is recorded. This individual died recently at the age of 109 years.

ALTERATIONS OF THE MILK.

Under the influence of certain circumstances, the milk is subject to different alterations in its colour, consistence, and taste. For example, after nervous diseases it becomes thin, like water, or of a greenish colour. It assumes a yellowish colour in inflammations of the mammæ, a saltish and disagreeable taste in inflammatory diseases, and, lastly, a sour smell, after labour particularly. It contracts an odour like that of garlic in persons who eat that substance, a reddish colour in those who make use of madder, and, lastly, a bluish colour in women who work in indigo manufactories. To discover whether the consistence of the milk is too thin or too thick, it is necessary merely to put a drop on one of the nails; if it adheres to it at first, and then spreads without running, it is in the natural condition; in the contrary case it is not sufficiently consistent, while it is too thick if the drop adheres to the nail without spreading. This happens generally in women who have too much *embonpoint.* In nervous women the milk is thin, not very nutritious, and subject to slight alterations after the slightest vexation. To conclude, very young and very aged women have milk of quality inferior to that of middle-age persons. Menstruation during lactation renders the milk thin and serous. Pregnancy renders it thick and unfit for the nourishment of children. Different kinds of foods, amongst others, salt meats, highly-seasoned dishes, mealy vegetables, salad and fruits, make the milk more abundant, but thinner; spirituous liquors, late hours, excessive sleep, and all abundant excretions diminish, on the contrary, the quantity of the fluid, the least alteration of which may have an unfavourable effect upon the child. It is, therefore, of the highest importance, on account of the latter, as soon as possible to remove these faults, which destroy a large number of children in all classes of society. —*M. Colombat on the Diseases of Females.*

IRRITATION OF THE BLADDER FROM ASCARIDES.—THREAD WORMS.

Dr. Dreyfus has reported the following case:—A young female, but recently married, experienced considerable pain in micturition. The urine was passed only drop by drop: there was fever, with other symptoms which indicated inflammation of the neck of the bladder. M. Dreyfus ordered twenty leeches to be applied to the perineum, with camphorated and oplate lotions, baths, &c., but the patient experienced no relief. After four days' suffering, she took a dose of castor oil, and in the first evacuation this led to the expulsion of a whole mass of ascarides. The irritation about the bladder immediately disappeared, and the patient perfectly recovered.—*Journal de Médecine.*

A NEW SIGN OF DEATH.

M. Ripault has lately directed the attention of the Academy of Sciences to a new sign of death. This is, *perfect flaccidity of the iris* when the globe of the eye is compressed in two opposite directions. If the individual be living, the pupil retains its circular form, notwithstanding the compression. If dead, the aperture becomes irregular, and the circular form is lost.

LOTION FOR DISEASES OF THE SKIN.

In cases of pityriasis herpes and eczema, M. Casenave has recommended the use of a lotion composed of one part of alum and sixty-two parts of water. In chronic eczema he recommends as a useful local application nitric acid and matriatic acid, of each twenty-five drops, to ten ounces of water.

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HINTS FOR HEALTH.

THE EYES.

Bathing the eyes occasionally during the day as well as on rising, is of much importance to their preservation: where the organ is healthy, cool spring water should be preferred; but where there is reason to suspect any disease, people cannot be too careful, considering what a very delicate organ the eye is, in having professional advice before they adopt any remedial means. When the roads are dusty and the weather windy, bathing the eyes is so pleasant, and felt to be so necessary to comfort, that we need say nothing as to its salubrity, to induce its employment by those who have experienced the annoyance arising from dust in walking our streets in summer; however, care must be taken to be perfectly cool before bathing the eyes, because if the face be covered with perspiration, the application of cold water may be very dangerous.

THE SLEEP OF INFANTS.

An infant should always sleep in the bosom of the mother until the periods of giving the breast have been so lengthened that it does not require suckling during the night. The danger of infants being overlaid is not half so great as is generally supposed; and many children are said to be overlaid who have died from less innocent causes. In this position the child is ready to receive the breast during the night; and if, in the early months of suckling, the breast is not relieved during the night, it frequently becomes painful towards morning.

A sufficient period of sleep is as essential for an infant as a sufficient quantity of food. The younger a child is, the more sleep it requires; hence infants should be put to bed early: and if the mother does so far forget her duty to her offspring as to indulge in late hours and fashionable assemblies, the infant should not be made to be the partaker of her folly.

The face of the infant should never be covered during sleep; pure air, be it ever so cold, is better both for young and old than hot air which has been twice inspired.

PERSPIRATION.

The Sweat, or Perspiration, is secreted by the skin; and the object of this function seems to be chiefly to throw off superfluous watery particles from the system. The perspiration is constantly passing off from our bodies in the form of a fine invisible vapour, but when it is augmented in quantity, it collects in fluid drops on the surface. These two forms of perspiration do not differ essentially in quality, but they have received respectively the distinctive appellations of the Insensible and Sensible Perspiration. One of the most important purposes of this secretion appears to be that of keeping the body cool by the constant evaporation from the surface. It is only on this supposition that we can explain the remarkable fact, that human beings can exist in dry air heated considerably beyond the boiling point of water, without having the temperature of their own bodies raised more than four or five degrees of the thermometer.

MILK.

Dr. Kiencke calls attention to the important deterioration which the milk of stall-fed cows undergoes, and is inclined to attribute the production of scrofula in children in many instances to its direct transmission through the medium of this fluid. Although the direct production of scrofula by the contagious properties of the milk is assumed rather than proved in his pamphlet, still the fact is very important that stall-fed cows often become tuberculous, and that their milk loses much or even the whole of its sugar; that the butter and casein diminish, while albumen is found sometimes in as high a proportion as 15 per cent., and clain in the proportion of 1·4 per cent., and that in some cases lactic acid is likewise present.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

The Glossary, or Explanation of all Terms employed in Medicine and Surgery—uniform with the PEOPLE'S MEDICAL JOURNAL. It is requested that subscribers will procure the number (65) containing the Glossary with as little delay as possible, as only a few quires remain on hand.

BREVITY —a poor Surgeon.—We have not time to make the search you require. Apply to the publisher of the periodical in question.

J. D. (Lower Thames Street). The man is a notorious empiric; and you justly say we shall take as much delight in exposing an American quack as a Jew quack. "Dr." Coffin's Pills are supposed to be composed of the ashes of Pensylvania bonds, cayenne pepper, coal tar, and molasses. The "herb draughts" are not so harmless as the juice of masticated tobacco. What an ominous name, Coffin! The *firm* ought to be—Pills, Death, Coffin, and "Co."

JAMES FRANCIS (Bow).—Call in Lloyd Square.

JACQUES (Bristol).—First, we do not know of a "good" translation of the book. Second, you will find a chapter on Stricture in the DISEASES OF ERROR.

A NOBLE PROJECT.—It is intended to found in London, an hospital for sick children, between the ages of two and twelve years—may God speed the good work!

T. R. S.—We should as soon think of directing a plumber to "stop" a decayed tooth with molten lead, as we should advise the use of the nostrum, "Brande's Enamel."

ROBERT HALL (Macclesfield).—The following is a good "Digestive Pill"—the dose of which is, two to be taken one hour before dining. Take rhubarb powder, and ginger powder, of each half a drachm; extract of camomiles, one drachm; mix, and divide into thirty pills.

CHARITY (Rochdale).—You must apply privately—your's is not a case for gratuitous advice.

T. L. (Hulme, Manchester).—Read YEOMAN ON BRONCHITIS, &c.

THOMAS ROYES.—See the DISEASES OF ERROR.

J. L. (Walnut Street, Liverpool).—The treatment of "Flatulence" is detailed in the papers on INDIGESTION, published in the first seven Nos. of Vol. I., and in the Editor's small work on that disorder.

ALEPH can only be attended to privately.

CHARLES SUMMERS.—We repeat, for the fiftieth time, that diseases and derangements of the Health, arising from Vice, Folly, or Indiscretion, are not noticed in this column. See answer to CHARITY in this number.

JAMES ROSS (Stockport).—Take ten grains of the sesqui-carbonate of soda, and half a drachm of the tincture of hops, in a wine-glass full of infusion of cascarilla, twice a day.

A MOTHER.—From your description of the symptoms, and the age of the child, we are inclined to believe it is suffering from spasmodic croup; we will not venture to advise without seeing the child.

A DYSPEPTIC.—You will find Nevill's Flour of Lentils an excellent article for breakfast.

A. B. C.—You will find articles exposing the vile practices of the advertising quacks, in Nos. 2, 4, 5, 24, and 33.

JAMES GRAHAM (Carlisle).—You will find the following a useful form of pill. Take compound aloetic pill, and compound extract of colocynth, of each one scruple; compound rhubarb pill and compound gulbanum pill, of each half a drachm; oil of cloves, three drops; mix, and divide into twenty-four pills. Dose—two at bed-time, occasionally.

WALTER GAY (York).—Lie on the affected side, encourage the escape of the discharge by syringing the ear with warm water, and the application of warm fomentations: apply a blister behind the ear. Pay attention to the state of the bowels, and avoid exposure to cold.

D. R. (Weston Super-mare).—The symptoms you describe resemble those of chronic inflammation of the liver. Your letter is obscure in many important particulars; you had better communicate privately; say if you have pain in the right shoulder, and if your complexion is sallow and yellow.

ALFRED (Great Marlborough Street).—On Sundays, before one o'clock.

MARY ANNE (Putney).—We do not advise patients to consult the "aurist" in Savile Row.

A WAREHOUSEMAN (Friday Street).—Take a wine-glass full of the compound decoction of aloes every morning; gradually decrease the dose; live upon a plain, dry diet, of animal food—change your lodgings, and sleep three or four miles distant from your place of business.

W. WATSON (Bermondsey).—We never advise in complicated cases, such as that of your wife, without seeing the patient. The distance from your residence to our house does not forbid the visit being made with facility.

J. B. B. (Bristol).—We have already anticipated your wish. Cuts, bruises, wounds, burns, scalds, and other casualties, will be noticed in early numbers. Indisposition has prevented us doing much that we had planned; with returning health, we hope to have ability equal to our zeal.

J. T. (Church Street, Whitby).—We thank you for directing our attention to the letter in the *Morning Chronicle*. 'Tis very pretty twaddle, and amusingly ridiculous!

R. R. (Hoxton).—*You* cannot be "a Constant Reader," and *we* cannot make you an exception to our general rule.

J. W. B. (High Street).—See answer to R. R. (Hatton Garden), in No. 65.

JAMES HARTLEY (Greenwich)—Complains, and complains with just cause, of the very inconvenient hour, namely, mid-day, at which "out-patients" are received at the public hospitals; the time they are compelled to wait; the superficial, almost careless, manner in which they are examined; and the amazing rapidity with which their bottles and gallipots are filled at the dispensary. Some 6 or 8 years ago we suggested the establishment of a dispensary that should afford advice and medicines to the working classes, at hours when they were not working.

F. L. and J. (Merthyr).—The man is a notorious duper, and the "lady" who delineates character by the handwriting is of the same class. They all belong to one gang.

STEPHEN WALKER (Hull).—Let your wife take two of the following pills twice a week—for four doses. Take compound extract of colocynth, compound rhubarb pill, of each fifteen grains; calomel, six grains; oil of cloves two drops. Mix and divide into eight pills.

J. M. C. (Albany Street).—We cannot make you an exception to our general and well-known rule.

FREDERICK M. (Commercial Road, Lambeth).—To half an ounce of the tincture of the sesqui-chloride of iron, add one scruple of the sulphate of quinine. Dose—ten to fifteen drops in a wine-glass full of water twice a day.

JOHN R——T (Windsor).—You will find an article on Urinary Deposits in No. 46.

RUPERT BUCKETHORN.—Ten or fifteen drops of diluted sulphuric acid (elixir of vitriol), diluted with water, will frequently arrest hiccough.

A PUBLICAN (Shoreditch).—If the bleeding at the nose continues with great violence, take from twenty to thirty drops of the oil of turpentine, in barley water, every three or four hours. If it proceeds to an alarming degree, apply ice to the nose and to the sides of the neck.

RICHARD THORPE (Liverpool).—You will find a paper on the INFLUENCE OF THE IMAGINATION ON THE HEALTH, in No. 51.

ELLEN GRAY (Shadwell).—Allen's in Plough Court, or Apothecaries' Hall.

J. R. D.—We are pleased to hear that you approve of the "Farce." We know it is constantly acted; our's is the correct version of the Play. You may lay the scene where you like—Lewisham for instance, or the Commercial Road.

F. D. (High Holborn).—Glycerine will materially assist to render the hands white and soft. Collodion is useful for abrasions of the skin.

W. HARLE (Clarendon Square).—We have every confidence in the genuineness of the drugs and the accuracy with which they are prepared at Mr. Walker's in Skinner Street.

HEALTH OF LONDON DURING THE WEEK.—Deaths registered during the week ending March 22nd, 1412; during that ending March 29th, 1418; an increase of 247 over the estimated average of the same week during the last ten years. The most remarkable circumstance was the occurrence of a great number of sudden deaths, which were the subjects of inquests. Deaths from diseases of the respiratory organs, 272, or nearly 80 above the average, although a great diminution as compared with the preceding week. Small-pox numbered only 12 fatal cases, measles 35, and hooping-cough 65. Births, 1780.

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PEOPLE'S MEDI
AND
FAMILY PHY

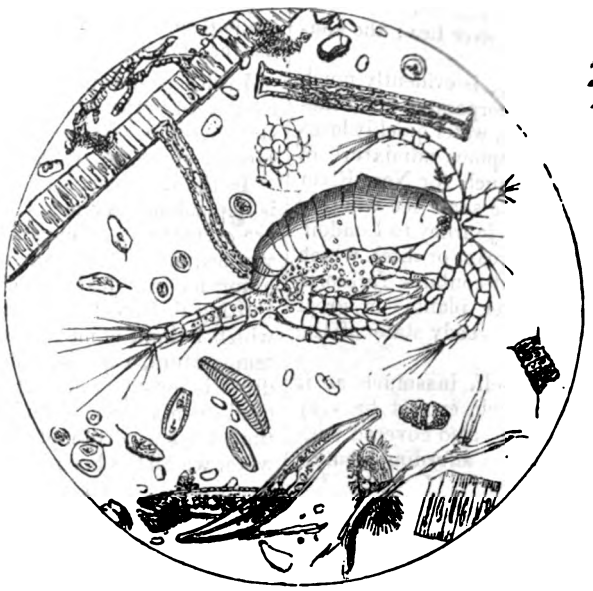
EDITED BY THOMAS HARRI

No. 68.—Vol. III.] SATURDAY, APRIL 19,

ensive, and towards the end of the disease, often deposits a or black sediment.

he advanced stages of the disease, hemorrhages, from the of some minute or even larger blood-vessels, break out rent parts of the body; blood is effused under the skin, s, or petechiæ, and vibices, or large purple-coloured of the skin. The abdomen grows swollen and excretions become extremely offensive, and at involuntarily; the stools are black, and the d unconsciously, or else the bladder ceases and the water is retained. The features me sharpened, and expressive of extreme delirium takes the place of the excite- nd is accompanied by twitchings or lons of the muscles, and picking of markable symptom, and one that ; the patient will fold or pick wn the bed, the while mutter- roused by the sharp voice n from a loved relative. th, difficulty in swallow- us sloughs (aphthæ) sinks and intermits; with a cold, damp, on follows." disease, are a ntenance, the nuated; an moisture, ceeded ncy of of a

WATER.



Sample of the Water of the New River Company, showing the more remarkable Vegetable and Animal Productions contained in it, as supplied to Consumers.

Water, in consequence of its intimate connexion with so many of the tastes, conveniencies, and necessities of life, is a subject of never-failing interest; it is an indisputable requisite and manifold convenience of the every-day life of human beings, alike to the uncivilized and civilized, to the roaming tribes of the wild, and the settled inhabitants of our crowded cities. The essential uses and the constant demand for this necessary of life have led to the adoption of means for providing it in proper quantity, quality, and readiness to every place of human habitation; and among the various arts that make up our civilization, this has a leading position of importance. Of late years, great improvements have been introduced into the department of the public water supply; much, very much, yet remains to be accomplished, and, happily, efforts continue to be made towards still further improvements.

The sources of water supply may be described as surface-collection, rivers, and springs. Water obtained by surface-collection, that is, rain collected on clear surfaces, may be ranked as a species of distilled water, and is the purest which nature can supply. It is, however, impossible that this can be collected in sufficient quantity, or obtained sufficiently pure, in the neighbourhood of towns and cities; inasmuch as in its descent it becomes impregnated with the smoke, and even the effluvia pervading the atmosphere; and it is also noted for its tendency to rapid putrefaction. Water caught on house-tops is admirably adapted for washing, but unpleasant and unwholesome for drinking.

River-water is impregnated with the saline and other matters contained in the rock and strata of the river basin. Water flowing from granite rock has a very small quantity of dissolved salts; slate formations are favourable to its purity. Sandstone is very inferior in this respect, while the limestone and chalk covering large districts of the country impart a nearly constant amount of lime-salt to all the running streams. River waters, besides the qualities derived from their primitive sources, are apt to contain mud and matters in suspension, and are thus deficient in the clearness and transparency so requisite to the satisfaction of the eye in drinking-water.

sparkling, and cool, and is totally free from the offensive taint so common in all other waters, as well as devoid of the animalculæ generated by organic impurity.

Quality in water has reference to one or other of the following points:—1st, The presence or absence of mud or other solid matters in suspension; 2nd, Salts and mineral matters in solution, which do not affect the clearness or transparency of the liquid. Some of these salts cause the property commonly known by the name of *hardness;* 3rd, Organic matter, or the products of vegetable and animal life; 4th, The presence of atmospheric air and carbonic acid, and also of certain gases, the result of the decomposition of organic matter; and 5th, The temperature.

Our engraving * will give the reader some idea of the fluid a north-east and north-west cockney has to imbibe. The water supplied by the New River Company has been analysed with

* This drawing is copied from one of the many very beautiful and correct representations which have recently appeared in the *Lancet*, illustrating the impurities of water. A part of this paper we have condensed from an article on the "Water Supply of Towns," published in one of Messrs. Chambers's meritorious periodicals.

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great care by Dr. Hassall, and he gives the following account of its course and condition :—

This Company derives its supply in part from springs at Amwell and Chadwell, near to Ware in Hertfordshire, the principal Chadwell spring forming the "New River Head;" in part from the river Lea, as well as from wells at Cheshunt and Tottenham; it has also, let it be particularly observed, a communication with that prolific source of London water supply, the Thames, at Broken Wharf, Upper Thames Street.

The "New River Head" is a pool of water of some six yards in diameter; entering it on one side is a small ditch-like stream, which carries water sufficient into the head to keep a twelve-inch pipe supplied; while on the opposite side the water flows slowly away in a small stream of a few feet in width; this, after a short and independent course of a hundred yards or so, unites with another stream broader and apparently still more considerable than itself, which is supplied from the river Lea; the conjoined streams then pass on towards Ware.

The "head" of the New River, therefore, is evidently much indebted to the other members of the body corporate; the independence of the river itself soon ceases, and its water quickly loses its character of spring-water by a very copious admixture of river-water not of the purest quality,—so much for New River spring-water at Ware in Hertfordshire. We shall see whether its character improves as it gets further on its journey to London.

The condition of the water in the little stream or ditch which assists in supplying the head is very bad; it contains *Infusoria* (water animalcules) and *Algæ* (mossy water plants) in great numbers; this is owing to the unclean and weedy state of the ditch in question.

The condition of the water in the head itself, inasmuch as it receives all the water from the feeding ditch, cannot be very satisfactory; but the margins of the head are also covered with *Algæ* rising up into the water like clouds, and affording a nidus for the shelter, growth, and development of insects, *Infusoria*, &c.

The canal itself near to Ware is at the present time in a much better state than I have ever seen it before.

The next accession of strength which the New River receives is at Cheshunt; here the company has a well worked by a steam-engine, and two reservoirs; the one of these reservoirs at least contains something more than pump-water, it being fed by a small stream nearly dry in summer, but which in rainy weather contributes as well as the pump a fair supply of water.

These reservoirs have very recently been cleaned out, and certainly the operation was much wanted, as I was given to understand that it had not been once performed before, since the reservoirs were made, nearly twelve years since.

The cleaning out of these reservoirs occupied nine weeks, and employed thirty horses and not a few labourers; the matter removed consisting of a black muddy substance of an offensive smell, and similar in nature to that contained at the bottom of old ponds, and also to that which has been recently taken out of the Serpentine. This black mud I regard as a sure indication of the presence of organic matter, of which fact those who removed it from the reservoirs seem fully aware, as it has been spread over an adjacent field, to the fertility of which it will doubtless much contribute.

Some years since, the Cheshunt reservoirs were a favourite resort of mine, and on turning to my "History of the British Freshwater Algæ," I find them given as the habitats of several species; their condition at that period cannot have been very good therefore.

New River water, therefore, has no very distinct or peculiar characters of its own, it being a mixture of water derived from various sources.

The water is conveyed by means of a long canal, known as the "New River." As it flows to London, it creeps slowly along, and this, as already explained, is one of the circumstances favouring the development of the lower forms of animal and vegetable life.

Other sources of impurity are to be found in the fact, that the New River, along much of its course, is accessible to the public, who use it as a resort for bathing in summer, and at all times as a receptacle for refuse animal and vegetable matter.

The quantity of *Oscillatoreæ* (filamentous water plants) seen floating on the tranquil surface of this canal, during the summer months, is immense, and seriously affects the condition of its water.

The water supplied by this company is not filtered, but is allowed to "purify itself," as the phrase goes, by subsidence; the result is, that the water frequently deposits a considerable amount of sediment, and always contains more or less organic matter, including many algæ and some animalculæ.

In describing the qualities of good water for drinking, we cannot do better than present the following carefully-considered statement, occurring in Professor Clark's evidence before the Health of Towns' Commission:—

In the first place, the particular kind of water that is agreeable is dependent very much on the habits of the drinker. If you are accustomed, exclusively, for a certain time to a hard water, you acquire a liking for hard water; if to a soft, you acquire a liking for soft, just as habit varies the taste for other beverages. Putting the effect of habit out of the question, one circumstance, which I think is most material for water to be agreeable, is the temperature, especially in warm weather, when good water to drink is most prized. It has been supposed that water, such as is used in this town (London), being exposed in a room for some time, loses a portion of its carbonic acid. Everybody knows that water which has been in a sittingroom is not so agreeable as when first drawn; but I am quite satisfied that whatever be the cause of its becoming less agreeable, it is not in general the loss of the carbonic acid; for I am quite certain that there is not in any of the waters about London an excess of carbonic acid over and above what is necessary to form the bicarbonates present. I think the main point affecting the agreeableness of a water, as far as I have seen in examining water accounted agreeable in this town, is the temperature. In summer-time you have the spring-waters, when fresh drawn, cool. You can have other waters rendered more agreeable than they are in summer-time, if you take the pains of cooling them to the same degree as the spring-water. You must not have the water too cool either, otherwise it is unpleasant as well as unsafe to drink; but an average temperature of the climate, which is about 50° Fahrenheit, is a very agreeable temperature for water. So far as the presence of carbonic acid will add to the agreeableness of water—and it does so to many tastes—that quality can be imparted to any water by the simple expedient of adding a very small quantity of soda water.

If water be free from taint, be of a sufficiently low temperature, and be not absolutely deprived of wholesome gaseous matter, I think it has most of the qualities proper to render it agreeable, allowing for the variations in taste that are acquired. If all these conditions contributing to the agreeableness of a water exist, then I think that such persons as have been accustomed to drink various kinds of water will be found to prefer a water containing little saline matter to another containing much; if a contrary impression has been usually entertained, it is owing to some of the other circumstances affecting agreeableness having been overlooked. At the present time (the month of June), in order to obtain good drinking water for London, I would recommend the use of water that has been boiled, cooled, treated with

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carbonic acid by the addition of a little soda water, and then iced to a temperature rather under 50° Fahrenheit; but all this pains to obtain good water cannot be taken by the poor, or even by the generality of families in the middle classes. I think that if the means were taken by the existing water companies, water only requiring to be a little cooled in the heat of summer to be fit for drinking by all classes might be supplied—and should.

There is an easy means of giving a slight charge of carbonic acid to any water containing dissolved carbonates (probably one of the most prevalent ingredients of water), by dropping in a few drops of dilute muriatic acid; acid of the specific gravity of 1·10 may be recommended for this purpose. If the water be first boiled, in order effectually to destroy all organic taint, and if, after cooling down, it be slightly acidulated in this manner, the carbonic acid evolved will very sensibly enliven it, and enhance its quality as a drink.

FEVERS.

BY THE EDITOR.

No. IV.

(Continued from page 36.)

PUTRID FEVER—TYPHUS FEVER—TYPHUS GRAVIOR.

Typhus, Putrid, or Malignant Fever, is most happily becoming daily more and more less frequent in the British Isles. The predisposing causes to the disease are lessened by the increased activity of the government and parochial authorities, in introducing sanitary reform, and, may we also hope, by the increased morality, cleanliness, and well-doing of the people. Nevertheless, when typhus once commences its ravages, it is difficult to arrest its progress, and the intensity of the symptoms are scarcely abated.

The attack of the disease is much more sudden than that of the milder form of the disease already described, and its progress is more violent and rapid. At the outset the rigors, or shivering fits, are extremely severe; the prostration of the strength is great, and almost immediate; and the expression of anguish or horror in the countenance is most acute; in fact, to the physician's practised eye, it at once tells the disease he has to encounter and to subdue. The heat of the skin is often moderate, though in some instances it rises early in the disease as high as 108 degrees of Fahrenheit, and conveys a peculiar burning or stinging sensation to the touch; the pulse is frequent, small, and sometimes hard; there is intense pain in the head; singing in the ears; preternatural throbbing of the temporal and carotid arteries; ferrety redness of the eyes; extreme anxiety, and violent delirium. The delirium, however, more frequently comes on in the second week of the attack: it varies in its characters from a low muttering, half-drowsy condition, to a highly-excited maniacal state. Coming on in the course of a disease which so fearfully prostrates the powers of the patients, it must ever be regarded as a formidable symptom, especially when it assumes the maniacal form; for, under the influence of this state of excitement, the patient is prompted to get out of bed, or otherwise to make great exertion, and thus exhaustion is produced; and it has happened that sudden fainting, induced by some violent effort, has caused almost immediate death.

The stomach and the entire organs of digestion and assimilation are deranged; there is nausea and bilious vomiting; the tongue is dry, and covered with a brown or black crust; the breath is hot and offensive; indeed, the odour of a typhus patient's breath cannot well be mistaken, *fetid sordes* (small ulcers that discharge a viscid matter) accumulate about the teeth and lips; the urine, at first pale, at length becomes extremely high-coloured and offensive, and towards the end of the disease, often deposits a dark or black sediment.

In the advanced stages of the disease, hemorrhages, from the rupture of some minute or even larger blood-vessels, break out from different parts of the body; blood is effused under the skin, forming spots, or petechiæ, and vibices, or large purple-coloured discolorations of the skin. The abdomen grows swollen and tense, and the excretions become extremely offensive, and at length are passed involuntarily; the stools are black, and the urine is voided in bed unconsciously, or else the bladder ceases to expel its contents, and the water is retained. The features are changed; they become sharpened, and expressive of extreme anxiety; low muttering delirium takes the place of the excitement of the first stage, and is accompanied by twitchings or irregular snatches of the tendons of the muscles, and picking of the bed clothes. This is a remarkable symptom, and one that always forebodes extreme danger; the patient will fold or pick the sheet or quilt, he will slide down the bed, the while muttering a plaintive moan, and is scarcely roused by the sharp voice of a stranger, or the voice of affection from a loved relative. There is now great prostration of strength, difficulty in swallowing and in respiration; small gangrenous sloughs (aphthæ) appear about the mouth and throat; the pulse sinks and intermits; the extremities grow cold, and are covered with a cold, damp, clammy sweat; hiccup ensues; and "death soon follows."

The signs of a favourable termination of the disease, are a placid or at least natural appearance of the countenance, the look firm and clear, and the face not shrunken or attenuated; an abatement of febrile heat and thirst; a gentle, warm moisture, diffused equally over the whole surface of the body, succeeded by increased fulness and strength, with diminished frequency of pulse; the absence of delirium and stupor; the absence of extreme prostration of strength, and the petechiæ being of a florid red colour.

The unfavourable signs, in addition to those already enumerated as marking extreme debility, are the peculiar aspect of the patient; the eyes being inflamed and staring, the speech thick, and the sound of the voice altered; extreme anxiety and perpetual watchfulness; increased action of the heart and general circulation, with diminished muscular power; high delirium; loss of sight; dry black tongue; nausea, or constant vomiting; fetid and involuntary excretions; dark-coloured, livid spots appearing on different parts of the body; partial cold sweats, and a peculiar cadaverous or death-like smell of the whole body.

The predisposing Causes of typhus fever are those which we have already detailed as capable of inducing the mild form of the disease, especially impoverished diet, mental depression, want of cleanliness, over-crowding, confined air, and a close and humid state of the atmosphere.

Various as these and other causes may be, the chief and most effective is febrile miasm; that is, effluvia capable of so injuring or impairing the system and its functions as to induce a diseased and malignant condition of the body; the chief sources of which are, the decomposition of dead animal matter, and the decomposition of the effluvium transmitted from the living human body. Hence it is that locality and contagion, if not the only, are the chief exciting causes of the disease. This, by some, is said to be a disputed point; but we may add, that typhus has been frequently traced to contagion, and has never been satisfactorily traced to any other cause. It is true that it occurs in the midst of "poverty, hunger, and dirt," and especially in badly-drained streets and alleys, and ill-ventilated houses; but as these are the situations in which contagion is most likely to lurk, the coincidence of fever with these conditions cannot be admitted as a proof that they are alone sufficient to produce it.

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A disease resembling true typhus may be produced by other causes besides contagion. Thus, local inflammation produces general febrile symptoms, allied in character to those of typhus; such is also the case with the common continued fever of our climate occurring in an healthy person. The feverish symptoms which accompany inflammation of the lungs, sometimes take the same shape, and severe and long-continued inflammation of the mucous membrane of the intestines, in rare instances, takes of the same character. Typhus of this type, may also succeed deep-seated inflammation, severe burns, wounds, fractures, inflammation of the veins, dissection wounds, local injuries, and eruptive fevers.

THE TREATMENT.

The indications are—first, to moderate the fever; secondly, to subdue local inflammation, and relieve local congestion; and, thirdly, to support the patient's strength.

The first indication must be fulfilled at as little expense of strength as possible: the loss of blood is seldom required, and when deemed imperative, it should be abstracted with the greatest caution. Depressants in small doses, as the fever mixture prescribed in page 20; gentle aperients, cool air, cooling drinks, and cold sponging, where the surface is hot and dry, will suffice to subdue any degree of fever present in the majority of cases of typhus.

When any local inflammation or congestion exists, the application of a few leeches, cold lotions, mustard poultices, or other counter-irritants, will frequently arrest the inflammatory action, without the necessity of general loss of blood.

As the patient's strength requires to be economised during the first stage of fever, so does it require to be supported in the last stage. Stimulants must be administered with care and caution: the precise remedy and the dose employed being proportioned to the existing debility. When the debility is not extreme, the remedies belonging to the class of tonics, such as quinine, mineral acids, and the infusions of cusparia or serpentaria, may be given.* In greater degrees of debility, the diffusible and spirituous stimuli should be preferred, such as ammonia, spirits of sulphuric or nitric æther, wine, or brandy.

Another indication is often added to the preceding—that of "obviating the putrid tendency of the fluids." The blood in typhus is found to be poor in solid animal ingredients and in salts. The only means of supplying the first deficiency is by such articles of diet as are likely to find their way into the circulation, even without undergoing the process of digestion. The farinaceous liquids, and the lighter broths, are to be preferred for this purpose; and these may be administered either by the mouth or by injection, or in both ways. The deficiency of salts may be supplied by saline drinks, such as imperial, nitrate of potash in barley water, or saline effervescing draughts. The ascesent fruits, such as oranges, lemons, grapes, roast apples, &c., are also highly proper. If hemorrhage occur, the acidulated infusion of roses, or the mineral acids, in combination with tonic infusions or stimulating remedies, are indicated.

The utmost attention should be paid to cleanliness; the excretions should never be allowed to remain one moment in the chamber; the linen should be frequently changed, and the sick-room should be well ventilated and fumigated by sprinkling vinegar or camphorated spirits, or placing a solution of chloride of lime, in saucers, in different parts of the chamber.

In cases of extreme restlessness, cold applications to the head, and a stream of warm or cold water, poured from the height of a few inches, upon it, will often procure sleep where other remedies fail. As a general rule, opium is inadmissible when the functions of the brain are already much disturbed; the same objection is not attached to hyosciamus, and twenty or thirty drops of the tincture in camphor water, will frequently procure two or three hours composure, if not refreshing sleep. When the debility is great, zealous care should be employed to prevent all sudden changes of position. In the paper on Mild Typhus (page 36) we have given some general rules for the management of typhus patients, which are equally applicable to this the more serious type of the disease.

(To be continued.)

* For the mode of preparation, dose, &c., see TONICS in PHARMACOLOGY, in Vol. 2, Nos. 32, 33, 34.

ON THE TREATMENT OF VARICOSE (ENLARGED) VEINS.

By F. C. SKEY, Esq., F.R.S.

HAVING availed myself of the experience of many authors and other authorities, who have suggested, with more or less success, various plans of treatment for the cure of varicose veins, I wish to report that which for many years past has been most successful in my hands, and no doubt would become equally so in others. I may observe in passing, that so far as my own observation goes, no other plan can be relied on as permanent and entire in its effects; for however absolute may be the destruction of the vein or veins, subjected to ligature, pressure, or division, whichever be the mode adopted, the treatment, where the disease is extensive over the limb, is too limited entirely to remove it. Other veins enlarge, the disease returns, and at the expiration of one or more years the amount of benefit obtained is found incommensurate with the confinement and suffering entailed by the operation. Moreover, past experience points to occasional results of the most serious kind, among which death itself has had its portion.

The treatment my past experience fully justifies my recommending for adoption consists in the entire obliteration of the trunks and many of the branches of the saphena veins, both major and minor, by very small caustic issues, applied on the projecting veins, however large or numerous they may be; and in suggesting which, I believe I can pledge myself to two conditions: first, that the function of the vein on which the issue is made is from that hour suspended; and second, that the operation of the issue so applied is unattended with danger of any kind. The operation appears to be complete and immediate. The current of blood is arrested; nor is the obstruction to the circulation thus caused apparent in any symptom of congestion resulting from it.

It may be inferred from this circumstance, that the blood returned to the formal vein through these cutaneous channels is, in reality, much smaller in quantity than the size of these vessels would lead us to infer. It will, however, be recollected, that in proportion to the enlarged size of the veins, and their contorted form, is the quantity of coagulum contained within them, by which the circulation is necessarily obstructed, and they present the reality of venous aneurisms; *i. e.* of dilated veins, partially filled with coagulated blood. The proportion of coagulum doubtless varies a good deal, for we occasionally observe its almost entire absence, the veins retaining the softness on compression, due to the fluidity of their contents. However large and projecting the vein, be its contents fluid or solid, on the part most projecting, an issue may be made, so far as I have seen, without the remotest degree of danger, or any other evil consequence.

The material I employ for this purpose is the Vienna paste, a compound of quicklime and caustic potash, in the proportion of

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five of the former to four of the latter. These ingredients are mixed into a paste with spirits of wine; and in these proportions, which I cannot pronounce to be strictly those of the "Pâte de Vienne," a caustic may be applied, which will readily destroy the surface without causing the excessive pain attending the application of the pure potash alone, nitric acid, or other similar agents. Under some circumstances it may be desirable to diminish the proportion of the caustic. The limbs should be examined in the upright position of the body; the projecting veins marked with ink to the number requisite, including all the most salient points, in the trunk and branches.

While in the horizontal posture the places thus marked should be insulated with a circle of plaster of three or four thicknesses, the diameter of which will vary with that of the swelling beneath, but it is very desirable on all accounts to make it as small as possible. I have found one quarter to one third of an inch to suffice in the plaster, and the issue itself will not exceed the size of a fourpenny piece, or less.

The caustic may be removed at the expiration of half an hour, and the leg dressed and rolled lightly. In the course of a week or ten days the eschars come away, and the wounds are healed by ordinary means. But inasmuch as they are not altogether ordinary wounds, I wish to say one word on their management.

Two circumstances should be kept in view militating against their early cicatrization, and sometimes so positively, as to protract the recovery for many weeks, and form a serious objection to the treatment.

First, the existence of a sore on the leg or foot at a remote distance from the centre of the circulation, which is under all circumstances tedious and protracted in its progress; and secondly, the disease itself infers a langour of circulation unfavourable to early healing.

In truth, the ulcers occasionally spin out their existence, especially when large, to a very inconvenient duration. I have seen examples, in which one or more of them have defied the curative means employed for three or four months; until, indeed, the patience of the subject of them has been almost exhausted.

It should be kept in mind that varicose veins owe their existence to inactivity of the action of the heart, or, at least, of some cause tantamount to it; and to this inactivity or want of force, and not to anything specific in the nature of the ulcers, is their duration to be referred.

Hence the necessity of restricting the issues to the smallest possible size, compatible with the destruction of the vein; and of such any number may be made. The ordinary number I have employed has been six or seven. I have made twelve on one leg at one time.

The modes of obviating the above evil, and of establishing an active health to the circulation of the limb, are such as are ordinarily employed for this purpose, and by the judicious application of which, the period of healing may be kept nearly within the limits that control them in other persons.

I often commence the treatment with a course of bark or other tonic agent before the operation, employed for two or three weeks, especially in persons of a feeble constitution. When the eschars come away, the ulcers should not be neglected, but carefully dressed with some form of stimulant. I commonly use the flue of dry lint, or black wash. The removal of the sloughs will be hastened by the application of a roller, applied around the limb from the period of a few days after the operation.

I have had one or two cases, in which considerable pain attended the treatment throughout every stage. The issues were painful in excess, the healing process was unusually painful, and, as occurred in the case of a gentleman now under my care, was protracted to three or four months. That this morbid sensibility is connected with the languid state of his circulation I am inclined to believe, because I have observed, that in proportion to the rapidity of the cure, applying that term to the entire treatment, is there less of suffering; or at least, more tolerance of pain. These, however, are by no means average cases, but exceptions, and they are neither so frequent nor so marked as to present any serious objection to its application. I have treated with small issues some thirty or forty cases, the large majority of which were persons in the lower ranks of life, and many of whom were out-patients of our hospital, but the treatment has not been confined to this class.

In some few examples the suffering has been remarkably slight, such persons having prosecuted their various occupations from the day of the operation. The average length of confinement required may range from two to three weeks; that of the entire treatment from four to five.

Where the two extremities are diseased, I have allowed an interval of one or two weeks to elapse between the dates of the application to each leg, beginning with the worst. In nearly all the above cases, the relief has been of a very positive kind; in the large majority, the cure has been complete; in two or three, the disease at the expiration of about two years has returned in a mitigated form.—*Medical Gazette.*

ELECTRO-BIOLOGY; OR, THE LAST NEW FUDGE.

The moral æsophagus or gullet of the fashionable-world would seem to be of large dimensions—developed in relation to an appetite for the marvellous. At all events, there is observable, in genteel society, a certain extraordinary power of deglutition. Witness the extensive facility with which homœopathy—clairvoyance—magic crystals—Puseyism—have been swallowed by the superior classes. The bolus just at present coming into vogue appears to be "Electro-Biology."

Mr. Punch lately witnessed an exhibition of this so-called "science." A number of persons, taken indiscriminately from among the spectators, were seated together in chairs. Each had placed in his palm a bit of metal, on which he was to stare. After the lapse of some minutes, the operator went round, and passed his hand across their foreheads. In about a quarter of an hour he desired those who had their eyes closed to remain; the rest to depart. A remarkable clearance instantly took place of all of the party that looked respectable and intelligent; leaving a very suspicious and unprepossessing residuum. Then ensued a series of "experiments" similar to those reported in the *Morning Post* of Friday last, as having been exhibited at Willis's Rooms, in the presence of beholders,

"Respectable in point of numbers, and exceedingly select and fashionable in character; several noblemen, members of Parliament, and officers of high rank being present."

This select and fashionable assembly was diverted, according to our contemporary, with the following extraordinary phenomena, amongst others:—

"Upon the two more susceptible subjects Dr. DARLING produced some very remarkable effects, preventing them at first from speaking, except at his pleasure, and then so far affecting their memories as to render them incapable of remembering the name of the place in which they were, or even of the metropolis itself. In addition to this, he placed the hands of each lightly together in front of his person, and, at the word of the operator, the person found himself unable to take his hands apart. One hand of each gentleman was then laid upon the hand of the other, and the combined strength of the two could not separate them."

These persons were also apparently rendered unable to walk—to rise—to sit—and then,

"To crown all, after the patients had been allowed to resume their seats, they were made to find those seats *so insufferably hot*, that they could not retain their places upon them."

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Thus, by means of Electro-Biology, one might give another a drubbing without committing an assault, and offer him somewhat more than a mere insult, by bidding him consider himself horsewhipped.

The "patients" were likewise induced to mistake pure water, on tasting it, successively, for wormwood, honey, and champagne; the evidence for the reality of these impressions resting on their words and their grimaces. Others, on a previous evening, had been made to fancy a sovereign a halfpenny, and a gentleman a horse, and to imagine a tumbler of clean water to be full of enormous reptiles.

Now, in the Electro-biological performance which *Mr. Punch* witnessed, there was an actor—or "patient"—whose arm, it was alleged, could be stiffened at will by the operator. When it was so stiffened, the "patient" declared himself absolutely unable to put his arm down. Some medical men present suggested the test of trying—against some one *not* Electro-biologised—which could keep the arm extended longest. A compact and muscular gentleman present undertook the contest; and the result was, that the arm of the "patient" sank in spite of manifest effort, whilst the gentleman's continued to be held out, amid the cheers of the lookers-on. So much, thought *Mr. Punch*, for Electro-Biology! But the wonders of Electro-Biology are not novel. Doubtless it was in the Electro-biological state that *Polonius*, at the suggestion of *Hamlet*, pronounced a cloud, in succession, to be like a camel and a weasel, and, lastly, "very like a whale."

RAILWAY TRAVELLING AND APOPLEXY.

A notion has prevailed that railway travelling has a tendency to induce an attack of apoplexy, for no other reason, so far as we can ascertain, than that several persons within the last year have had a fatal attack of the disease, either during a railway journey, or soon after its termination. We will not deny the possibility that rapid and violent motion may tend to produce some disturbance in the cerebral circulation; but we think that the above inference has been somewhat hastily drawn. The number of persons now daily travelling by railways is immense; in short, we have what may be termed a locomotive section of the population. That apoplexy may attack railway travellers independently of any supposed injurious effects from locomotion, as well as those who are stationary, is self-evident. Late researches have shown that, taking the numbers living at given ages, this disease most frequently attacks those who are between thirty and fifty years of age, and the majority of railway travellers would probably be found to be adults. There is, however, we suspect, a fallacy in the mode of reasoning adopted. Is there any, the slightest proof, that the deaths from apoplexy, among railway travellers, are relatively more numerous than among the stationary population? From the report of the Registrar-General, we find that the total deaths in England in 1842 were 349,519, whereof 5361 took place from apoplexy. This is equivalent to 1 in 65 of the total deaths per annum, and the weekly tables show that the greater number of these deaths occurred in persons between 15 and 60 years of age. It is meant to be said that the proportion is greater among railway travellers? If so some proof should be adduced. If this cannot be afforded the inference is worth nothing. When apoplexy occurs during a journey by a railway, it becomes a subject of notoriety; but when it occurs in the non-travelling class, it attracts no particular notice. This may probably explain why an opinion which we believe to be erroneous, has arisen, that railway travelling is productive of apoplexy.

In the above calculation, no account is taken of the *sudden deaths*, which, during the same period, amounted to 3802, *i. e.* ones in 91·9 deaths, or 1·19 per cent. of the whole annual deaths; while those from apoplexy were equal to 1·5 per cent. Taking the sudden deaths and cases of apoplexy together, we should have 9163 deaths from these united causes, or one in 38 of the total deaths, or 3·4 per cent. There are no facts, that we are aware of, which show that sudden deaths, whether from apoplexy or other unexplained causes, are more frequent among railway travellers than they are in the general population; and taking the number of the people conveyed, with a due regard to the ages of those dying, it would probably be found that no more die suddenly in railway travelling, than under the old system of travelling in stage-coaches. At any rate, there are at present no data upon which such an opinion can be founded, and the onus of proof lies with those who maintain it. Unless it can be shown that among railway travellers more than 1·5 per cent. die of apoplexy, and more than 1·19 per cent. die from some other cause of sudden death, it is obvious that there is not the least reason for the inference which has been drawn. So far as the mechanical effects are concerned, it appears to us that a sea-voyage is much more conducive to apoplexy, by disturbing the cerebral circulation, than a journey by a railway; and yet we seldom hear of its occurrence under these circumstances.

ANCIENT REMEDIES FOR EPILEPSY.

Several popular remedies for this disease exert powerful influence over it by their effect on the imagination, as that of the hand of a felon recently hanged, applied to the patient's brow while on the scaffold. The hand of a murderer applied while hanging from the gibbet is said to be especially efficacious.—For the same purpose, Pliny advised the blood of a dying gladiator drunk warm, and Scribonius Largus directs a portion of his liver to be eaten. Aretæus prefers the raw heart of a coot and the brain of a vulture. The nail taken from the arm of a crucified malefactor was an efficacious amulet, according to Alexander. Not two centuries since, the authentic remedy among English physicians was the lichen which grew on a decaying human skull!—*Dr. Moore.*

IMPUNITY WITH WHICH CAUSTICS MAY GENERALLY BE APPLIED.

If I am not very much mistaken, there is less chance of any ill consequences from the application of caustic, than from even a small operation with a knife. For example, you very seldom find an attack of erysipelas follow the use of caustic; certainly much less frequently than after the use of the knife. Again, the slightest wound in certain constitutions will be followed by diffuse inflammation of the cellular membrane, terminating in gangrene. But I do not recollect that I ever saw the same thing happen after the use of caustic.—*Sir B. Brodie's Lectures.*

TRANSPARENCY OF THE HUMAN BODY.

At a late meeting of the Academy of Sciences it was announced that by means of the electro-galvanic light, when allowed to enter a dark room, it is possible with the aid of powerful reflectors to distinguish the internal parts of the human body. The veins, the arteries, and the circulation of the blood, with the nerves, became, according to the reporter, distinctly visible. When the light was directed towards the region of the heart, the mechanism of that organ could be easily studied. The author asserts that he has been able to ascertain the existence of tubercles in the lungs of a consumptive patient; and that by rubbing the skin with olive oil, he was even enabled to trace the process of digestion!—*Athenæum.* This is an entirely new species of *clairvoyance!*

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HINTS FOR HEALTH.

MODE OF PROTECTING WORKMEN FROM THE EFFECTS OF LEAD.

A tinned iron mask is fitted to the face, and a cylindrical tube is attached to it opposite to the nose and mouth; in the interior of the tube there is a metallic net-work, above which is a fine sponge saturated with a very dilute solution of hydrosulphate of soda. The sponge is so placed as entirely to fill the cylinder; it is fixed by means of a cover also furnished with a metallic net-work; the air being thus compelled to traverse a body saturated with a liquid, which decomposes the salts of lead. All the lead vapours remain behind in the state of sulphuret. This salt is slowly and uniformly decomposed by the carbonic acid, which is always abundantly present in these manufactories. The workmen thus respire throughout the day an extremely small quantity of sulphuretted hydrogen, which of all substances neutralizes the effects of lead most effectually. M. Meillet also recommends that the hands should be well rubbed with an ointment, containing thirty grammes of hydrosulphate of soda to a pound of lead; the hands then wiped. These means have been tried by the advice of M. Meillet in many shot manufactories, and the results have been most satisfactory.—*Gazette Médicale.*

BROILING.

Broiling is the best possible mode of cooking and of preserving the flavour of several kinds of fish, amongst which we may specify mackerel and whitings; it is also incomparably superior to frying for steaks and cutlets, especially of beef and mutton; and it is far better adapted, also, to the preparation of food for invalids; but it should be carefully done, for if the heat be too fierce, the outside of the meat will be scorched and hardened so as to render it uneatable; and if, on the contrary, it be too gentle, the gravy will be drawn out, and yet the flesh will remain so entirely without firmness, as to be unpleasant eating. A brisk fire, *perfectly free from smoke*, a very clean gridiron, tender meat, a dish and plates as hot as they can be, and great despatch in sending it to table when done, are all essential to the serving of a good broil. The gridiron should be well heated, and rubbed with mutton suet before the meat is laid on, and it should be placed slopingly over the fire, that the fat may run off to the back of the grate, instead of falling on the live coals and smoking the meat: if this precaution should not prevent its making an occasional blaze, lift the gridiron quickly beyond the reach of the smoke, and hold it away until the fire is clear again.

THE PERIOD FOR TAKING EXERCISE.

The part of the day selected for exercise should be that when the temperature is most agreeable; for example, mid-day in the winter; or the morning and evening in the summer season. In the morning of winter, the atmosphere is too cool for any but the soundest lungs; and if the weather be not frosty, there is more or less moisture in the air, which is unsalubrious. The evening is much more objectionable, for the summer seasons, and not merely on account of the cold which it produces, but also from the circumstance that infectious matters are more easily imbibed and suspended by a damp than a dry air. In large cities, another objection attaches to the morning and evening—namely, the quantity of smoke retained near the earth by the cold air, which becomes dissipated by the middle of the day. In the summer season, the middle of the day is objectionable from its great heat, and the night air from the fogs and mists which collect near the earth's surface.

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NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

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WILLIAM ROSS (Rugby).—You are mistaken; there is no other physician in the three kingdoms bearing the same name as the Editor of this Journal. Will you, in confidence, do us the great favour to forward all the information you possess—the date of his visit, his age, &c.?

D. THORNE (Shrewsbury).—We beg to repeat a sentence that has appeared more than once in our Journal—we never *hazard* an opinion, and never prescribe for, or direct a patient through our columns, unless the history of the case furnished to us is so clear and distinct, that a *doubt* as to the proper treatment cannot possibly exist. Your letter leaves us in doubt.

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HENRY STONEHOUSE.—The popular faith in the virtues of the climate of Madeira is founded, for the most part, in error, tradition, and romance; its supposed influence in the *cure* of consumption is a delusion.

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AN ANXIOUS FATHER (Sudbury).—There is some little difficulty in procuring the admission of an *in-patient* into the Royal Sea-bathing Infirmary at Margate. If you will call upon the Editor, with your child, when you come to London, he will endeavour to lessen the difficulty, and may, perhaps, be enabled to remove it altogether. The case is certainly a most deserving one.

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JAMES R. (Great Portland Street).—Rub the wrist with a strong embrocation, as two drachms of the strong solution of ammonia, and ten drachms of soap liniment.

ALBERT (Market Place, Hull).—You can obtain all our publications of Mrs. Noble, in your town.

W. H. (Everton).—*Anæmia* designates a state of system dependent on a decrease in the quantity of the red particles and solid constituents of the blood. See the GLOSSARY.

R. HARRIS (Sheffield).—When there is much pain in voiding the urine, and difficulty in doing so, take two large spoonsful of the following mixture every four or five hours. Take camphor, and nitrate of potash, of each a scruple; powdered gum arabic, a drachm; almond emulsion, six ounces. Mix.

D. D. (Romney).—If the chest, instead of containing a variety of solid parts, were filled with air, it would yield, when struck, a sound like that of an empty barrel or drum; if, on the contrary, it were filled with solid animal substance, it would sound as dull as the arm or thigh. But containing, as it does, a spongy organ, the lung including in its tissue a large quantity of air, it yields, when struck, a hollow sound. The more air it contains, the more hollow it sounds. The examination of the chest by tapping it with the fingers—*percussion*—is a valuable auxiliary in the detection of disease.

M. R. D. (Bolton).—It is rheumatism—refer to the articles on this complaint, published in Nos. 8, 9, 10; then write again.

HEALTH OF LONDON DURING THE WEEK.—The last week has witnessed a great improvement. The deaths in the metropolitan districts, which had ranged above 1400 in the last three weeks of March, fell in the week ending last Saturday to 1059. But this is still a high rate of mortality, not only as compared with what prevails in country districts, under conditions more favourable to health, but also with that which the population of London usually suffer at this period of the year. A decrease in the mortality from complaints which have been lately prevalent, is now perceptible. The zymotic or epidemic class of diseases, which comprises hooping-cough and influenza, with nineteen other forms of malady, has declined from 245 deaths, which it numbered in the previous week, to 180 in the last; the class of diseases of the respiratory organs, from 272 in the preceding week to 220 in the present return. The tubercular class, which includes scrofula, tabes mesenterica, phthisis or consumption, and hydrocephalus, has remained nearly the same in the two weeks; while complaints of the digestive organs show precisely the same amount. Last week 95 persons died of bronchitis, 81 of pneumonia, 24 of asthma, only the first of these diseases showing more than the usual fatality; 59 children died of hooping-cough, which is more than the average of corresponding weeks. The cases in which the fatal cause is specified as influenza, have now sensibly decreased; the number in this return is 23. The progress and decline of influenza during the last six weeks may be traced in the deaths registered, which were successively 8, 15, 38, 65, 37, and 23. The fatal effects of "diseases of the respiratory organs" (phthisis not being included in this category) may also be traced during the same period in the following weekly numbers:—281, 321, 352, 350, 272, and 220. Small-pox has further declined, and last week the deaths of only seven children and two adults are ascribed to it; measles also exhibits a more favourable result; and only six fatal cases of scarlatina are recorded. Births, 808 boys, and 725 girls.

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THE
PEOPLE'S MEDICAL JOURNAL,
AND
FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 69.—Vol. III.] SATURDAY, APRIL 26, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XVI.—THE SPINE—THE SPINAL COLUMN—THE VERTEBRÆ.

The spine, or as it is commonly called, the *back-bone*, is beautifully and wonderfully constructed, so as to give grace and flexibility to the body, and yet preserve from injury the medulla spinalis, or spinal marrow, which is contained within it, enclosed in a continuous canal.

The spine is composed of twenty-four separate bones, each of which is called a vertebra—the plural of which is vertebræ—having between each a tough substance of a very yielding, elastic nature, called the intervertebral substance. The whole column in form resembles a pyramid, its base reposing on the sacrum (see 4, fig. ii.) as a sort of pedestal, and having on its summit the head. In front it appears perpendicular, a lateral view presents a waved line, having a very near approach to Hogarth's line of beauty.

Its construction does not permit of motion in every part, but it is so formed as to give that portion which belongs to the neck freedom of motion, and, on the contrary, to render that part which belongs to the back, comparatively fixed. In the neck, the mechanism of the articulating processes is such as to admit of an equal degree of sliding motion forwards, backwards, and from side to side, together with a turning motion of one bone upon another. In consequence of this mechanism, we can touch the breast with the chin, the back with the hind part of the head, and the shoulders with the ear, while we can make the head describe more than a semicircle. But, in the back, the articulating processes are so connected as to prevent the possibility of any motion, either forwards or backwards, or any turning of one vertebra upon another, while the intervertebral substance is comparatively thin. That portion of the column which belongs to the back is intended to afford a fixed support for the ribs, a support which is indispensable to their action in the function of respiration. In the loins, the articulating processes are so connected as to admit of a considerable degree of motion in the horizontal direction, and from side to side, and the intervertebral substance here progressively increases in thickness to the point at which the upper portion of the column is united to the sacrum, where the degree of motion is extensive.

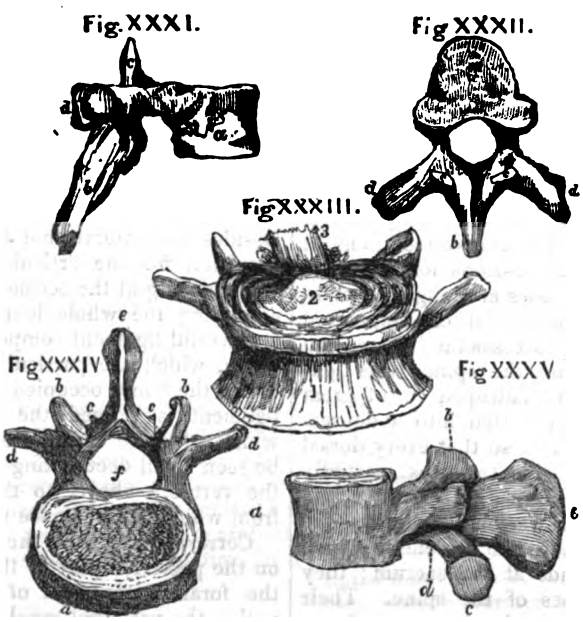

Figure XXXI.
Lateral View of one of the Dorsal Vertebræ.
a. The Body.
b. The spinous process.
c. The oblique process.
d. The transverse process.

Figure XXXII.
Inferior View of the same Bone.
The same letters refer to the same parts, as in fig. xxxi.

Figure XXXIII.
One of the Lumbar Vertebra.
1. The Body.
2. The intervertebral substance.
3. A portion of the spinal cord and its canal.

Figures XXXIV and XXXV.
The Superior and Lateral Views of the same Bone.
a a. The Body.
b b b. The superior articular processes.
c c c. The inferior articular processes.
d d d. The transverse processes.
e e. The spinous processes.
f. The spinal foramen, through which passes the spinal marrow.

The two surfaces of the spine at the front and back present a striking contrast; the anterior surface, which in its whole extent is rounded and smooth, is broad in the region of the neck, narrow in the back, and again broad in the loins. It presents three curvatures; the convexity of that of the neck being forwards, that of the back backwards, and that of the loins again forward. The posterior surface of the back-bone is most irregular and rough, and from its median line, a regular series of strong, sharp and pointed projections of bone arise, which are called the spinous processes, and give to this part of the skeleton its name of "spine." These processes are fixed points for the attachment of the powerful muscles of the body, and from the sides of the column likewise spring short but strong projections of bone, which also serve a similar purpose.

The separate bones which constitute the spinal canal are twenty-four in number, namely, seven of the neck, the cervical vertebræ; twelve of the back, the dorsal vertebræ; and five of the loins, the lumbar vertebræ. These three classes of bones present not only class peculiarities, but also individual peculiarities, some of which we now proceed to notice. As a general description of a vertebra, each has a body (1, fig. xxxiii., and *a* in all the other figures), a large foramen, to assist to form the canal for the spinal marrow (*f*, fig. xxxiv.), a spinous process

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(*b*, in figs. xxii.—xxiii.; figs. xxiv.—xxxv.), two transverse processes (*d*, in all the figs.), and two articular processes or surfaces.

Of the cervical vertebræ, the first two differ materially from the rest, and are exceptions to the general form which obtains among them. The first vertebra, or atlas, consists of an anterior portion, which may be termed its body, and a posterior arch, with transverse processes, and a small spinous process. On the sides of the ring thus formed are two concave articulating surfaces, into which are fitted the condyles of the occipital bone of the head, and, on its inferior surface, two other articulating surfaces for the reception of the second vertebra. On the inner side of the body of the bone is a smooth surface, to which is fitted the tooth-like process of the second vertebra, or axis. The most remarkable characteristic of the second vertebra is the projecting point, or tooth-like process, called the odontoid process, which rises from the upper part of the body, and has an articulating surface on its point, which is received into the hollow of the atlas. Thus two distinct motions are perfectly accomplished without interfering with each other. When we nod the head, we use the joint between the head and the first bone of the neck; when we turn the head round, we use the pivot formed by the tooth-like process and the atlas. The remaining vertebræ of the neck present the general peculiarities of these bones; the seventh and last is larger than the others.

From the vertebræ of the neck we pass to the dorsal vertebræ, or those of the back. They are named in numerical order, and diminish in size from the first to the fourth, from which they increase to the twelfth, which is the largest; the body (*a*, fig. xxxi.) is longer from the front to back than transversely, and at the sides presents small semicircular depressions for receiving the heads of the ribs: the spinous processes are long, and more or less inclined backward, their shape being flat, or compressed laterally. To the top of each of these processes the ligamentum nuchæ attaches itself, as it passes along the spine; this ligament assists to support the head, and in quadrupeds is of great strength and size. Each rib has its head fitted into a depression, formed by the bodies of two vertebræ, so that every dorsal vertebra (except the last) has on each side two ribs, partially united to its body.

The third or lumbar division of the vertebral column—the loins—begins with the vertebra succeeding to the one to which the last false rib is articulated, and ends at the sacrum; they consequently include the last five bones of the spine. Their bodies (*a*, figs. xxxiv.—xxxv.), though of a circular form in front, are somewhat oblong from side to side, are larger, and of a more spongy texture than any of the other classes; their spinous processes are less elongated, and the transverse processes are small and long, and, like bony processes in general, serve as levers for the moving powers.

When the vertebræ are put together, in their proper position, there are large notches at the sides, between each two bones, so exactly matched together as to form a hole. Thus there are as many holes in each side of the spine as there are vertebræ; through these holes the spinal nerves pass off, like the branches of a tree, and ultimately divide into minute branches, to be distributed to every part of the body.

No vertebra, except the first, rests immediately upon its contiguous vertebra. Each is separated from its fellow by a substance of a peculiar nature interposed between them, termed the intervertebral substance (2, fig. xxxiii.). This substance partakes partly of the nature of cartilage, and partly of that of ligament. It is composed of concentric plates, formed of oblique fibres, which intersect each other in every direction, and for about a quarter of an inch from its centre, is tough, strong, and unyielding; then it becomes softer, and is manifestly elastic; and so it continues until it approaches the centre, when it becomes pulpy, and is again inelastic. The exterior tough and unyielding matter is for the firmness of the connexion of the several vertebræ with each other; the interior softer and elastic matter is for the easy play of the vertebræ upon each other; the one for security, the other for pliancy. And the adjustment of the one to the other is such as to combine the properties in a perfect manner. The quantity of the unyielding substance is not so great as to produce rigidity; the quantity of the elastic substance is not so great as to occasion insecurity. The firm union of its solid matter renders the entire column strong—the aggregate elasticity of its softer substance renders it springy.

Alike admirable is the mechanism by which the separate pieces of the column are joined together. If but one of the bones were to slip off its corresponding bone, or to be displaced in any degree, incurable paralysis, followed ultimately by death, would happen; for pressure on the spinal cord in a certain part of its course is incompatible with the power of voluntary motion, and with the continuance of life for any protracted term; and in another part of its course, with the maintenance of life beyond a few moments. To prevent such consequences, so great is the strength, so perfect the attachment, so unconquerable the resistance of the portion of the intervertebral substance which surrounds the edge of the bodies of the vertebræ, that it will allow the bone itself to give way rather than yield. Yet such is the importance of security to this portion of the frame, that it is not trusted to one expedient alone, adequate as that might seem. Besides the intervertebral substance, there is another distinct provision for the articulation of the bodies of the vertebræ. Commencing at the second cervical vertebra, in its fore part, and extending the whole length of the column to the sacrum, is a powerful ligament composed of numerous distinct longitudinal fibres, which are particularly expanded over the intervals between the bones occupied by the intervertebral substance. This ligament is termed the common anterior vertebral, beneath which, if it be raised from the intervertebral substance, may be seen small decussating fibres, passing from the lower edge of the vertebra above, to the upper edge of the vertebra below, from which circumstance the fibres are termed crucial.

Corresponding with the ligament on the anterior, is another on the posterior part of the spine, which takes its origin from the foramen magnum of the cranium, descends from thence within the vertebral canal, on the posterior surface of the bodies of the vertebra, and extends to the sacrum. This ligament is termed the common posterior vertebral, which, besides adding to the strength of the union of the bodies of the vertebræ, prevents the column itself from being bent too much forward.

Moreover, the long arches of the vertebræ are connected by means of a substance partly ligamentous and partly cartilaginous, which, while it is extremely elastic, is capable of resisting an extraordinary degree of force. And in the last place, the articular processes form so many distinct joints, each being furnished with all the apparatus of a moveable joint, and thus possessing the ordinary provision for the articulation of bones, in addition to the whole of the foregoing securities.

(To be continued.)

CHLORIDE OF LIME IN FEVER.

Mr. Conway Edwards, in the *Provincial Medical Journal*, says that the solution of the chloride of lime, when given internally in cases of fever, destroys the morbid condition of the secerning vessels; the fœtor of the breath is directly subdued, and within a short period the fauces lose their dryness, and the secretions their offensive character.

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THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. X.

(Continued from page 84.)

TREMORS, OR PARALYSIS, AND SALIVATION, COMMON TO MAKERS OF LOOKING-GLASSES, WATER GILDERS, &c.

Operatives who are exposed, both by inhalation and touch, to the action of mercury oxygenised by the atmosphere, suffer severely from tremors of the arms, wrists, and hands, which frequently terminate in confirmed paralysis. Few workmen can bear the employ daily for a long period; some work on alternate days; and many, more constantly engaged, are obliged from illness to be absent for weeks or months. The general effects of the art are difficult enunciation, pain and constriction at the lower part of the chest, emaciation, debility, tremors, and lastly, salivation. The gums are often wasted, and the teeth left loose in the sockets. As the fingers and hands are generally the parts first disordered, it appears that the primary impression is on the nervous system at large, and is made through the medium of the skin, rather than inhaled by the lungs.

The first symptoms of paralysis are a sense of weakness in the arms, with slight convulsive twitchings, followed by trembling, which increases in violence until the patient is obliged to abandon his occupation. The trembling gradually extends to the lower extremities, and at length to the entire body. All attempts at motion bring on the trembling, which ceases when the body is at rest, or the limbs supported. The patient dances rather than walks; he is unable to hold or to grasp objects; his speech is hurried and abrupt, and in extreme cases he cannot even masticate his food. If the patient continues to expose himself to the poison, restlessness, sleeplessness, and delirium speedily come on. The general health is of course greatly impaired; there is nausea, and absence of appetite; the skin is hot and dry, and the tongue furred: but there is seldom any disorder of the circulation or respiration, and the violent colic, as produced by lead, is rarely present.

In the treatment, the first thing to be done is to direct a temporary cessation of employment, and without this be religiously followed by the sufferer, all medical treatment will be futile. The bowels should be cleansed by moderate doses of mild laxatives, as rhubarb or castor oil; and a course of remedies consisting of tonics and sedatives, succeeded by some of the preparations of iron, persisted in: the following is a proper combination for a vegetable soothing tonic:—

> Take—Tincture of hyosciamus, three drachms;
> Infusion of cascarilla, five ounces and a half.—Mix.
> Dose—Two table-spoonsful, every four or five hours.

After a time the stomach will be enabled to bear some of the preparations of iron, and they should at first be prescribed in small doses, as a grain of the dried sulphate of iron, made into a pill, with three grains of the extract of hyosciamus, taken twice or three times a day—or eight or ten drops of the muriated tincture of iron, taken in a wine-glassful of water. The diet should be generous and nutritive, consisting of animal food and fresh uncooked vegetables, as salads, and a small quantity of wine or good malt liquor may be allowed. As the patient gains strength, a shower bath may be used every morning, and exercise in the open air should be taken daily.

The two following cases, reported by Mr. Mitchell in the London Medical and Physical Journal, illustrate the violence of the disease:—

Case 1. Peter Cataneo, an Italian, had worked for five years at silvering mirrors; during that time he had repeatedly been obliged to desist from his employment, until the effects of the mercury had subsided. The tremors are general; gums sore; spirits depressed; bitter taste in the mouth, which is also very clammy; tongue white; temperature of the skin sensibly above the natural standard; pulse quick and small, but is with difficulty felt, in consequence of the constant tremor: he likewise complains of cough and tightness. He took the sulphur, as recommended by those who have practised at the quicksilver mines, with some degree of benefit; a grain of opium at bed-time; and his subsistence consisted of milk, gruel, fish, and porter. He used for the sore mouth an acid gargle. The salivation abated; the tremors subsided, and in the course of a fortnight, in a great degree vanished; leaving, however, behind a great feeling of weakness, which was successfully combated by nutritious diet and quinine. The injunction never to resume the employment of silvering had no effect; but he has since, I understand, been obliged to relinquish it.

Case 2. P. Nash, aged twenty, of nervous temperament, commenced silvering six months ago, and trembling came on three days after he began to work, and his mouth was sore in six days, and he has continued to suffer, more or less, up to the present time (*i. e.* from March to November). The following is Mr. Mitchell's account of his condition. The speech greatly impeded; the limbs totter when he attempts to stand or walk, which he accomplishes very slowly and with great difficulty, an infirm step and an awkward gait; he is unable to convey any substance to the mouth, in consequence of the severity of the tremors; slight twitchings of the tendons of the muscles of the upper extremities; the tongue quivers, gums slightly tender; pulse strong, rather quick; appetite diminished; sleep disturbed; body wasted; he complains as if a feeling oppressed like a load across the lower part of the chest; or as if a substance lay at the bottom of the lungs, as he expresses himself, which he conceived to have been drawn in by inspiration; the breathing was quick, accompanied with strictured feeling and cough. He was nearly thrown from a bath by the violence of the trembling; a large quantity of the water was driven, by his excessive agitation, over the sides of the bath; and if two men had not held him steadily in the water, he must have been thrown out before he was capable of remaining quiet.

This disease is very common in France, where it is called *Tremblement Mercuriel*, or mercurial trembling. MM. Merat and Patissier have paid particular attention to the subject; both dwell especially on the nervous diseases induced, the convulsive motions of the muscles so universal and urgent, and the occasional occurrence of somnolency and delirium. Sometimes the men, says the former, from their inability to direct their hands with precision, are obliged to feed like quadrupeds.

Water Gilders, artizans who coat silver or other metal with an amalgam of gold and quicksilver, are exposed to the same poison as the silverers of mirrors. The earliest evil effects evinced are, depression of spirits, or "nervousness," and this is succeeded by trembling, sickness, depraved taste, fetid breath, and finally, salivation. Palsy is also a common result of these earlier symptoms, if they be neglected; and repeated attacks, however vigorous the constitution may have been originally, speedily destroy health and shorten life. As a convincing proof of this we may remark, that a man past the meridian of life is scarcely to be met with engaged in this branch of the arts.

To diminish the evil effects of water gilding, the workman, when employed on small work, places a glass between the mouth and the materials; and when engaged on larger articles, the practice is now becoming general to affix to the mouth and nose a kind of proboscis, which, hanging down, opens at a distance from the mercurial fumes. Notwithstanding these contrivances, and every attention paid to ventilation, the art cannot be closely pursued without the induction of serious disorder.

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Personal cleanliness and frequent change of dress considerably diminish the bane of this and the preceding employment. Ventilation also, and the management of currents of air through the workshops, should be regarded as much as possible.* When tremors appear, rest, fresh air, and aperients should be promptly employed; and if salivation comes on, opium in quarter of a grain doses, taken every ten or twelve hours, is the most efficacious and speedy remedy.

(To be continued.)

THE TREATMENT OF WOUNDS.

THE class of injuries described by the term "Wounds," are exceedingly numerous; a scratch with a pin is a wound, so is the hole drilled through the body by a rifle ball. The list includes cuts, bruised cuts, tears or rents, scratches; and the injury inflicted may be either a simple incised wound, or a contused, or lacerated, or punctured wound, according to the violence by which it is inflicted, and by the sharpness, bluntness, cleanliness or dirtiness, of the instrument which produces it. These circumstances materially influence the quickness or slowness with which the wound heals.

A clean cut, as it is called, may be produced by any sharp instrument, as a knife or scythe, the edge of which is drawn quickly across the part; but when made by the edge of a chisel, axe, or reaping hook, the edge is forced in suddenly with some little violence, and causes the slightest possible form of bruised wound; in common language, the part is said to have been chopped into, or chopped off; but it is scarcely more serious than a clean cut. Stabs are much the same kind of wounds, if the instrument be sharp and clean, and has not injured, as it too frequently does, important deep-seated parts among which it has penetrated. A bruised wound is produced by the edge of a heavy piece of timber, or iron, or stone, falling on the part.

SIMPLE INCISED WOUNDS, OR CUTS.

Cuts and chops, if they be not large, and have not divided any important parts, are most simple and manageable. A large piece of flesh, or even a finger or two, may be cut or chopped off, yet the wound generally heals kindly and readily under proper treatment. But occasionally a very simple and trifling cut, in an irritable or intemperate person, will prove fatal, and sometimes even where this constitutional disposition does not seem present, locked jaw may be a frequent and fearful result.

In a recent simple incised wound, there are three objects to be accomplished without delay: first, to check the bleeding; secondly, to remove all extraneous matter, as coagulated blood, dirt, or clumsy applications that may have been applied in the hurry of the moment; and lastly, to bring the parts closely and equally together. If the wound be not very deep, and if it do not bleed much, the bleeding can be arrested by bathing for a short time with cold water, or firm and steady pressure may be made on the part with a sponge. So soon as the bleeding ceases, the coagulated blood is to be completely sponged away from the surface and edges of the wound. The edges are then to be brought together as perfectly as possible, and while thus held, some strips of plaster must be laid across the wound, with small spaces between every two, so as to allow the escape of an oozing fluid, which often continues for some hours. The edges of the wound should not be dragged tightly together, but merely kept in place by the plaster; and if the wound be in the finger, arm, toe, or leg, it is better that the ends of the plaster should not overlap, as there is always a disposition to swell in the neighbourhood of the wounded part; and then if the ends of the plaster do overlap, it forms a tight band, which, at the least, causes unnecessary pain, even if it do not create, as it sometimes does, greater mischief. When adhesive plaster or strapping is not at hand, a strip of lint or rag moistened with the blood should be placed on the part in the direction of the wound, when the blood, by coagulating, glues the edges together in the most efficient and natural manner; the lint or rag should be held in apposition by a roller, ribbon, or broad tape, but never by a string, which would act as a ligature.

It is necessary to watch the wound so that if it becomes painful by the swelling rendering the bandage tight, this source of irritation may be removed. The strapping, however, should not be at once taken off, but the blade of a pair of scissors should be carefully run beneath it and the strips of plaster, &c., divided from end to end on the opposite side of the wound. This generally gives instant relief, and the dressing requires no further meddling with. It is always better to leave the dressing, so long as it remains fast and without pain, for three, four, or five days; and if it be then taken off, either the whole or the greater part of the wound will be found united. In the removal of strapping and dressing the greatest gentleness is required; by carelessness or violence it is very likely that nature's curative process may be protracted, and by roughness the adhesion of the parts that has already commenced, may be severed, and instead of a quickly-healing wound, we may have an ugly sore.

If the wound, or the parts in its neighbourhood, become painful and throb, it may be presumed either that the dressing does not agree, but irritates, or that matter is forming, or has already formed, and not being able to escape, causes the pain and disturbance. In either case the dressing must be removed, which is best done by soaking in water of an agreeable warmth, or by covering with a wet poultice, which after a few hours softens the dressing, so that it can be easily removed. If the wound be not inflamed, that is red and tender, and if the discharge from it be good, that is straw-coloured and of a creamy consistence, the dressing may be re-applied; but if the edges be red and inflamed, or if they be pale and flabby,—if the lips of the wound are separated, if it gape, if the matter be watery and offensive, then a single strap or band is to be applied to keep the edges near together, and the part must be covered with a poultice till the pain and inflammation cease, and the matter be of a good kind.

The following remark—it is an aphorism—of a late President of the Royal College of Surgeons, should ever be borne in mind. He says: Messing a wound—such as we have just described—with friars' balsam, tincture of Benjamin, or any such filth, is utterly to be eschewed, as they will only hinder, instead of encouraging the union of the wound; and for the same reason greasy applications are to be avoided.

(To be continued.)

* In the Dict. des Sciences Med., is given a plate and description of a contrivance by M. Dacier, for the removal of noxious fumes, which obtained the prize of 3000 francs, bequeathed by M. Ravrio, for the discovery of some means of preventing the injurious effects of the gilders' employ.

FEMALES MORE LIABLE TO INSANITY.

In our own climate women are more frequently afflicted with insanity than men. Several persons who superintend private mad-houses have assured me, that the number of females brought annually considerably exceed that of the males. In a period of forty-six years, there were admitted into Bethlehem hospital, 4832 women, and 4042 men. A few cases have occurred where the disease being connected with menstruation, and having continued many years, has completely disappeared on the cessation of the uterine discharge.—*Haslam.*

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THE WATER CURE (?).

Notwithstanding that the subject is rather old, we are desirous of bringing before our readers some account of the redoubtable apostle of humbug, Vincent Priessnitz. The following description of the man and his practice is from the pen of one of his own countrymen, Dr. Neumann, of Erlangen:—

Vincent Priessnitz, an Austrian peasant, fell from a waggon, when in his 18th year, and fractured a rib. Owing to his keeping himself in a favourable position, the fractured bone speedily united; and as part of the treatment, he employed cold bandages and swallowed large quantities of cold water. The position of Gräfenberg, and the purity of the water in that mountainous region, render this place a favourite resort for invalids. Priessnitz (attributing his cure to the water) gradually assumed the functions of a "doctor." For the last quarter of a century his fame has been steadily rising, and by the aid of cold water and "a sweating process," he has contrived to fill his pockets with a million of florins (about £80,000!). This unexpected success led to a general imitation of Priessnitz's system; and in consequence a large number of Water-establishments sprang up on all sides, where the water-doctrines are carried into operation. The method of treatment (?) pursued in these establishments, is as follows:—The cure (save the mark) commences with some tepid baths, during which the patient is well rubbed with a wet hand. The patient (never more truly named) is then rolled up stark-naked in a rough woollen blanket,—his head sticking out at one end, so that he looks like a child in swaddling clothes. He is next compelled to swallow a glass of cold water occasionally: he begins to perspire violently, and the crisis is accelerated by additional draughts of cold water. The activity of the cutaneous vessels becomes increased, just in proportion as his viscera becomes cooled. The duration of the sweating depends entirely on his doctor. When this is over, a pair of slippers is placed on his naked feet—he is again rolled up to protect him from the air, and is hurried off to a kind of vat, generally at some distance from the establishment. In Gräfenberg he is carried about sixty paces in the open air, before he reaches the vat or bath in which he is next to be immersed. The temperature of the water varies in the first instance from 66° to 72°;—this is a tepid bath: it is then cooled down to a temperature varying from 47° to 52°. Sometimes these vats are so arranged, that only a part of the body is covered by water; it then becomes the duty of an attendant thoroughly to bathe the rest of the skin. The precise duration of this bath is laid down by the water-doctor, and varies from a few minutes to about an hour and a half. The patients are only allowed to remain a few minutes in the *cold* bath, and the skin is well rubbed. After the last bath, in which, in most cases, the patient is kept about ten minutes, he is well dried, again wrapped up and transferred to a bed-room, where he undergoes assiduous friction from the hands of an attendant. He is then allowed to put on his clothes, and must walk for half an hour, if possible, in the open air. He is now fed with milk and bread, as well as strawberries, cherries, or other kinds of fruit. In about a quarter or half an hour, he undergoes a *douche*. He is stripped, put into a space enclosed with planks; and a stream of water conducted through appropriate channels, is allowed to fall upon him through a hole of from two to three inches diameter, and from a height of from ten to twenty-four feet. According to the orders of his attendant, this torrent is allowed to fall for a longer or shorter period, at one time upon a leg or an arm,—at another upon his back, and in some instances upon his head or chest. The ordinary duration of this discipline is about five minutes; but in some instances, it is carried on for three quarters of an hour!!! He is again quickly dried, clothed, and carried back to the establishment.

By the time the unfortunate patient has gone through all these processes, the dinner hour arrives. The dinner consists of strong soup, beef, roast meat, vegetables, or fruit, but no condiments or spices. The provisions rather incline to a cold than a warm temperature; and cold spring water is unsparingly drank. About four o'clock the patient has to submit to the various kinds of topical bathing; head-baths, eye-baths, sitting-baths, &c. The last is taken in a peculiarly-shaped vessel, made of tin-plate, and so constructed as to receive the nether end of the patient's person, while his knees and chest rise out of it. This cold *session* lasts about a quarter of an hour; and the patient then dresses, and takes more exercise, and drinks more cold water. Many are required to undergo the discipline of *Neptune's girdle*; i. e. a series of wet bandages so closely wrapped round the abdomen or other parts of the body, as not to admit of the presence of any air between them and the skin. This is an indispensable condition in the use of the girdle.

DUTIES OF MEDICAL STUDENTS.

There is one duty which you owe to society, which you will not neglect, and that is to disseminate as widely as possible a knowledge of the laws and conditions of health; the great principles of hygiene on which the prosperity of towns and cities, and wide districts of our country, very materially depend. You can do much by conversation and lectures, to spread around you an acquaintance with the elements of popular anatomy and physiology, and in this way strike a blow at the very root of the wide-spreading tree of quackery, which will wither it at its source. To you, especially, will the community look, to inform and enlighten them, in relation to the best means of preserving the public health; of preventing the spread of contagious and infectious diseases; the influence of trades and occupations; the effects of different sorts of food, of dress, and amusements; the nature, causes, and cure of those diseases, which attack the lower animals, and vegetable as well as animal life; the influence of soil, and climate, and season; of geological formations, and geographical localities; the question of quarantine; the best modes of warming and ventilating houses; the establishment and regulation of schools and seminaries of learning. You will be called upon to instruct judges, and lawyers, and courts of law, in relation to many important questions connected with hygiene, and medicine, and surgery, fractures and dislocations, and poisons; and your opinions will, if well sustained by facts and reason, be decisive, in turning the scale, and shaping the verdict of the jury. Besides all this, you are to act your part as good citizens, patronizing every worthy object; aiding in all public enterprises involving the welfare of the masses; taking a personal interest especially in all improvements calculated to benefit the sanitary condition of the people; contributing freely to the support of education and religion—the great bulwarks of our safety; in short, doing all that the broadest philanthropy or the most interested benevolence can suggest."—*Dr. C. A. Lee's Address, British American Journal.*

PATRONAGE OF QUACKERY.

It is painful to witness at the present day the patronage and confidence—and that by parties who from their position ought to be the leaders in the enlightenment of society—bestowed upon the professors of homœopathy, hydropathy, and animal magnetism; whilst men profoundly acquainted with the structure and diseases of the human frame are left to struggle on unnoticed. In fact, it appears that with those who send for the licensed medical man,—a knowledge of his profession and a sound scientific education are frequently the last things that are required as a recommendation of his services.—*Athenæum.*

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HOUSE OF COMMONS.

APRIL 7TH, 1851.

A BILL, INTITULED "AN ACT TO REGULATE THE SALE OF ARSENIC."

WHEREAS the unrestricted sale of arsenic facilitates the commission of crime: Be it enacted by the Queen's most Excellent Majesty; by and with the advice and consent of the Lords Spiritual and Temporal, and Commons, in this present Parliament assembled, and by the authority of the same, as follows:

On every sale of Arsenic particulars of sale to be entered by seller.

I. Every person who shall sell any arsenic shall forthwith, and before the delivery of such arsenic to the purchaser, enter or cause to be entered in a fair and regular manner, in a book or books to be kept by such person for that purpose, a statement of such sale, with the quantity of arsenic so sold, and the purpose for which such arsenic is required or stated to be required, and the day of the month and year on which, and the name of the person to whom, such arsenic is sold, and the name of the town or other place, and also the name of the street, square, road, lane, alley, or other like locality, and number of the house, if the same be said to be numbered, where such person shall abide, and whether such person is a lodger in or the keeper of such house, by using the letter "L" if a lodger, and the letter "H" if a housekeeper, into all which circumstances the person selling such arsenic is hereby required and authorized to inquire of the purchaser before the delivery to such purchaser of the arsenic sold, and such entries shall in every case be signed by the person making the same, and shall also be signed by the purchaser, unless such purchaser profess to be unable to write, (in which case the person making the entries hereby required shall add to the particulars to be entered in relation to such sale the words "cannot write,") and, where a witness is hereby required to the sale, also by such witness, together with his place of address.

Restrictions as to sale of Arsenic under Ten Pounds' weight. Provision for colouring Arsenic.

II. No person shall sell less than ten pounds' weight of arsenic at any one time for any purpose whatsoever, or any quantity whatsoever of arsenic required or stated by the purchaser to be required for any agricultural purpose, or for any other purpose, save where such admixture therewith as herein-after mentioned is represented by the person purchasing the same to render such arsenic unfit for the purpose for which it is required, unless the same be first mixed with soot or indigo in the proportion of one ounce of soot or half an ounce of indigo at the least to one pound of the arsenic, and so in proportion for any greater or less quantity; and no person shall sell less than ten pounds' weight of arsenic at any one time to any person other than a male person of full age, or to any person who is unknown to the person selling such arsenic, or who, before the delivery of such arsenic on such sale, does not sign his name to the entries herein required on such sale, unless the sale be made in the presence of a witness who is known to the person selling the arsenic, and to whom the purchaser is known, and who signs his name, together with his place of address, to such entries before the delivery of the arsenic to the purchaser.

Penalty for offending against this Act.

III. If any person shall sell any arsenic, save as authorized by this Act, or on any sale of arsenic shall deliver the same without having made and signed the entries hereby required on such sale, or without having obtained such signature or signatures to such entries as required by this Act, or if any person purchasing any arsenic shall give false information to the person selling the same in relation to the particulars which such last-mentioned person is hereby authorized to inquire into of such purchaser, or if any person shall sign his name as aforesaid as a witness to a sale of arsenic to a person unknown to the person so signing as witness, every person so offending shall for every such offence, upon a summary conviction for the same before two Justices of the Peace, be liable to a penalty not exceeding twenty pounds.

Act not to prevent sale of Arsenic in Medicine under a Medical Prescription.

IV. Provided that this Act shall not extend to the sale of arsenic when the same forms part of the ingredients of any medicine required to be made up or compounded according to the prescription of a legally-qualified medical practitioner, or a member of the medical profession, or to the sale of arsenic by wholesale to retail dealers or others in quantities exceeding one hundred pounds in weight at one time upon orders in writing in the ordinary course of wholesale dealing.

"Arsenic" to include Arsenious Compounds.

V. In the construction of this Act the word "Arsenic" shall include arsenious acid and the arsenites, arsenic acid and the arseniates, and all other colourless poisonous preparations of arsenic.

MENTAL DEPRESSION.

Between the body and the mind there exists a sympathy so intimate, that the evils inflicted upon the one cannot fail to be extended to the other. The mind being depressed renders the system exceedingly prone to take on morbid action; whilst, on the other hand, mental excitement endows the body with a certain repellent power by which it is capable of warding off disease. Great national calamities, political disasters, stagnation in trade, and the like, are often the preludes to ill health, and the "strikes" of miners and manufacturers have not unfrequently been succeeded by febrile affections. The French revolution exerted the greatest influence upon public health, and was marked by several wonderful effects which it produced in the people. The testimony of military writers has repeatedly proved, that high mental excitement can prevent the inroads of disease and arrest its development; and the vanquished troops are always more sickly than their victorious enemies. Our unfortunate retreat at New Orleans too truly illustrates the fact. While the soldiers were engaged in active warfare, the distemper which had previously existed amongst them was wonderfully checked; although the same physical causes to which they had been exposed, and that undoubtedly gave rise to the disease, remained in operation; but after the decisive charge had been made, the day lost, and thus all buoyant hopes extinguished, then it was that the fever returned with unwonted severity, destroying many whom the sword had spared. The epidemics in Ireland have generally been preceded by some common calamity, and, did space allow, numerous instances might be adduced where these visitations succeeded general depressions of the public mind.

QUININE IN INTERMITTENT FEVERS.

In administering quinine between the paroxysms of intermittent fevers, some prefer giving it in repeated small doses, others in one large dose shortly after the previous paroxysm is over; while others, again, give the same quantity an hour or two before its expected return. Dr. Thomas Stratton, of the British Navy, states in the *Edinburgh Medical and Surgical Journal*, that he treated a number of cases of intermittent fever, at Port Maitland, Canada, and remarks that after considerable observation of the comparative rapidity of cure by repeated small doses, or by a single large one, he gives a decided preference to the latter.

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HINTS FOR HEALTH.

INDIGESTION.

The proximate cause of indigestion is not a single affection, but a chain of morbid elements. The change in the quantity or quality of the gastric juice, or solvent liquid of the stomach; is probably the circumstance in dyspepsia on which the disorder of the function of digestion principally depends; but it is not the circumstance of most importance in regard to the treatment of disease. The treatment must be directed against the cause of this change in the secretion, which, doubtless, in the great majority of cases, if not in every case that has continued for some time, is what may be termed an inflammatory, or rather a phlegmonoid irritation of the mucous coat of the stomach. This irritation, again, though it may often be the original affection, may often arise from muscular or nervous weakness; and it frequently increases into a state of low inflammation. If the phlegmonoid irritation has not been preceded by debility, it may cause, co-exist with, or be followed by debility. The change in the gastric juice may arise from debility alone, or other causes yet unknown; but that it does so frequently, or that debility and such a change in the secretions should continue long without superinducing irritation, is very improbable.—*Dr. Arnott.*

TREATMENT IN CASES WHERE FOREIGN BODIES HAVE BEEN SWALLOWED.

Chelius observes:—In order to protect the stomach and intestinal canal against the effects of any such body, mucilaginous ensheathing food, and especially antiphlogistic treatment and purgatives, to hasten the passage of the foreign body through the alimentary canal, must be employed. To this Professor South adds:—This is the practice usually employed; but I am not sure that the late Sir Francis Chantry's proceeding under similar circumstances is not preferable. He had accidentally swallowed the gold fastening of one of his teeth, and being much alarmed, came to my friend Green, to consult with him about the matter, at the same time suggesting the propriety of eating freely of suet pudding, with the hope of entangling the little gold plate, and favouring its passage through the bowels. Green saw no particular objection to this proposition, and accordingly a due quantity of the medicinal pudding was swallowed. Nothing more was heard or seen of the tooth plate, and whether passed or not is unknown, but it never gave any inconvenience. —*Notes to the Translation of Chelius.*

EFFECTS OF TOBACCO UPON AMERICAN LAWYERS.

Dr. Chapman states that he was consulted by a member of Congress, in the meridian of life, and of a stout frame. "He told me that from having been one of the most healthy and fearless of men, he had become sick all over, and as timid as a girl." He could not even present a petition to Congress, much less say a word concerning it; though he had long been a *practising lawyer*, and had served much in legislative bodies! By any ordinary noise, he was startled or thrown into tremulousness, and afraid to be alone at night. His appetite and digestion were gone; he had painful sensations at the pit of his stomach, and unrelenting constipated bowels. During the narrative of his sufferings, his aspect approached the haggard wildness of mental distemperature. On inquiry, I found that his consumption of tobacco was almost incredible, by chewing, snuffing, and smoking. Being satisfied that all his misery arose from this poisonous weed, its use was discontinued, and in a few weeks he entirely recovered.

ADVERTISEMENTS.

THE PEOPLE'S MEDICAL JOURNAL and FAMILY PHYSICIAN.

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Pharmacology.
Notices to Correspondents.
&c. &c. &c.

Preface to Second Volume:

"The FAMILY PHYSICIAN has now made his fifty-second visit. During the last year he has ascended the tapestried halls of wealth, he has entered the dimity-clad chamber of the well-doing, he has descended the pit of the miner. In each, by all, he has been received as a Family Friend, as well as a Family Physician. For the courtesy of his reception, and the confidence reposed in him, he begs to offer his grateful thanks. In closing a year of toil, anxiety, and pleasure, he ventures to hope he has done much good, and, he prays, but little evil, in the hints and advice he has offered to thousands who have sought his counsel. The same industry, the same caution, the same integrity of purpose that has raised his periodical to the proud position of being, in fact, as well as in title, THE PEOPLE'S MEDICAL JOURNAL, shall ever guide his exertions, and direct his humble ability."

London: Published by GEORGE VICKERS, Strand; and sold by all Booksellers and Newsvendors.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public, that TRUSSES can be had at his establishment at the following low prices:—Double Trusses, from 8*s.*; Single ditto, from 3*s.*

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be published May 1st.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

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The Glossary, or Explanation of all Terms employed in Medicine and Surgery—uniform with the PEOPLE'S MEDICAL JOURNAL. It is requested that subscribers will procure the number (65) containing the Glossary with as little delay as possible, as only a few quires remain on hand.

J. O. F. G.—If you "cannot prevail on your wife to go to a surgeon," your influence with us is equally unavailing; for you cannot prevail on us "through our paper" to give you "a line, stating what you had better get her." The case demands immediate and proper attention, and we will not jeopardise our reputation, if you will jeopardise the well-being of your wife, by prescribing for her, guided only by such scanty information as your note contains.

THOMAS A. (Holborn).—See answer to R. R. (Hatton Garden), in No. 65.

JOHN STUBBS (Macclesfield).—We cannot devote to you the space in this column that a proper answer to your letter demands.

JOHN GILES (Birmingham).—You have paid your money to a quack: put up with the loss of your money, but save the remnant of health left you, by avoiding the vampire in future. Place yourself under the care of some respectable qualified medical man.

JOHN ADAMS.—To two quarts of water add half a drachm of muriatic acid: with this sponge the body night and morning. We have found this plan of treatment diminish excessive and offensive perspiration in several cases.

HANNIBAL (Chatham).—A coarse hand as your's is, is a natural peculiarity that all the herbs, lotions, and nostrums ever seen or invented will not change. Wash them frequently with an un-irritating soap, and you may try the effect of oatmeal mixed in the water—but we candidly tell you we have little faith in it.

A. B. (Berry Brow, Huddersfield). We never give an opinion on the prescriptions of qualified medical practitioners. We therefore cannot notice the six! you have sent to us. In answer to your final appeal, "Sir, what shall I do?" describe the case with greater care, and send your address.

BLUE JACKET, R.N.—We do not lend our journal to the gratification of an itching, worthless curiosity.

AN INQUIRER.—The work you ask about is a very able one, but as it is written exclusively for the profession, you would not be able to understand one line in each page. We believe it is published by Churchill, and the price about half a guinea.

W. B. S. (Birksland).—As your history of the case is so indefinite, we will only tell you what may palliate the painful symptoms—that is, bathe the eyes night and morning with tepid water, and when exposed to the open air, wear a shade; avoid reading by gas or candle light, and obtain immediate advice in your own neighbourhood.

D. P.—THE PEOPLE'S MEDICAL JOURNAL, although bearing date "Saturday," is published on the previous Tuesday; therefore all letters to be answered in the current number must reach Lloyd Square by ten o'clock in the morning of Monday. This to many correspondents.

JOSEPH JONES (Chancery Lane)—Who "commenced taking in our Journal last week, and therefore knows nothing of former numbers," will, when he has made their acquaintance, learn why we decline advising him in this column.

A YOUNG HUSBAND (Woodford).—See answer to "BLUE JACKET" in this number. We wish both our correspondents would adopt other signatures; either proper names or initials.

SOUTHAMPTON.—Several subscribers have written to complain of the irregularity with which their copies of the PEOPLE'S MEDICAL JOURNAL are supplied. We have made such arrangements that will, we hope, prevent a recurrence of the annoyance.

T. W. D. (Smethwick).—Dash the back part of the head and neck with cold water, frequently; gargle the throat with water made agreeably acid with muriatic acid (be careful that it does not touch the teeth), apply glycerine to the innermost part of the ears by means of a camel's-hair brush. Act moderately on the bowels by an occasional mercurial purge, as five grains of blue pill, followed by a rhubarb draught; and take two grains of the sulphate of iron, with one grain of quinine, made into a pill with the extract of gentian, twice a day.

A. B.—For "Hair Dyes," see No. 8, page 62, Vol. 1. To "Strengthen and Cleanse the Hair," see No. 39, page 102, Vol. 2.

JAMES WATSON (Clerkenwell).—See answer to C. C. in No. 61.

AN INVALID (Leeds).—If you send your girth to Mr. Smith (for address, see advertisement), he will forward to you the bandage you require. The price, we believe, will be about five or six shillings.

J. FISHER.—We can only communicate with you as before.

THOS. B.—A fee case, and cannot be noticed in this column.—If you remit postage stamps to our publisher, you will receive the book by return.

SHERIFF HILL (near Gateshead)).—As you are an advocate of "*Coffinism*," we suspect you are a *sexton*. Fools are the legitimate prey of quacks.

D. G. K. (Liverpool).—It would be quite as easy for you to refer to the Index as to trouble us. See No. 46.

H. F. L. (Camden Town).—The "cordial balms" advertised and sold by the *ci-devant* Jew orange boys, are prepared as "a cordial": that is, they are sweet, agreeable to the palate, and poison to the system. Spirits of wine, or British brandy, sugar, cochineal, nutmeg, and cardamoms, are the chief ingredients. Thus a poor silly fellow gets "enamoured" of the flavour, and takes a dose as a tippler takes a dram; like the gin-drinker, he will continue to take it—and thus the Jew thrives.

A GREAT SUFFERER (Turner Street, Commercial Road).—From recent trials it appears that half a drachm of kosso, infused in four ounces of warm water, and allowed to stand half an hour, is an efficient dose for the removal of tape-worm. Larger doses may be dangerous.

ERRATA.—In No. 67, Article, "The Diseases of Women and Children," six lines from the conclusion, *for* "astringent injunctions," *read* "astringent injections."—In the answer to JAMES GRAHAM (Carlisle), *for* "gulbanum pill," *read* "galbanum pill."

DELTA.—The case is simple enough. All we can say to you, in the Journal, is,—Beware of the advertising impostors and their infamous books.

ROBERT HUNT (Norfolk Street).—The papers on THE INFLUENCE OF THE PASSIONS ON THE HEALTH, were commenced in No. 37, and completed in No. 51.

R. M. (Halifax).—We are in possession of the particulars of the "Fawthorp Case," but cannot insert them in the Journal.

SYMONDSON.—The complaint about which you inquire is not noticed in the book named, and we cannot tell you when it will be described in the Journal.

MARY (Osnaburg Street).—Your complaint is evidently an affection of the nerves of the face—*tic douloureux*. We never interfere with a patient's treatment whilst a "medical gentleman is attending."—You may suggest our opinion to your "attendant," when he will perhaps alter the medicines you are now taking, and direct you to follow other instructions.

T. H. L. (Pickering).—It is supposed that the human frame attains, in the male, its full growth about the twenty-fourth year: from this period to the forty-fifth or fiftieth year it remains stationary: from fifty to sixty, the body begins to show symptoms of loss of power, and sluggishness of function, the prelude to that slow decay of which the progress is marked by diminished sensibility, impaired memory, muscular weakness, &c.—"Fast men" of course anticipate these changes, and a bill that ought to be payable at 60 years is sometimes presented at 30.

REUBEN.—The old tale, No.—Second, One guinea.

AN AGED MAN.—Avoid all "cold purges," as salts, seidlits powders, &c., and take a *warm* aperient, as equal parts of the compound rhubarb pill and of the compound aloetic pill: the dose of each is from three to five or six grains.

ANN D. (Sidmouth).—You will find all the information you ask for in YEOMAN ON HEADACHES.

J. DEFRIEZ (Portsea).—An "operation" is *not* required; therefore, do not submit to one.

WILLIAM HOGGAN (York Road, Lambeth).—As soon as the weather permits outdoor bathing, bathe every day. Although we cannot join the Hindoo or Mussulman in connecting the idea of internal sanctity with external purification, nevertheless we must admit that the daily bath makes a Christian more wholesome and agreeable.

HEALTH OF LONDON DURING THE WEEK.—The deaths registered were, 1042. Thus far, the public health in April has shown a marked improvement. Hooping cough has considerably declined, though still fatal to a considerable extent; and influenza, though much above the average, is decreasing. Consumption maintains by far the highest position in the list of diseases. The number of deaths enumerated are 138, and of these 18 occurred under 15 years of age, only 5 above 60 years, while the remaining 115 occurred in the intermediate periods of life. Births, 1536; 779 boys, 757 girls.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 70.—Vol. III.] SATURDAY, MAY 3, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XVII.—THE RIBS, OR COSTÆ, AND UPPER EXTREMITY.

The Ribs are placed on each side of the vertebræ of the back, and with them form the posterior and lateral parts of the chest. They are commonly divided into seven true and five false ribs, or into sterno-vertebral and vertebral: of these, the sterno-vertebral or true ribs, the seven superior are united by means of a portion of cartilage or gristle, directly with the sternum or breast bone. Of the vertebral or false ribs, the five inferior are either joined by their cartilages to each other, or, as in the two lowermost, are totally unconnected with the sternum, and are sometimes called loose or floating ribs.

From the first to the seventh pair, the ribs increase in length—this gives the chest its conical shape; from the seventh they begin to decrease in length to the twelfth, which is as short as the first; and with regard to the direction of their inclination, that of the first is nearly horizontal, whilst the lower ones dip down more and more at their points. The length of the ribs increase from the first or upper one, till we come to the seventh, which is the longest. From the seventh to the twelfth they grow shorter again, and the cartilages, of course, become longer in the same proportion. The twelfth rib is very short. The number of ribs is almost always twelve; but sometimes there are only eleven, and at others, thirteen. But instances of more or less than twelve rarely occur in one person in a thousand. In the old by-gone days of ignorance and superstition, a notion prevailed, which is not yet wholly extinct, that the man has one rib less on one side than on the other. It was said that as Eve was formed of a rib taken from Adam's side, he and all his male posterity have one rib the less for it. We scarcely need say that this notion is wholly unfounded.

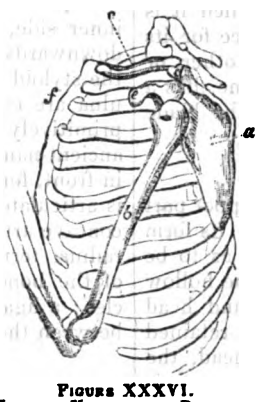

Figure XXXVI.
Lateral View of the Bones of the Chest and Shoulder.
a. The scapula, or blade bone.
b. The humerus, or arm.
c. The clavicle, or collar bone.
d. The acromion process of the blade bone.
e. The coracoid process of the scapula.
f. The sternum, or breast bone.

Some characters are common to the ribs generally, and others peculiar to each rib.

The characters common to the ribs are an arched form, a flattening from side to side, each rib presenting two surfaces, an external and internal; two margins, a superior and an inferior; an articulating surface, or head; neck, a tubercle; an angle; a groove; and a sternal extremity. These characters, although common, do not all appertain to every rib.

Each rib has something peculiar in regard to length, breadth, obliquity of position with regard to the spine, degree of curvature, and in the modification or deficiency of some of the common characters. The ribs most peculiar in these respects are the first, second, eleventh, and twelfth. The first rib is very short and much curved; it is flat above and below, and is united to the breast bone by a short portion of cartilage at a right angle. The eleventh and twelfth ribs do not articulate with the transverse processes of the vertebræ, and are unconnected with the breast bone. These ribs are much shorter than all the others, except the first; their heads have only single articular surfaces to join with the whole articular cavities of the two lowest dorsal vertebræ.

THE STERNUM OR BREAST BONE.

The situation of the breast bone is well known. It is connected with the gristle of the ribs, and with the collar bones, and although considered as one bone, is usually divided into two or three parts. The first is broad and thick above, and contracts a little as it descends; it is irregularly convex before, and concave behind. At the upper angle it is joined to the collar bone, and below on either side are the depressions for the reception of the cartilages of the first seven ribs. At the termination of the bony structure of the breast bone is an appendix of gristle, called the ensiform cartilage, which in the young subject may be felt yielding to the touch, but is in the adult frequently ossified.

The sternum, ribs, and dorsal vertebræ form the bones of the chest or thorax, the offices and uses of which are multiplied, for it is the centre of motion for directing the animated machine, and protects the heart, lungs, and other important parts; but its agency in respiration must be considered its most important function.

THE SHOULDER.

The bones which enter into the formation of the shoulder consist of the humerus, or single bone of the arm, the scapula or blade bone, and the clavicle or collar bone. The humerus at its lower extremity is articulated with the radius and ulna; the mechanism of the elbow joint results from their peculiar union. The upper extremity of this long cylindrical bone is moulded into a round head, standing obliquely backward; this head is received into a very shallow cavity, called the glenoid cavity, in the anterior angle of the scapula (*a*, fig. xxxvi.), and is retained in its situation by ligaments which allow to the joint the greatest freedom of motion.

Of all the joints in the human frame, that of the shoulder is by far the most free; and this freedom is necessary, in order that man may use his hands without any impediment. He can

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rotate the arm from the shoulder describing a large circle with the hand; he can, in like manner, raise the arm or depress it, thrust it forward or draw it backward at will; but this extent of motion, which handed animals alone enjoy, depends not only upon the nature of the connexion of the humerus with the scapula, but upon the character of the scapula, and the mode of its union with the body. The point or tip of the human shoulder is produced by the extremity of a large process of the scapula, termed the acromion (*d*, fig. xxxvi.) overhanging the joint. From this process to the top of the sternum proceeds a long bone, shaped something like the italic letter *S*, termed the collar bone, or clavicle (*c*, fig. xxxvi.). Its presence is of great importance; it keeps the shoulders at a proper distance, and apart from the sides of the chest, preventing the muscular stress, which is perpetually exercised upon the arms as a lever, from drawing it inwards.

THE COLLAR BONE,

Termed the clavicle, from its resemblance to an ancient key, has a long body and two extremities; the one, by which it is united to the breast bone, presents a triangular surface for its articulation by means of an intervening cartilage; the other, or scapular extremity, which is the flattest part of the bone, has a narrow articular surface for the acromion process of the blade bone (*d*, fig. xxxvi.).

THE SHOULDER BLADE,

Or scapula (*a*, fig. xxxvi.) is situated on the back and upper part of the ribs, and forms the posterior part of the shoulder; its form is an irregular triangle; it is flat, and so very thin as to be transparent in its greatest extent: at the fore part is the hollow or socket, called the glenoid cavity—in which the round head or ball of the humerus lies and moves. The scapula is retained in its position merely by muscles that unite it to the head, the hyoid bone, the ribs, the vertebræ, and the upper-arm bone; it is therefore unlike any other bone of the body, being embedded in muscles, without being attached to any bone of the trunk, excepting at a single point.

Its anterior surface is concave, corresponding to the convexity of the ribs; its posterior surface is very irregular, being in some parts concave and in others convex, giving origin especially to two large processes, one of which is termed the acromion (*d*, fig. xxxvi.), the other the coracoid process of the scapula (*e*, fig. xxxvi.). The margins of the bone, whatever the thinness of some portions of it, are always comparatively thick and strong, affording points of origin of insertion to powerful muscles. At what is called the anterior angle of the bone, there is a shallow oval depression covered with cartilage, and defended by a cartilaginous margin, called the glenoid cavity, which receives the head of the bone of the arm.

THE ARM,

Or humerus, is a single bone, and extends from the scapula to the elbow joint: in form it is cylindrical, rounded and protuberant; at its upper part it has a head which is received into the glenoid cavity of the blade bone, and forms a ball and socket joint. The shaft, or middle portion, presents three ridges, which are marked by the attachments of the muscles of the superior extremity; the lower portion of the bone is flattened, and constitutes, with the ulna of the fore arm, a perfect hinged joint; at this part there are two projections termed the inner and outer condyles; the former affords attachment to the flexor muscles of the fingers. The lowest part of the bone has two articular surfaces, one on the outside, convex for the reception of the head of the radius; the other on the inside, concave from side to side, but convex from back to front, for the reception of the sigmoid cavity of the ulna. In its centre the bone is pierced by a foramen through which passes the medullary artery that supplies blood to the marrow of the bone.

THE FORE ARM

Consists of two bones, the ulna and the radius. The ulna is essentially the bone of the elbow; the radius that of the hand. Suppose the arm to hang by the side of the body, and the palm of the hand to be turned forwards, the ulna, in apposition with the little finger, occupies the inner, and the radius, in apposition with the thumb, occupies the outer, part of the arm.

The upper end of the ulna belonging to the elbow is large: it sends backwards the large projection commonly named the elbow or olecranon, in the centre of which there is a smooth and somewhat triangular surface, which is always covered by skin of a coarse texture, like that placed over the lower part of the knee-pan, as if nature intended this for a part on which we may occasionally lean and rest. The ulna is large at the elbow, and gradually grows smaller and smaller as it descends towards the wrist, where it ends in a small round head beyond which, on the inner side, or that corresponding to the little finger, it projects downwards a small rounded point, termed the styloid process; at the styloid process and the olecranon, the two extremities of the ulna are easily and distinctly felt; the length of this bone was primitively used as a measure called a cubit, which was the ancient name of the bone. The upper extremity is scooped out in front, forming what is termed the great sigmoid cavity, which is articulated to the base of the humerus: there is also a smaller concave articular surface for the reception of the head of the radius, termed the lesser sigmoid cavity. The body or shaft of the bone is strongly marked by the attachment of the muscles; a ligament, named the interosseous ligament, is interposed between the two bones.

THE RADIUS,

Or smaller bone of the arm, is supposed to be so named from its imaginary resemblance to the spoke of a wheel; it is placed on the outer side of the arm, and is at its upper part small and rounded; whilst at the wrist, where it joins the thumb, it is broad and bulky. Its upper end is formed into a small circular head, which is united by distinct joints both to the humerus and to the ulna; it is also excavated into a shallow cup, which receives a corresponding convexity of the humerus, and its lower extremity is excavated into an oblique cavity, which receives two of the bones of the wrist.

The joint of the elbow is composed above by the condyles of the humerus, and below by the heads of the ulna and radius; and they are held in their proper situation, first, by a ligament on the fore part of the arm, which arises from the lower extremity of the humerus, and is inserted in the upper part of the ulna and the coronary ligament of the radius; secondly, by another ligament on the back part of the arm, called the posterior ligament; and thirdly, by two other ligaments at the side of the ulna.

Paley has not passed unobserved the remarkable mechanical contrivance of the fore-arm. For the perfect use of the fore-arm, two motions are wanted; a motion at the elbow backward and forward, which is called a reciprocal motion; and a rotary motion, by which the palm of the hand, as occasion requires, may be turned upward. How is this managed? The fore-arm consists of two bones lying alongside each other, but touching only near the ends. One, and only one, of these bones is joined to the humerus at the elbow; the other alone to the wrist. The first, at the elbow, by means of a hinge joint, which allows of motion in the same place, swings backward and forward, carrying along with it the other bone, and the whole fore-arm. In the mean time, as often as there is occasion to turn the palm

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upward, the bone to which the hand is attached, rolls upon the first, by the half of a groove or hollow near the end of one bone, to which is fitted a corresponding prominence in the other.

The first is at liberty at one end, the second at the other; by which means two actions may be performed together. The upper arm may be swinging with its hinge joint at the elbow, at the very time the radius, which carries the hand, may be turning round in its groove.

In our next we shall describe the hand, and the physiology of touch.

NERVOUSNESS.

BY THE EDITOR.

(*Continued from page* 100.)

No. V.

THE MEDICAL, DIETETICAL, AND MORAL TREATMENT.

As a cause or as an effect, some disorder of the stomach, liver, and entire digestive apparatus is the constant companion of nervousness; therefore, our first endeavour should be directed to restore the health and harmonious action of these important organs.

Many persons are ill at ease with themselves, and with all around them, whilst the stomach is irritated by an indigestible meal; a confined state of the bowels causes a "costive" temper; and the earliest symptom of a disordered liver is depression of spirits. On the other hand, an easy digestion creates that general feeling of well-being which makes us contented, happy, and cheerful.

When the "nervousness" can be traced to a deranged condition of the digestive organs, we have three indications of treatment to fulfil; first, to remove any accumulation of offending secretion or excretion; second, to restore the secretion to a healthy state; and thirdly, to soothe and then to give tone and energy to the whole system.

And here we would express our reprobation of the too common practice of attempting to regain strength and vigour by the administration of tonics and stimulants, whilst the cause of the absence of strength and vigour remains unnoticed.

The organ in which an accumulation of offending secretion is retained, is, in nineteen instances out of twenty, the liver, which is gorged with bile, or the bile, instead of passing out properly into the intestines, is absorbed, and enters into the blood. This condition is plainly indicated by sallowness, or a dirty yellow tinge in the complexion. In such cases we should immediately administer a full dose of some mercurial preparation, as,

Take—Calomel, four grains;
Aromatic confection, five grains.
Mix, and divide into two pills, for one dose.

Or,

Take—Mercurial pill (blue pill), five grains;
Compound extract of colocynth, five grains;
Oil of cloves, one minim.
Mix, and divide into three pills, for one dose.

And the exhibition of one or other prescription should be followed in four or five hours by a warm purgative draught, as,

Take—Powdered rhubarb, fifteen grains;
Tincture of cardamoms, two drachms;
Compound decoction of aloes, fourteen drachms. Mix.
For a draught.

The aperient action thus induced should be maintained for a few days, by a gentle mercurial, combined with a purgative, and we know of nothing better for this purpose, than a pill composed as follows:—

Take—Compound calomel pill,
Compound galbanum pill,
Compound extract of colocynth, of each ten grains.
Mix, and divide into six pills, of which one is to be taken every night.

Should this prove not sufficiently active, a wine-glassful of the compound decoction of aloes, and a dessert spoonful of the tincture of jalap, may be taken early the following morning.

Conjointly with this treatment, the patient may take during the day, two or three doses of the trisnitrate of bismuth, combined with a soothing tonic, as the hop, which will have the power of correcting any acidity there may be in the stomach, and counter-balance the probable debilitating effects of the alterative treatment. The two may be thus combined—

Take—Trisnitrate of bismuth, half a drachm;
Tincture of hops, one ounce;
Tincture of ginger, two drachms;
Water, sufficient to make three ounces.
Mix. A dessert spoonful, taken in a wine-glassful of infusion of camomile flowers, is a dose.

After a time, a few drops of muriatic acid, with a small quantity of the syrup of orange-peel, in water, may be substituted, preparatory to the administration of the more powerful tonics—iron and quinine.

The whole surface of the body, especially around the right side, should be freely rubbed night and morning with a flesh brush, or coarse towel, and exercise in the open air freely indulged in.

The diet should be plain, dry, and sufficiently nutritious. Animal food may be permitted for dinner, limiting the quality to mutton, beef, or white poultry, and the quantity to the satisfying of the natural appetite not to repletion. Vegetables, in most cases, are inadmissible; and toasted bread, or a biscuit, should be substituted. Fluids of all kinds should be sparingly taken; and all beverages, especially tea or coffee, are improper when taken hot.

We have noticed great benefit to follow the use of the taraxacum or dandelion coffee, as prepared by Messrs. Hurford & Co. Indulgence in wine, spirits, or malt liquors, must be regulated by the peculiar condition and former habits of individual cases: as a general rule, they are hurtful: the least objectionable are a pale dry sherry; brandy, plentifully diluted with water; and the bitter beer of Allsop or Bass.

The following case will illustrate the preceding treatment:—

Case (71).—In October, 1847, we were first consulted by this patient. He was a clerk in a government office, aged 32; of spare, almost attenuated form; sallow complexion, and bilious temperament. His habits were temperate and regular; his general health, although not naturally robust, was good, and his energy and aptitude for business, previous to that time, equal to his best wishes. Within a recent period he had joined a club formed by the members of his department, ostensibly for benevolent purposes, but which, like many other similar associations, involved a fair share of conviviality. It was after a "quarterly meeting" we saw him.

He complained of fearful depression of spirits; he doubted his own ability to fulfil the duties required of him; he apprehended that some inadvertent neglect would risk the continuance of his situation, and he foresaw nothing in the future but poverty and disgrace. His account of his mental sufferings was pitiable. His head, he said, appeared "woolly," and as if the brain was too large for its coverings; his thoughts were confused, and the least attention to business caused "his mind to wander."

He had pain in the region of the stomach after eating,—when his appetite would permit him to eat; a dragging pain in the right side; numbness down the inner side of his arms and around the shoulder; his bowels were constipated, his urine scanty and

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very high coloured, and his appetite gone: yet he felt a constant "sinking" at the stomach that was not hunger, nor was it relieved by food.

We ordered him a full dose of calomel and the compound extract of colocynth, to be taken at bed time, and followed in the morning by a simple black draught. He called upon us during the day, after the copious action of his medicine. He was much better; he felt "lighter," but weakened by the rather sharp purging.

We felt satisfied that the cause of his indisposition,—namely, an accumulation of acrid bile, and a loaded state of the intestines,—was now removed, and that we had only to "keep up" a healthy secretion of bile, to avoid offending the stomach, and to repair the loss of strength and the lack of energy. We prescribed a four-grain compound calomel pill (Plummer's pill) to be taken every night for four or five nights; a mixture containing bismuth and the tincture of valerian; and directed him to take a mutton chop, with a small quantity of weak brandy-and-water, not at any fixed hour, but at that period of the day when he felt the most inclination for it. In four or five days we saw him again—he was "himself again"—his despondency had vanished, his bowels were regular, his appetite improved, and he had regained his wonted energy. We ordered him a light bitter infusion—five grains of the compound rhubarb pill, to be taken every night, gradually reducing the quantity down to two grains, when it was to be entirely omitted; and sent him down to Brighton on the Saturday, to return to business early on Monday. In the course of the following week he reported himself "as well as ever he was in his life."

In the month of January we again saw him. He was in the same, if possible in a worse, condition, than he was in October. We adopted the same plan of treatment, and again he recovered. We have notes of five similar attacks, all succeeding "a quarterly meeting." He was now convinced that an occasional debauch to a temperate man, is capable of inducing the miserable mental and bodily sufferings he had endured, and he "reformed it altogether."

(*To be continued.*)

THE TREATMENT OF WOUNDS.

SIMPLE INCISED WOUNDS, OR CUTS.

(*Continued from page* 132.)

When attention is paid to the circumstances and treatment we have already detailed, it often happens that the two opposite surfaces of the wound grow together again in the course of forty-eight hours, without the occurrence of the least degree of suppuration. The process by which this desirable event is accomplished, is well known among surgeons by the name of *union by the first intention*. Besides the advantage of the cure being effected in this way with the greatest expedition possible, there is still another thing much in favour of always promoting this method of healing wounds, which is, that the scar is much less than after any other plan, and the part is covered with original skin, which is always much stronger than any which can be formed as a substitute for it.

It is wonderful with what celerity union by the first intention takes place under favourable circumstances. In the course of three days, the large wound, made in the operation of amputation, is frequently all healed, except just where the ligatures are situated.

When the two sides of the wound have been brought together, before the oozing of blood has entirely ceased, it is probable that blood itself becomes the first bond of union, and this connexion must happen indeed almost immediately. In other instances, what Mr. Hunter called the adhesive inflammation occurs. In this process coagulating lymph either issues from the half-closed mouths of the vessels, or from the surface of the opened cells of the cellular substance. This becomes the first uniting medium, and, very soon afterwards, in some inexplicable manner, a vascular intercourse is established between the opposite sides of the wound.

The power, which parts of the animal body have, of growing together in the above manner, is strikingly evinced by the possibility of removing a part of one body and then uniting it to some part of another. In this latter case there can be no assistance given to the union on one side, since the detached part can hardly do more than just preserve its own living principle, and accept of union. In this way the spurs of the young cock can be made to grow on his comb, or on that of another cock.

Mr. John Bell describes the progress of adhesion to be this: either the arteries of the opposite surfaces inosculate mouth to mouth, or rather each cut-surface throws out a gluten; the gluten fills up the intermediate space; into that gluten the lesser arteries of each cut-surface extend themselves, and it is thus, perhaps, by the generation of a new intermediate substance, that the continuity and entireness of the parts are so quickly restored. If any one point fail to adhere, there the wound must run into suppuration; because at that point there is a separation of parts, which is equivalent to a loss of substance.

LACERATED WOUNDS.

Lacerated wounds are those in which the fibres, instead of being divided by a sharp cutting instrument, have been torn asunder with some violence capable of overcoming their force of adhesion. The edges of such wounds, instead of being straight and regular, are jagged and unequal. A nail or a hook, or the teeth of a saw, sometimes inflict serious and painful injuries which we can scarcely hope to unite by adhesion by the first intention; for the tissues being rudely rent, their minute vessels are incapable of pouring out lymph until the injured parts have been removed, either by slough or disintegration, when the healthy vessels set up a new process, and throw out lymph upon the surface. This becomes organized, and constitutes what is called the process of granulation. Lacerated wounds also differ from simple cuts in being attended with less bleeding; indeed some of the largest arteries of limbs may be torn through without any dangerous hæmorrhage occurring. They are, however, more disposed to inflame, and erysipelas is not an uncommon result, especially in wounds of the scalp.

When in conjunction with the torn flesh, there is much abrasion of the skin, and a large surface is exposed, we generally have a sore very difficult to heal. In such the most simple applications are the best, and probably a simple tepid water dressing is equal to any other; or the parts may be buried in a warm bread-and-water poultice. The most perfect rest should be enjoined, and the seat of the wound well supported: thus, if the injury be in the hand or fore-arm, the limb should be retained in a sling; if in the leg, it should rest on an imperial, sofa, or cushion. If the scalp be lacerated, all the hair in the immediate neighbourhood of the wound must be carefully removed. As soon as the parts assume a healthy appearance, and are free from acute pain, the wound may be dressed with strips of adhesive plaster lightly applied, and afterwards enveloped in a poultice. Sometimes the inflammation is so acute as to require the application of cooling lotions, or even of leeches; the bowels must be freely moved, and any feverish symptoms combated by saline medicines and low diet. If there be great irritability of the system, with restless

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nights and much pain, then it may be prudent to administer soothing doses of morphia or hyosciamus; and should, unfortunately, any spasmodic symptoms present themselves, such as twitchings of the tendons or muscles, or any uneasiness about the neck and mouth, then the free but cautious use of opium is indicated.

It may happen that the granulations become too luxuriant; that is, they may grow up above the surrounding parts, and present a spongy appearance, not unlike a divided strawberry, which is popularly called "proud flesh;" when this occurs, a piece of dry lint applied to the surface with some slight pressure, will in general be sufficient to restrain their increase, or a small quantity of powdered gum myrrh may be dusted over them by means of a camel's hair brush. If they are indolent and sluggish, with the edges of the wound hard, irregular, and rough, the application of some stimulant is required, and the best for this purpose is the pure nitrate of silver, which may be gently run over the surface, daily, until some improvement in the condition of the wound takes place.

(To be continued.)

ON A SUCCESSFUL CASE OF TRANSFUSION.

BY G. BELLASIS MASFEN, ESQ.

[Transfusion is the operation of injecting the blood of one person into the veins of another.]

On the 30th of July, 1848, at one P.M., I was called in to attend Mrs. B——, a lady of particularly delicate appearance, in her thirty-eighth year. It appears that on the evening of the 29th she had perceived some slight sanguineous discharge from the vagina, and had consulted my father, to whom she described herself as being four months advanced in her tenth pregnancy, but thought that the child had not grown for the last month or two. He ordered a mixture containing diluted sulphuric acid with Battley's sedative; but the discharge continued to increase until about seven o'clock this morning, when it became quite alarming. Plugging and injections of oak-bark were tried, but with no effect, and a dose of ergot was administered, which produced a severe pain, and the expulsion of a two-months' fœtus; but the hæmorrhage continued to increase till one P.M., when I first saw her.

I found her excessively weak, from loss of blood; not the slightest pulse was to be felt at the wrist; and she became at last insensible. The stomach rejected everything; and though the hæmorrhage had in a great measure stopped, there was every symptom of sinking and speedy dissolution.

About three o'clock, it being the opinion of every one present that it was the only possible means of saving her life, the operation of transfusion was decided upon, which I performed in the presence of Dr. Knight and my father. I immersed a four-ounce brass syringe in water at the temperature of 110° Fahrenheit, and drew a full stream of blood into it from the arm of a stout buxom-looking servant-maid. This I injected into a vein on the left arm, taking every precaution to prevent the admission of any air-bubbles. As the operation was going on, consciousness appeared to be somewhat roused, and the pulse became slightly perceptible at the other arm; but in the course of half an hour the pulse had again disappeared, and she remained still unconscious. I then a second time injected three ounces of blood into the right arm (the veins were so small and empty, that there was difficulty in finding the same opening twice); this was again attended with a return of pulse and sensibility, which, however, gradually disappeared as before. After an interval of nearly an hour, I injected a third three ounces of blood, which produced more permanent good effects; the pulse gradually rose as the injection went on, colour made its appearance in her face, and she inquired if we had been bleeding her. During the evening she complained much of thirst, and she had occasionally a teaspoonful of wine-and-water.—Eight P.M.: The pulse was slightly perceptible, but was not to be counted; she attempted to take a cup of tea, but it was immediately rejected, as was also even a teaspoonful of water, and she remained all night awake and thirsty, but afraid to drink even a little water.

31st.—Six A.M.: The pulse was 150, and very much increased in strength; the tongue dark-brown, hard, and dry. Ordered three drops of creosote in form of a pill. She vomited almost immediately after taking it, but did not throw up the pill, which from that time appeared to allay the sickness. She then took a table-spoonful of brandy-mixture every hour. In the evening she still complained of thirst, and was ordered the following mixture:—Sesquicarbonate of soda, two and a half drachms; sesquicarbonate of ammonia, half a drachm; compound tincture of cardamoms, two drachms; oil of lemon, six drops; distilled water to six ounces. Two table-spoonfuls to be taken every three or four hours in a state of effervescence, with twelve grains of citric acid. There was great extravasation of blood for six or eight inches above and below the elbow in both arms, probably the effect of the injection. Ordered warm-water dressing.

August 1st and 2nd.—She continued gradually improving in appearance; her pulse was slower, and she was better able to take slight nourishment. The arms were becoming more ecchymosed, and she complained of great pain in them. The warm-water dressing was continued.

3rd.—Her health is gradually improving, and she is taking no medicine; complains of great pain in the right arm, which was much inflamed, and very hard just below the elbow, and seemed likely to suppurate. Ordered castor-oil and the water-dressing.

4th.—The arms rather better; the swelling abated.

5th.—Continues to improve, both in health and as regards her arms. Ordered tincture of sesquichloride of iron, one drachm; infusion of quassia and camphor mixture, of each three ounces; to take two table-spoonfuls three times a day.

14th.—The arms have been gradually improving, and the discoloration is nearly gone, but they remain very weak, and she is not able to write.

28th.—She has now quite recovered the use of her arms, and is in general good health. From this time I discontinued attendance.

In June, 1849, she miscarried again, but otherwise she has remained perfectly well up to the present time.—*Lancet.*

HEAD AFFECTION IN CASES OF SCROFULOUS DISEASE OF THE JOINTS.

There is one material circumstance that I should mention regarding this hip-joint disease: the patient labouring under it will often appear to get almost well, and his parent and the medical attendant will be congratulating themselves on his improved condition, when they will be very much disappointed in their expectations by finding him getting the symptoms of water in the brain—he has convulsions, and may be carried off in twenty-four hours; this I have often seen occur—I have seen the same thing happen in white-swelling of the knee-joint, and I should suppose the same would happen in white-swelling of the ankle-joint, although I have never seen an instance of it. The first case I ever saw of this was very remarkable in one particular—the child got better of the hydrocephalus, and then the knee, which had greatly improved as the cerebral affection advanced, now got bad again; and after a while the head-affection returned and the knee became better, and thus they alternated three times with each other.—*Professor Colles.*

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REMOVAL OF A FISH-HOOK FROM THE ŒSOPHAGUS.

BY ANDREW E. KIRKPATRICK M.D.

In the summer of 1837, Mrs. —— was enjoying her usual *siesta* in the afternoon of a warm day, on a pallet spread upon the floor in a cool part of the house; and, while she was lying on her back, sleeping pleasantly, a little urchin, her grandson, was playing about the house with a fishing-tackle complete—pole, line, and hook; who, when he discovered the old lady with her mouth widely distended, thought it was a fine opportunity to "catch a fish." Accordingly, in order to effect his purpose, he cautiously deposited the "barbed hook" (the author believes there was no *bait* on it), within his grandmother's open mouth. The titillation caused her to awake suddenly, and as her mouth was dry from exposure, she closed it, and swallowed the hook two or three inches below the uvula. So soon as she discovered her situation, the whole family was assembled by her cries of distress, except the little culprit, who had dropped his pole in a panic, and vanished. Some gentle efforts were essayed to remove the hook, both by the patient and some of the family; but being apprehensive of fixing the barb in the throat, they ceased all efforts, and despatched a messenger for Dr. E. Leroy Antony, who resided in the neighbourhood. When he arrived, and found that the hook was not fastened into the flesh, his fertile brain suggested a plan by which it could be removed safely and easily. His plan was, to cut off the line within a foot or two of the mouth of the patient; then to drill a hole through a rifle bullet and drop it over the line, down on the hook. In order to fix the bullet on the point of the hook, and maintain it firmly in that position, a reed was procured, the joints punched out, and then passed down over the line, and pressed firmly over the bullet. In this manner the hook, bullet, and reed were all withdrawn at once, very easily, without any injury to the œsophagus or fauces. —*The Medical Examiner (Philadelphia.)*

THE INJURIOUS EFFECTS OF MESMERISM.

BY EDMUND SHARKEY, M.D.

Is there anything in Mesmerism?

This is a question which has been often asked, and variously answered; but generally the inquiry has been limited to the consideration of what good it does. Two cases, however, which have fallen under my observation, have suggested to me the propriety of changing the ground of inquiry, and asking, May it not be productive of harm? I bring these cases forward in the hope that the note-books of other practitioners may either confirm or neutralize them.

Jersey, April 12, 1844.—Andrew Kingcomb, aged 13, an amiable and interesting boy, very intelligent, of light complexion, auburn air, and the full eye and large pupil so often indicative of great nervous sensibility, is subject to epileptic fits. He is of a healthy family, and has been generally so, with the exception of an attack of convulsions at the age of three years. The account given by his parents is this:—Being, some time ago, at a school in a town in England through which a peripatetic mesmerist passed, the philosopher came to the school and begged of the master to let him have two or three of his boys to experiment on at a lecture which he was about to give. This boy was unfortunately one of those selected. He was accordingly put into the mesmeric trance, and it was long before he could be awakened. Shortly after this he had his first epileptic attack, and has ever since continued subject to a recurrence. The fits are of an imperfect kind, more or less nearly allied to syncope. They are preceded by tremors of the limbs, twitches of the muscles round his mouth, difficulty of uttering certain words, and not accompanied by frothing at the mouth or general convulsions. He generally has sufficient warning of their approach to allow him to run for help to any one who happens to be near. He continues subject to them at this present time (February, 1847).

The other case has occurred more recently. A young gentleman, aged 19, delicate, and of great refinement and sensibility, much attached to intellectual pursuits, went to a lecture on mesmerism, in the course of which the professor (!) gave a general invitation to any of the audience who might wish to experience in their own persons the effect of his manipulations. My patient accepted it, and had some *passes* performed on his arm. On the day following, he was attacked by a fit of epileptic character, preceded by a sick sensation at the epigastrium, "which rose to his chest," as he expressed it. He stiffened and became unconscious, and fell; his face was slightly distorted, and very pale. He described the sensation produced by the "passes" as being "like a cool air passing along his arm." He had never had any attack of the kind before, but had convulsions from teething when an infant. He belongs to a very nervous family. These two cases are, I think, calculated to serve as a warning (to nervous, sensitive people, at least) not to be too forward to try these experiments *in propriâ personâ*.—*Medical Gazette.*

ON THE STETHOSCOPIC SOUND PRODUCED BY TAPE WORM.

BY PROFESSOR PIORRY.

On the 15th of October, a woman was received at the Pitie, affected with tænia of which several portions had been evacuated, a day or two before her entry. At first, though auscultated frequently and attentively, nothing was heard; but two or three days after, a dose of castor-oil having been administered, so as to produce several evacuations, in one of which was a portion of worm about four inches in length, a peculiar characteristic sound was heard, very different from, and weaker than, that produced by borborygmi. This was heard by several persons, and all were unanimous in stating, that it was evidently produced by a slender body, moving about by jerks, which lasted several seconds. According to one, it resembled somewhat the hydraeric murmur, with very minute bubbles, and was tremulous; according to another, it was like that caused by a small body moving rapidly in a liquid; to a third, like the sound of the rolling of a carriage, heard at a distance; to a fourth, like a peculiar tremor, or undulation. This noise was heard during several days, but only when the patient felt the tænia move in the intestine. Finally, more positive results were obtained by immediate, than by mediate, auscultation.

POWER OF THE MIND DURING SLEEP.

Dr. Abercrombie relates, that an eminent lawyer was consulted respecting a case of great difficulty and importance; and after several days of intense attention to the subject, he got up in his sleep, and wrote a long paper. The following morning he told his wife that he had had a most interesting dream, and that he would give anything to recover the train of thought which had then passed through his mind. She directed him to his writing-desk, where he found his opinion clearly and luminously written out.—*Dr. Moore.*

CONTAGION.

Contagion has been defined to be the medium by which a disease is communicated from one individual to another, whether by actual contact or touch, or by breathing an atmosphere impregnated with effluvia from the human body.

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HINTS FOR HEALTH.

MALARIA.

Malaria, or marsh miasmata—which gives rise to so many and fatal diseases—is one of the results of the slow decomposition of dead vegetable matters. The investigation of the phenomena under which miasmata are generated, has pointed out the means of their removal. Experience has shown that the drainage of marshes, by preventing decomposition, prevents also the production of these pestiferous emanations. Many thousand cases of ague formerly occurred every year in London, arising from the miasmata of marshes on the Surrey side of the Thames. These marshes have long been thoroughly drained, are now covered by the habitations of men, and ague has become a rare disease in London! The same may be said of the fens of Lincolnshire, comparative salubrity and fertility having been attained by drainage.

MEDICINAL ACTION OF COCHINEAL.

Since the attention of the medical profession has been directed to the use of cochineal, its efficacy in hooping cough has been confirmed on all sides. Professor Schneemann has employed it in Munich, with the most favourable results. Cochineal is, however, not only used in the form of powder, but may also be advantageously combined as a *linctus*, with syrup. But it must be observed, that the carbonates of soda and potash, which dissolve its active principle, and form a new combination with it, constitute an essential principle of the remedy. Cream of tartar does not seem to answer so well in combination with it as either of the above alkaline carbonates.—*Buchner's Repertorium.*

THE BILE.

Dr. Kemp is of opinion that during the progress of digestion, the bile changes its character from the action of oxygen, and, with starch, is converted into the non-nitrogenised portion of the chyle; and he hopes at the next meeting of the British Association to be able to prove from observation the exact period of digestion at which the bile changes its character. Healthy bile is always neutral; but if left in contact with the mucus of the gall bladder, the latter, a proteine-compound, becomes decomposed, carbonate of ammonia is formed, and the bile is rendered alkaline.

TO PREVENT THE NAUSEA PRODUCED BY CASTOR-OIL.

In order to obviate the nausea so frequently produced by castor-oil, and which constitutes a great objection to its use among patients, M. Righini proposes to mix it with syrup and gum arabic, according to the following formula:—

Castor-oil	30 parts.
Sugar	30
Water	100
Powder	8

The whole is made into an emulsion, and the juice of an orange squeezed into it. The serious objection to this plan is obviously that it increases so considerably the bulk of what the patient has to swallow, and thus, in removing one evil, it substitutes another.

DOMESTIC HAPPINESS.

Our domestic happiness, says the elder Disraeli, often depends on the state of our biliary and digestive organs, and the little disturbances of conjugal life may be more effectually cured by the physician than by the moralist; for a sermon misapplied will never act so directly as a sharp medicine.

ADVERTISEMENTS.

Price 2s. cloth boards, by post 2s. 6d.

CONSUMPTION OF THE LUNGS, OR DECLINE. The Causes, Symptoms, and Rational Treatment; with the Means of Prevention.

By T. H. YEOMAN, M.D.

MORNING HERALD. Oct. 23, 1848.

"There is no assumption of quackery in this little volume—it is just such a work as might be anticipated from an intelligent and experienced physician. The suggestions and recommendations of Dr. YEOMAN are extremely valuable, and may be unhesitatingly and advantageously adopted by all who are interested in the health and well-being of the rising generation."

THE BRITANNIA. Nov. 11, 1848.

"There is so much good sense, scientific knowledge, and useful informatio in this little volume, that we gladly assist in giving it publicity. Dr. YEOMAN discountenances all empirical modes of treatment, at the same time that he suggests some safe and beneficial rules for the cure or amelioration of the disease. The remarks on the healthy discipline of home, show that the author is a sound social philosopher as well as an experienced physician."

WEEKLY DISPATCH. Nov. 5, 1848.

"This little work, from the pen of a gentleman who has made pulmonary complaints his special study, and who has acquired a well-deserved celebrity by his mode of treating these terrible afflictions, will be found a valuable addition to the medical library. Written unostentatiously, and in a style which is earnest, though completely unaffected, it may be studied with advantage by the general as well as the professional reader."

LIVERPOOL COURIER. Nov. 22, 1848.

"This may truly be called a work for all classes; for consumption is the disease of all classes who breathe our humid and variable atmosphere. The large proportion of deaths arising from this cause gives an almost universal interest to the subject; and we have never seen it treated with greater simplicity or practical sense than it is in the pages of Dr. YEOMAN's unpretending little volume. There is no quackery, no learned mystery, no affection of originality in it; but a plain exposition of the causes, symptoms, and rational treatment of the complaint, with the means most likely to be effectual in preventing it; all set forth with the clearness of a man who wishes to be understood, and the earnestness of a man who desires to be useful. We know that in all diseases a timely application of the remedy is more than half the battle. And the aphorism which teaches that 'prevention is better than cure,' applies with peculiar force to the case of consumption, which, if once established, rarely, if ever, gives way, even to the most skilful treatment and the most sedulous care. Let all, therefore, as well as those who have no reason to apprehend the existence of the seeds of the malady in themselves or their children, as those who have, read Dr. YEOMAN's book; they cannot fail to obtain much salutary advice with reference to the regulation of their diet and the preservation of their health."

London: SAMPSON LOW, 169, Fleet Street; GEORGE VICKERS, 23 & 29, Holywell Street, Strand.

TRUSSES.—S. SMITH, Truss Maker, 1, High Holborn, three doors from Gray's Inn Lane, respectfully announces to the Public, that TRUSSES can be had at his establishment at the following low prices:—Double Trusses, from 8s.; Single ditto, from 3s.

Manufacturer of Lace Stockings, Knee-caps, Suspensory Bandages, Riding Belts, Back-boards, Dumb-bells, Wooden Legs, Crutches, Supports for Weakened Legs, and all Instruments and Apparatus for the Cure of Deformities.

Mrs. Smith attends on Ladies.

NEVILL'S ARABICA FOOD, THE PATENT FLOUR OF LENTILS. This most agreeable food has in thousands of cases entirely superseded Medicine for Indigestion, Constipation, Nausea, and Sickness; Nervous, Bilious, and Liver Complaints, and all derangements of the Stomach, Bowels, and Digestive Organs. It is the best food for Invalids and Children, as it never distends the weakest Stomach, nor disagrees with the most delicate.

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Du Barry's much-puffed Revalenta is composed of our Patent Purified Lentils, with which we supply him; therefore be not deceived by false statements and high charges.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

The People's Medical Dictionary, a small volume, bound in strong cloth, price 1s., will be ready for delivery on the 8th instant.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

The Glossary, or Explanation of all Terms employed in Medicine and Surgery—uniform with the PEOPLE'S MEDICAL JOURNAL. It is requested that subscribers will procure the number (65) containing the Glossary with as little delay as possible, as only a few quires remain on hand.

EGLEBERT (Cardiff).—We have had several communications respecting "the preaching practitioner." It is a fearful sacrifice to Mammon when a man expounds the scriptures in a pulpit as an introduction to vending pills in the vestry.

D. (Friday Street).—St. Bartholomew's. If possible, under the care of Mr. LAWRENCE.

JAMES HALL (York).—Æthers are compounds produced from a new arrangement of the elements of alcohol, by the agency of the acids at a heat of 160°.

J. F. (Cambridge).—You will find an explanation in the GLOSSARY published with No. 65.

A SHOPMAN (Dale Street, Liverpool).—Read YEOMAN ON INDIGESTION; then, if necessary, write again.

QUACKERY.—The love of quackery by the British Government, says *Punch*, is strongly proved by the fact that a box of Life Pills has to pay less duty than the maid-of-all-work's advertisement for a place.

D. (Hounds-well, Southampton).—From what we recollect of your locality, it is most unwholesome, and sufficient to account for all your miserable symptoms. The first item in your treatment is, change of residence.

JAX.—Your letter is not sufficiently explicit. We suspect the stomach is the cause of the "offensive breath."

VIATOR.—Lloyd Square is within five minutes' walk of the Foundling, King's Cross, and the Angel, Islington.

ADA VERNON (Bath—Southampton?).—Take one of the following pills every night:—Compound aloetic pill, compound rhubarb pill, and extract of hyosciamus, of each a scruple. Mix, and divide into twelve pills. Also, a teaspoonful of this mixture, in water, twice a day. Take tincture of valerian, six drachms; aromatic spirits of ammonia, two drachms; compound tincture of lavender, four drachms. Mix.

S. W. S. B. (Sampford Peverell).—"Globules" are the media of homœopathic medicines; in size they resemble the comfits known by children as "thousands." The quacks who administer them are hence called "globulists."

H. T. F. (Cambridge).—We are obliged by your suggestion, but cannot adopt it. In one of our little publications we have said, "The medical practitioner should not be wedded to a *routine* of practice, but consider every case, as it invariably is, original, differing from others which have preceded it. I would earnestly and sincerely warn the suffering invalid not to place any reliance in a specific or empirical remedy; I would urge him not to submit to a routine of practice which promises a cure alike for the robust and the debilitated, for the young and the old; for the man of active life, and him whose occupation is sedentary: it is contrary to reason to suppose that the same agent can produce the same effect in these opposite and extreme conditions. I would advise every patient to have his disorder considered with reference to himself alone, and to pursue a course of treatment prescribed for the existing symptoms of his individual case."

J. J. (Richmond, Surrey).—The pills are quack pills; we should be sorry to give them to a dog.

JOHN ROSS (Hart Street, Bloomsbury).—You cannot have a better or greater authority than Milton. *See* "Paradise Lost," Book IV., Stanza 818—

> "The animal spirits that from pure blood arise
> Like gentle breaths from rivers pure."

A.B. (Lockwood, Huddersfield).—It is an unalterable rule in the conduct of THE PEOPLE'S MEDICAL JOURNAL, never to give advice on the diseases and infirmities originating in vice, folly, or indiscretion, in the columns devoted to correspondents.

VERITAS (St. Alban's).—We shall be glad to see you. Depend on our best consideration.

*** In consequence of some delay in the transmission of the Editor's publications by post, it is requested that all orders for copies to be thus sent may be addressed to Lloyd Square.

PYRETIC SALTS.—Among the many highly-important facts ascertained by modern science, none exceeds in importance the discovery that all healthy blood contains a large portion of certain saline salts; and, that there is a decided deficiency of these salts in fever and several other diseases. We have been favoured by Mr. Lamplough with a sample of his Effervescing Pyretic Salts, which supply, in the most agreeable form, the want exhausted nature demands. For a cooling, refreshing, and wholesome spring or summer beverage, we know of nothing better than a tumbler of fresh water and a teaspoonful of this preparation. We speak from proved and personal experience, and cordially recommend our readers to test it in like manner.

ELIZA (Wincolmlee, Hull).—See the article on THE DISEASES OF WOMEN AND CHILDREN, published in No. 41.

WILLIAM HARRIS.—We cannot recommend the dentist you name; we have daily opportunities of observing the clumsiness of his handicraft. Apply to Mr. Craigie, Finsbury Square.

J. WEST (Salisbury).—A "relapse" is frequently more serious than the original disease; the aggravation of, or renewal of, the unfavourable symptoms, is too frequently to be attributed to a want of caution on the part of the patient. In convalescence, precaution must be had to the quantity and regularity of the food taken, for in returning health after disease, a person is in a similar state to one who has been starved—he requires to have small quantities given at a time, and repeated at intervals of three or four hours.

J. M.—Try bran. Let us know the result.

GEORGE ROSS (Millwall).—Refer to the article *On Training*, in No. 26.

A MECHANIC.—We described the "mechanical leech," invented by Mr. Tweed, in No. 5. We have not had an opportunity of seeing it employed.

MARY ANNE (Great Portland Street).—Engage Sairey Gamp. You know who and what she is?

A FATHER (Hampstead Road).—We do not see any objection to the employment you propose for your son. Cabinet-makers are generally healthy, though employed within doors. The labour is good; and there is not any hurtful accompaniment, with the exception of the dust which is produced by sawing certain kinds of wood.

A POOR MAN.—You have just grounds for complaint. Write to the Board of Guardians; if they do not heed your letter, apply to the Poor Law Commissioners, Somerset-house.

D. D. D. (Leigh Street, Burton Crescent).—Not without seeing you.

EUSEBIUS (Norwich).—See Answer to T. W. D. (Smethwick), in No. 69.

S. G. (Albany Street).—The person in Rochester who advertises to send prescriptions on the receipt of "a shilling and a postage stamp," and when he has obtained these, "returns an answer to say that he will forward the necessary prescriptions for ten shillings," has not his name inserted in the Medical Directory. You may, therefore, imagine what he is.

G. (Park Lane, Macclesfield).—The following is a good and simple *Fever Mixture*. Take nitrate of potash, one scruple; potassio tartrate of antimony, one grain; syrup of lemons, three drachms; distilled water, sufficient to make eight ounces. Mix. Dose—two table-spoonsful every three or four hours.

A SUFFERER.—Read the letter of a VICTIM, in reference to the "Quack Advertising Consulting Surgeons," published in No. 2.

LION GERARD (Hampstead).—We decline advising in your case without examining you.

J. J. (Dale Street, Liverpool).—Apply to Mr. Shepherd, Scotland Road, who always keeps a stock of the back numbers "on hand."

WILLIAM HARRIS (Romford).—The cause of a silver spoon becoming black when used in "eating a boiled egg," is on account of the sulphur contained in the egg. Sulphur is a considerable constituent in the serum of most animals.

ADOLPHUS (Knightsbridge).—The fits are "epileptic," not *apoplectic*.

RICHARD J. (Putney).—See the articles on "Purgatives," in PHARMACOLOGY, Vol. I.

HEALTH OF LONDON DURING THE WEEK.—Deaths registered, 1042. The public health showed much improvement in the previous week, continues in a favourable state, as contrasted with the great amount of sickness that prevailed in March. Of the deaths registered from diseases of the organs of respiration, 6 were from laryngitis and laryngismus stridulus. 89 from bronchitis, 85 from pneumonia, 11 from asthma, and 11 from disease not particularly designated; 138 deaths are enumerated as caused by phthisis, 12 are ascribed to small-pox, 28 to measles, 13 to scarlatina, 50 to hooping-cough, 4 to croup, 18 to diarrhœa and dysentery, 20 to influenza. Hooping-cough has declined, and influenza undergoes a gradual decrease. 1536 births were registered in the week.

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THE
PEOPLE'S MEDICAL JOURNAL,
AND
FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 71.—Vol. III.] SATURDAY, MAY 10, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XVIII.—THE HAND, AND THE PHYSIOLOGY OF TOUCH.

The hand is composed of the carpus or wrist, metacarpus, and fingers. The carpus consists of eight small wedge-shaped bones, placed in a double row; each row contains an equal number, and the whole are disposed like stones in an arch. They do in fact form an arch, the convexity of which is upwards, on the dorsal surface or back of the hand; and the concavity downwards, or on the palmer surface. But they differ from the stones of an arch in this, that each bone is joined to its fellow by a distinct moveable joint, each being covered with a smooth articulating cartilage. At the same time all of them are tied together by ligaments of prodigious strength, which cross each other in every direction, so that the several separate joints are consolidated into one great joint. The consequence of this mechanism is, that some degree of motion is capable of taking place between the several bones, which, when multiplied together, gives to the two rows of bones such an extent of motion, that when the wrist is bent the arch of the carpus forms a kind of knuckle. By this construction, a facility and ease of motion, and a power of accommodation to motion and force, are obtained, such as belong to no arch contrived by human ingenuity.

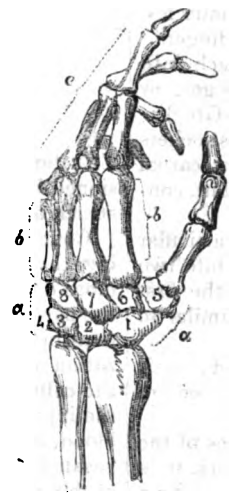

Figure XXXVII.
View of the Back of the Hand.
a The carpus, or wrist.
1. The scaphoid bone.
2. The lunar bone.
3. The cuneiforme bone.
4. The pisciforme bone.
5. The trapezium.
6. The trapezoid bone.
7. The large bone, or os magnum.
8. The hooked bone, or os cuneiforme.
b The metacarpus.
c The phalanges of the fingers.

The metacarpus, or the middle portion of the hand, interposed between the wrist and the fingers, is composed of five bones, which are placed parallel to each other. They are convex outwardly, forming the back; and concave inwardly, forming the hollow of the hand. They are large at each end, to form the joints by which they are connected with the wrist and fingers: they are small in the middle, in order to afford room for the lodgment and arrangement of the muscles, that move the fingers from side to side. Their ends, which are joined to the carpus, are connected by nearly plane surfaces; their ends, which support the fingers, are formed into rounded heads, which are received into corresponding cup-shaped cavities, excavated in the top of the first bones of the fingers. The powerful ligaments that unite these bones pass, both on the dorsal and the palmer surface, from the inferior extremity of the second row of the carpal to the bases of the metacarpal bones.

The ligaments are arranged in such a manner as to limit the motions of the joints chiefly to those of flexion and extension, allowing, however, a slight degree of motion from side to side.

Each of the fingers is composed of three separate pieces of bone, called phalanges; the thumb has only two. The phalanges are convex outwardly, for increasing the strength, and flattened inwardly for the convenience of grasping. The last bones of the fingers, which are small, terminate at their under ends, in a somewhat rounded and rough surface, on which rests the vascular, pulpy, and nervous substance, constituting the special organ of touch, placed at the points of the fingers, and guarded on the upper surface by the nail.

The round inferior extremity of the metacarpus is admitted into the cavity of the superior extremity of the first phalanx of the five fingers, and their joints are connected by lateral and transverse ligaments of great strength. The situation and direction of the ligaments which unite the several phalanges of the fingers, are precisely the same as those of the articulation of the phalanges with the metacarpus; and the articulation of these bones with one another is such as to admit only of the motions of flexion and extension.

The bones of the carpus, or wrist, are small, very irregular, and angular in their figure; wedged together, and bound in their respective places by ligaments.

Anatomists commonly divide the carpal bones of the human hand into two rows—a basal and an anterior—each containing four, as displayed in our engraving (1, fig. xxxvii.). The os scaphoides, or scaphoid bone, so called from its fancied resemblance to a hollow oblong vessel or boat, is united to the radius of the fore-arm on one part, and to several of the carpal bones on the other; and, among them, to the os lunar (2, fig. xxxvii.), so termed from the crescent-shape of that side which is in contact with the scaphoid bone: it is, also, articulated to the radius. The os cuneiforme, or wedge-shaped bone (3, fig. xxxvii.), is in apposition with the extremity of the other bone of the fore-arm, termed the ulna; and has on its internal surface the fourth bone of the basal row, viz., the os pisiforme (4, fig. xxxvii.). This little bone derives its name from its resemblance, in figure, to a pea. The tendon of that muscle of the wrist, called flexor carpi ulnaris, is inserted into it, and it gives rise to a muscle for drawing down the little finger, termed abductor minimi digiti. Of the anterior row, the first in order is the os trapezium (5, fig. xxxvii.), having four unequal sides at its back part, whence it has obtained its name.

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It rests upon the scaphoid bone and, in a pulley-like depression, receives the head of the first, or metacarpal bone of the thumb. To the trapezium succeeds the os trapezoides (6, fig. xxxvii.), so called from the irregularly quadrangular figure of its back part: it sustains the first metacarpal bone, viz., that of the first finger. The next is the os magnum (7, fig. xxxvii.), or large bone of the wrist: it sustains the second metacarpal bone, and rests on the scaphoid and lunar bones. The last is the os unciforme (8, fig. xxxvii.), or hooked bone, which obtains its name from a thin, broad, excavated projection, standing towards the palm, and affording, in its sulcus or groove, both a channel, or passage, and a protection to the tendons of certain muscles of the fore arm, which draw down the fingers: it rests on the os lunare and os cuneiforme, and supports the two last metacarpal bones, viz., those of the third and little fingers. The metacarpal bones are based upon the carpus, on which they have an obscure and limited motion. Their number of course corresponds with those of the four fingers and the thumb; they are, in shape, long and round, enlarging into heads at each extremity, where they are in contact with each other, a space intervening between the bodies; in these spaces are lodged certain small muscles, termed interossei, passing along from the carpus to the fingers.

The orderly disposition of the bones of the fingers, each into three rows, has suggested their appellation of phalanges, or phalangeal bones, in allusion to the martial phalanx of the Greeks; they are twelve in number. The first phalanx or row has sockets at their superior extremities to articulate with the metacarpal bones; the inferior extremity is convex from back to front, concave from side to side.

The second phalanx has, on the upper ends, concave articular surfaces, with a little rising in the middle, dividing it into two small concavities, adapted to the lower extremities of the first phalanx. The lower ends of the second phalanx are similar to the lower ends of the first.

The third phalanx has a joint similar to the second; their points are rough in front, but rounded at their backs to receive the nails.

The bones of the thumb very much resemble the bones of the fingers; but as the thumb is the antagonist of the fingers, it is much thicker and stronger. The first bone is connected by a double articular surface to the trapezium.

The human hand, in every age, has excited the attention of the reflecting and the wise, and has been often and forcibly referred to, as direct proof of consummate art and design, in the creation of our frame. Let us contemplate for a moment the uses to which it is applied, and the extent of its power, as a means of acquiring knowledge, in order that its vast importance may be properly estimated: in the first place, then, it is the grand organ of touch, or tact; the instrument, by means of which we gain an acquaintance with more of the physical properties of matter than through any other organ of sense. Without it the eye would never, perhaps, duly learn to appreciate, correctly, many of the external properties of matter, the forms, the relative size, the distance, or the position of bodies; and it is the touch which aids, regulates, and corrects the conclusions deduced from the ideas gained through the medium of sight. It is a coadjutor to the eye, though the eye, in its turn, aids the hand: for example, touch will not inform us of the colour of any object—colour is an impression upon the organ of vision alone; but touch gives us its hardness or softness, its lightness or weight, its warmth and texture, its smoothness or roughness; thus, one organ aiding the other, we gain a knowledge which neither, alone, would communicate; and the one, taught, as it were, by the other, will, independently, communicate a degree of information respecting qualities, which the other can only appreciate. Such is the association of ideas, that the sight of a feather brings to mind its softness, its lightness, its warmth, and elasticity, though the sight only recognizes colour and form; but experience has taught, that with such a form and colour, these properties, cognizible by touch alone, are always conjoined.

The faculty which we commonly denominate the sense of touch, and which, though generally diffused over the whole surface of the body, is refined to a keener perceptibility, a more exquisite delicacy, in the hand, depends upon the mesh of nerves, with which this organ is abundantly supplied: it is upon the pulpy tips of the fingers that this tissue of nervous papilla especially prevails, and that the highest degree of tact resides. Hence it is by the application of the tips of the fingers to bodies, that the most distinct impressions are received. The discriminating sensibility which resides in the human hand, and in that alone—constituting an important sense which ministers to the mind—being a faculty not needed, at least in high proportion, by the lower orders in the scale, is wisely denied where its possession would be out of harmony.

(To be continued.)

THE TREATMENT OF WOUNDS.

(*Continued from page* 141.)

CONTUSED WOUNDS AND BRUISED CUTS.

The term *contused* is applied to those wounds which are occasioned by some blunt instrument or surface, which has violently struck a part of the body.

Contused wounds may appear, at first view, much less alarming than incised wounds, while, in reality, they are infinitely more dangerous. In simple incised wounds, the retraction of the parts and the bleeding are generally much more considerable than in a contused wound, but in the latter there is disorganization of the parts; blood is extravasated within the injured part, the cellular tissue is broken down, and in many cases the seat of the injury loses its vitality. In general there is but little loss of blood, as the vessels are rudely ruptured, and the blood extravasated around them makes pressure upon the bleeding mouths of those which are divided.

The pain which accompanies these wounds is in an inverse ratio to the cause of the injury; thus it is generally very severe when the wound is only moderately bruised, as in "jamming" a finger in a door; and, on the other hand, the patient scarcely suffers any pain at all, when there has been so violent a degree of contusion as almost to destroy the organization of the nerves of the part, which in popular language is then said to be benumbed.

The changes which a contused wound must undergo, depend on the extent of violence by which it was produced, and the strength of the patient. When the bruised fibres have not been exceedingly injured, the part suppurates—that is, pus, or matter, is formed—and the sides of the injured part unite; but, such portions of the wound that have suffered greater violence, inevitably die, and are cast off in the form of sloughs; granulations—that is minute grain-like fleshy bodies—spring up from the surface of the wound to supply the place of the lost parts, and the breach of continuity is repaired by the process of cicatrization.

When a still greater degree of violence has been done to the parts, and especially when arteries of a certain magnitude have been injured, mortification is too frequently the consequence. However, if the constitution is good, and the mischief is not too extensive, the case may still end well; but, in other instances, the event is always alarmingly dubious; for, the mischief is not then limited to the wounded parts, which have suffered the

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greatest degree of contusion, but too frequently extends over such parts as were not originally implicated in the wound itself.

In the treatment of bruised wounds it is well, at first, to endeavour to unite the edges by adhesive plaster as in a simple clean cut; but if there be much bruising, this rarely succeeds; the bruised part is more or less extensively killed, and must slough, or form a core, as it is vulgarly said to do, which slough or core has the appearance of a piece of wetted buff-leather, and is of a brown, or ashy colour; this must separate and be thrown off before the wound can heal. In such cases it is best to apply a bread and water poultice first, to moderate the inflammation set up; and as soon as matter begins to form, and the extent of the slough is marked, which is shown by the falling in of the dead part, having a narrow raw line between it and the living, then the bread must be changed for a linseed-meal poultice, which should be continued not only until the slough has come out, but till the gap is filled up by new flesh, or granulation, as it is technically called. When the new flesh gets above the edges of the wound, it is commonly known by the name of proud-flesh, and is wrongly supposed to prevent the healing of the wound, for it is the material which is produced for that special purpose; if, however, it becomes too luxuriant, its increase may be restrained by the means pointed out in our last number.

When the hollow of the wound has thus filled, the poultice may be left off and the sore lightly bound with straps of sticking-plaster; or a linen bandage moistened with cold water, and carried a few turns round, will often answer the same purpose.

If, immediately after the accident, the inflammation be great, warm fomentations should be employed, and it may be necessary to apply leeches, but bleeding from the arm is seldom necessary, and should be had recourse to with the greatest caution. Sometimes cold applications, as the common acid lotion, affords greater relief than warm applications; where this is the case they should be substituted.

At the time that we attend to the local treatment of the wound, the internal remedies and regimen should also be adapted to the condition of the patient. The bowels should be kept regular; and any irritability of the system must be allayed by sedatives; and, if the constitution becomes much debilitated, sulphate of quinine and a generous diet may be prescribed.

The most dangerous circumstance arising from the impaired organization of parts, is mortification; the signs and treatment of which will be spoken of hereafter.

(To be continued.)

ON THE STOMACH.

BY THE LATE MR. ABERNETHY.

[The following lecture, delivered, be it borne in mind, in 1827, is so characteristic of the great surgeon, that we are certain it will afford as much amusement as information.]

It may be questioned from the human stomach, whether man's stomach is *carnivorous* or *herbaceous;* for my own part I know nothing about it, except that I think a man's stomach is very like a lion's, and that a lion's stomach is certainly carnivorous. But that a man was meant to eat herbs, is to be collected from his teeth, from the articulation of his jaw, and from his masseter muscles. That he is capable of living also on animal food, is perfectly clear; and it is evident, taking both the alimentary canal and the stomach together, that he was meant to feed on both, for the alimentary canal is between herbaceous and carnivorous.

There was a time when persons thought that the *wrinkles* in the internal coat of the stomach, rubbing against each other, produced hunger; thence arose the vulgar phrase—"Come, take the wrinkles out of your stomach," by satisfying the appetite; but all that is just nonsense, and I may as well speak upon that now.

Hunger and *Thirst* are *mere sensations*, sensations of the stomach, and they seem really to be incompatible with one another; for a thirsty animal is not hungry, nor is a hungry animal thirsty. Hunger does not produce thirst, and an animal does not drink till it has digested the food. People will say otherwise; they will say, I have seen a cow drink the moment she began to eat. Well, so they may, for that is just the time when she should drink; the stomach is then empty, and the water that she then drinks does not remain above what the cow may have just at that instant ate, but it passes down into the stomach and fills the paunch, enters into and fills up the *cooking cavities*, as I may call them. People feel hungry when their stomach is full; this you will frequently find to be the case. A healthy young man, after eating a pound of beef steaks, and after having washed them down with a good quantity of strong drink, will be as hungry as if he had never seen the beef steaks, and ready to swallow a barrel of oysters. (Laughter.) O, there are people who eat continually, and are never satisfied but when they are eating. There was a woman in this hospital who was eternally eating; they gave her food enough, you would have thought, to have disgusted any body, but she crammed it all down; she never ceased but when her jaws were fatigued. She found out that when she put her feet into cold water she ceased being hungry; and therefore, when she had a mind to rest her jaws, she got a bucket of cold water, plumped her feet and legs into it, and there she sat till she thought she would up and at it again. (Laughter.) O, all this is a morbid sensation; extreme thirst is a morbid sensation, and you must cure the morbid sensation of the stomach if you want to cure thirst; but the way people generally take to cure it keeps up the thirst rather than allays it.

Now in looking at these follicles in the internal coat, some people say they are for secreting *mucus;* others say they are for secreting the *gastric fluid*. Now every person knows that the stomach does secrete mucus and a peculiar liquor, but I do not see the sources of this; we see distinct sources in the intestines, but we do not in the stomach; at least I can't.

With respect to the *physiology* of the stomach, to the best of my knowledge and belief Mr. Hunter was the first man who broached those opinions which are generally accredited, or have not till of very late been disputed, which is, that digestion depends upon the sufficient quantity of the liquid which the stomach secretes—of the gastric fluid, and that this liquor has the properties of rendering any nutritive matter solid, so that it should not pass through the *pylorus* until it had undergone this peculiar solution by the gastric fluid. Well, if the white of an egg is given to a hungry dog, in a few minutes it will be as *hard* as if it had been boiled for hours. The juice of the stomach instantly curdles milk. Take the gastric fluid out of the stomach of a calf just born, and it has most curious properties; the little of that fluid that is in the stomach they dry in it, then dissolve it, and then curdle gallons of milk with it, as you all know. Then, as the fluid of the stomach has the power of dissolving that which is nutritive, the question is, why don't it dissolve itself, it is flesh? John Hunter would never boggle at an answer for that, and he says, that the life of the stomach preserves it. There is no chemical agent will act on it. Worms live in the stomach, and yet there is no doubt but that a meal of dead worms would form a very nutritive repast to a dog. But does the fluid ever dissolve the stomach? Yes, it does. The proof of this is, that if a man eats a large meal, and is suddenly afterwards killed by a blow on the head, as has often occurred, you will see that the gastric

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fluid is acting, not on the food, but on the stomach, that it makes a hole in the stomach, and that the food gets through that hole into the belly. Various stomachs have been examined having these appearances. But Sir Astley Cooper told me of a case where a person was met with after death under these circumstances: the body was laid in what they would call *a very ungainly attitude;* it laid with the thorax lower than the abdomen, and upon opening the body, the stomach was found to be dissolved at its *lesser* arch; it is usually at the *larger* arch where it is dissolved;* in that case the diaphragm was dissolved, and the stomach was in the lower part of the thorax.

Some people say there is no gastric juice; why? Because we cannot get it. And why can't we get it? Because it is not secreted but at certain times; it is only secreted when it is wanted. There are many who think, even now, that it is the *vital powers* of the stomach, and *not* the *liquid*, that causes the digestion. Well, they may entertain that notion if they please, but all I am bound to do is, to tell you what appears to me to be the most reasonable physiology.

There are animals who feed on what appears to be the most innutritive to others—the *woody* substance of things. But what do they do? They pour upon that substance, at first, a liquor, and then they eat it: there is a liquor evidently runs from them, and dissolves that which is afterwards to become their food.

Now, I say, analogy would lead us to suppose—and I think I have told you enough of facts, to warrant us to a pretty considerable extent in believing that the stomach does prepare a liquor of this kind. Mr. Hunter thought so; and he was employed to open the body of a patient of Sir John Pringle's, in whom the stomach was dissolved. To Sir John Pringle it was new; Mr. Hunter said, O, I have seen it frequently, this is not disease—it is the effects of the gastric fluid. Sir John Pringle, who was president of the Royal Society, urged him to write a paper upon it, and he did. Now, two or three years afterwards, a Dr. Stevens, who was preparing his inaugural thesis at Edinburgh, met with a man who was *a stone eater*—a man who would swallow stones, and let you hear them rattle in his stomach; and the doctor thought this would be a good time for making experiments; therefore, he got him some food consisting of balls, ivory balls, metallic balls perforated with holes, which he gave him filled with animal substance; for it was said that irritation might be, and that trituration must be, the cause of digestion; but trituration was not the cause of it, as appeared from the balls after they were voided. Had putrefaction destroyed the whole? O, the time was too short for that. Well, he went on, and gave the balls, filled with matter, to carnivorous animals, but they also voided them undissolved. It was eight years afterwards, when this was taken up by another person, but yet no one speaks of Mr. Hunter but myself. I believe him to be the author of these opinions; certainly that has been doubted, it has been contended against, but I believe not on sufficient grounds. I may just mention further, that if you give putrid meat to a hungry dog, it will sweeten in the dog's stomach, and that the gastric fluid of a dog's stomach has been applied to sores.

Now this is all I have to say about digestion; but here I came to a very curious point indeed; which is, that all Mr. Hunter's notion of digestion has been, I may say, proved by experiments on the stomach; and which is, that nervous energy is required for secretion; that secretion depends upon a particular action, and that the nerves being incapable of exciting and governing the action of secretion, it will not take place. Dr. Haighton divides the eighth pair of nerves in a dog, and curiously enough the dog takes its food at regular periods when it is given to him, but he shows manifest signs of sickness and disquiet; something is voided from his bowels, as aforetime, but the dog wastes away, and becomes nearly a skeleton. In the course of a certain number of weeks, the nerves become united, and the dog digests his food, looks well, and again recovers his flesh. Dr. Harwood, of Cambridge, feeds two dogs of the same age, brothers or sisters, in an equal state of health, with flesh meat; they are pointers; and after he has done so, he decoys one of them into the fields and hunts it—induces it to hunt, to exercise it: after hunting it for four hours, he brings it home and kills both the dogs. The one that was hunted has all the flesh in his stomach, softened a little, but not digested; the other, which has been suffered to do what Nature dictated,—that is, to lie down by the fire and go to sleep, has all his food digested, and is found in the high road into the blood vessels; the lacteals are all full of the chyle which they have absorbed.

Now these things deserve the particular attention of medical men; because, what is the chief object of medicine, in a great number of cases, but to give strength to patients? For my own part, I can see no permanent source of strength but in digestion. You may give *bark;* aye, and if the stomach will digest it, it will give strength, but I know not how it will give strength otherwise. We ought to give caution to patients, not to take too much exercise after eating; to keep themselves quiet, and not to allow their minds to be disturbed, for you know the eighth pair of nerves comes from the brain to the stomach, and if the mind be agitated and disturbed, will the stomach digest food, or will it even receive it? No. O, there is a great sympathy between the mind and the stomach: if a man has received some intelligence which really distressed or annoyed him—thoroughly distressed him; if a merchant heard of the loss of a great adventure at sea; if a surgeon heard that a patient of his had died in whose fate he had taken great interest, who he thought would have recovered, and by whose recovery he would have had credit secured to himself; or if a lover heard that his mistress had cheated him (laughter) just at the time he was sitting down to dinner, would he eat his dinner, do you think? O, no; or if he heard of the tidings just after he had dined, would what he had taken digest? O, no. Well, to secrete, there must be vital actions regulated by the nervous system; and, in every part of the physical body, you will see that fact proved. Now I go on; the food is digested, but what does it become? Not chyle in the stomach, but a kind of pulpy adhesive sort of matter—sticky sort of matter, of no very pleasant odour. People vomit after they digest their food, when they have had a blow on the head; and what are we to call that? O, it is generally called chyme. The stomach digests the food, and it is certainly called chyme. I may inform you, that there have been opinions entertained that the right end of the stomach is more calculated for food, and the left for the fluid. But these are things, I believe, concerning which we have no absolute knowledge; and therefore, we are ignorant of them.

* See figs. ix. and x. in No. 69.

SOJOURN OF A CHERRY-STONE IN THE AIR PASSAGES.

A woman, 54 years of age, without cause known to herself, was seized with fits of coughing, which came on every eight or nine days, and continued for several minutes. She had no feverish symptoms, nor pain of chest, nor unusual respiratory murmur. As the cough was always attended with sensation of suffocation, she asked medical advice; but as no cause could be detected to account for the cough, it was deemed nervous, and treated accordingly, but without affording any relief. Nine months after its first appearance, during a fit of coughing, she expectorated a hard body, which, on examination, proved to be a cherry-stone, surrounded with a calcareous incrustation.—*Gazette Médicale.*

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PROTRUSION OF THE LOWER JAW.

Dr. Gunnel states in the *American Journal of Dental Surgery*, that this unsightly disfigurement most commonly occurs soon after the commencement of second dentition, and is caused at this period by the teeth being cut irregularly, so that the teeth of the upper jaw strike either upon or just inside of the edge of those of the lower, the result of which is, that when the jaws are brought together, the lower is forced forward, producing its partial dislocation at the temporo-maxillary joint; he remarks that this may be prevented by the early extraction of the temporary teeth. In those cases where deformity already exists, and where mechanical ingenuity is necessary, Dr. Gunnel has employed, with complete success, a small block of ivory tied to the lower jaw teeth, so as to separate the teeth in front about one-quarter or one-eighth of an inch. He then applies Fox's bandage and buckle, which is drawn as tight as the patient can conveniently bear, so as to produce pressure on the chin upwards and backwards. And in those cases where the teeth are irregular, he introduces between the teeth a piece of tough wood of the shape of a narrow spoon handle, which he presses firmly, for five or ten minutes, two or three times a day, on the outside of the protruding tooth or teeth, also on the inside of the upper irregular teeth; the lower end of the wood and hand being below the chin, exerts pressure upon the lower teeth inwards and backwards, and on the upper outwards and forwards. By this simple method, he asserts, he has restored the face or jaws to their proper symmetry in one week, although in obstinate cases it may take a longer period, varying from three to six weeks, and even more. If there are irregularities of the teeth in the case under treatment, the remedies for such irregularities he recommends should be employed with the above operations. He treats deformities of this nature, in like manner, as a dislocation of the joint from any cause, and considers that a gradual partial dislocation of the joint is generally produced by the protrusion of the lower jaw, by an improper or unnatural pressure of the under and upper front teeth against each other, which, he says, generally commences in such cases about the time of cutting the second set of adult front teeth. The object of the bandage or cap, &c., and block of ivory, is to press the condyles of the lower jaw backwards and downwards, and also to press the chin backwards and upwards, the block of ivory between the back teeth acting as the fulcrum. The bandage should be removed but once a day, and to prevent the skin becoming irritated by pressure, it should be lined with soft cotton wool; it should be drawn tighter every day or two, and the cure may be considered complete when, upon removing the block of ivory, the lower jaw is found to close in its proper position, the teeth in front being posterior to those of the upper. He recommends the use of the bandage to be continued at night for a short period. Dr. Gunnel, in our opinion, hardly acts advisedly in seeking to replace the projecting teeth in so short a time; those are we believe most likely to be successful in their practice of this operation, who devote a much longer period to carry it into effect. Serious mischief, and, at all events, considerable suffering, may be produced by *forcing* the distorted bone back to its place, in a period of time so short as is comprised in from one to six weeks.

I look upon that notion of delicacy which would exclude women from knowledge calculated in an extraordinary degree to open, exalt, and purify their minds, and to fit them for the performance of their duties, as alike degrading to those to whom it affects to show respect, and debasing to the mind that entertains it.—*S. Smith.*

A GERMAN'S OPINION OF ENGLISH QUACKERY.

On looking over a work recently written by a German physician (Dr. Casper), describing the state of medicine in England and France, we felt, as we have no doubt others will feel, ashamed of the testimony he has given to his countrymen; but at the same time, being convinced of its truth, we were ashamed that we belong to a country permitting such dissolute and unrestrained quackery.

Dr. Casper says,—"It was by no means rare to find on the house-doors the names of two or more surgeons, with the appendix of a Co., as 'Philips, Sumpton, and Company, surgeons, &c.' My readers will probably not be less surprised than myself of these ostentatious displays, and will be disposed to inquire, as I did, what they could mean; whether the gentlemen treated their patients conjointly; whether it was so contrived that one of the Co. should always be at home, in case of accidents, and so forth? At length the riddle was solved. The whole concern was only a branch of the London quackery. Among the common sort of English, in whom a commercial spirit is not less innate than that of 'Freedom,' the word 'Company' is considered a good assurance for the solidity of a firm; and, by analogy of reasoning, two or more surgeons are supposed to possess more skill when practising in 'Company,' than if alone.

"In London, as in Paris, the punctum saliens of medical quackery is *syphilis*, and here again we find 'Consultation Houses,' and the usual nostrums. But it would offend the vision of the modest and bashful Englishman if such things should be announced on hand-bills at the corner of the streets; the quacks in London have therefore invented a different plan to disseminate their boasted skill among the multitude; they employ men to distribute little advertisements to the foot passengers, who at their leisure may read the disgusting contents. Some of them have some enticing motto prefixed, as 'Speedy cure on moderate terms!' Others are said to be 'for the benefit of the army, navy, and the public in general!' I was informed that there were certain 'Medical establishments where men are rescued from perilous diseases without the use of mercury, which has proved the death of thousands, in the hands of *ignorant quacks*.'

"Just in the same style hundreds of similar bureaus are announced, and a hundred other forms of deceiving the public, practised in the capital of a country which may be proud to call a Hunter, an Abernethy, a Lawrence, a Bell, and a Cooper, her sons. According to the pretensions of the advertisers, what wonders are not '——— justly famous pill' capable of accomplishing? Prepared and sold, as the dirty paper announces, by the Taylors, in a street leading to Blackfriars'-bridge, who say that they are *Members* of the '*Royal College of Surgeons!!*'" Dr. Casper then goes on to sneer at the contents of the papers, detailing the marvellous efficacy of these pills of "immortal and universal fame," and concludes his remarks by congratulating his countrymen on their being free from such disgrace.

"Luckily," concludes Dr. Casper, "Germany can look down upon and laugh at these disgraceful fooleries of her *enlightened* neighbours!"

PECULIARITY OF MERCURIAL SALIVATION.

It has been recently observed, that mercurial preparations produce salivation only in those persons who are provided with teeth. In illustration of this, a case has lately come under the notice of M. Berard, in which a woman, having been submitted for some time to mercurial frictions, at length became salivated; but it was remarked, that the increased flow of saliva was only manifested in the neighbourhood of two stumps of teeth with which her jaw was supplied.

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CASE OF RECOVERY FROM A DOSE OF CONCENTRATED SULPHURIC ACID.

BY DR. BORGSTEDT, OF MINDEN.

Dr. Borgstedt was required to see a boy, aged three years, who had shortly before swallowed out of a glass from one to two drachms of oil of vitriol. The father of the boy had already given to him some spoonfuls of train oil. Dr. B. found, on his arrival, that the acid had acted powerfully on the skin around the mouth as well as on the interior, and on the back part of the throat. The patient was lying speechless and motionless on his back; his face pale, his eyes deeply sunk and closed, his breathing difficult, and accompanied by a rattle. Carbonate of potash, dissolved in sugar-water, was immediately given at intervals, being poured gradually down his throat. Repeated vomitings followed, and a dark brown semi-transparent slimy matter was ejected from the stomach. When the vomiting had ceased, a table-spoonful of oily emulsion, mixed with carbonate of magnesia, was given every half-hour. On the evening of the same day strong febrile symptoms set in, with very severe pain in the region of the stomach, aggravated by the slightest motion. Six leeches were applied to the region of the stomach. The fever and pain in the stomach continued for three days; hence six leeches were applied to this region daily. During this period the mucous membrane of the mouth and tongue became detached, leaving deep ulcers. These were smeared with a mixture of olive-oil and yolk of egg, which appeared to give great relief. The only nourishment allowed was milk. The fever began to abate about the fourteenth day, and with this the tenderness of the abdominal parietes in the region of the stomach. The mixture above mentioned was given to the child at longer intervals up to the fourteenth day. The motions underwent a marked change, and indicated the progress to recovery. On the first day they had their natural colour; from the second to the seventh day they were very hard, and appeared like slaked lime; from the seventh to the thirteenth day they assumed an ash-grey colour; and on the fourteenth day they had their usual normal characters.—*Casper's Wochenschrift.*

*** Cases of recovery from the effects of concentrated sulphuric acid, although several are on record, are not very common. The above is well calculated to show the extraordinary powers of nature in repairing the serious injury which the acid had produced in the mouth, throat, and stomach. The treatment appears to have been throughout very judicious. According to some, soluble alkaline carbonates should not be given; but we think they are much more likely to neutralize the acid than the insoluble carbonate of lime or magnesia commonly employed; and this is the great object in the first part of the treatment. No harm can possibly result if the solution be given at short intervals in small doses. The use of oil is very beneficial, as it tends to decompose and form acid soaps with the vitriol.

OXALIC ACID IN THE RHUBARB USED FOR PIES AND PUDDINGS.

A family of four persons, in this city, recently, after eating very freely of the leaves of the domestic rhubarb or pie plant, boiled, and served as "greens," were all of them, shortly after, seized with severe vomiting. In one of the persons it was followed by gastritis (inflammation of the stomach). The others recovered directly after the vomiting. We have occasionally seen notices in the newspapers of this plant producing noxious effects.—*Buffalo Medical Journal.*

In the second number of the same journal, there is an analysis of the rhubarb plant, by Dr. Long, U. S. Army. From this it appears that one of the smallest bundles in the market, weighing about one pound, contains 24½ grs. of oxalic acid. "The minimum fatal dose of the crystallized acid on record in standard works is half a drachm (half an ounce?) but it would doubtless be unsafe to take a much smaller dose than this of the acid in a free state. Yet, as the diluted acid is regarded and used as a safe refrigerant in fevers, and as a portion of it exists in the pie plant, in combination with lime, and is therefore inert, it would seem hardly probable that any deleterious effects would result from the use of the plant." In one experiment, Dr. Long used the petioles or stalks, and in the other both the stalks and the leaf, without any appreciable difference in the result.

These results are certainly curious, and we hope they will induce further inquiry. So far as the root of rhubarb has been examined, it would not seem to contain any free oxalic acid, but oxalate of lime, varying, according to the different localities producing it, from 11 to 35 or 40 per cent.—*American Journal of the Medical Sciences.*

DISTORTIONS OF THE SPINE.

Distortions of the spine often occur to the most healthy persons, as is exemplified in the colliers of a particular mine in Lancashire, who are obliged, from the thinness of the stratum, to sit in a bent posture, and force their right side into the vein, in digging out the coal. Their spines are soon curved to the right side. Similar gibbosities, arising from the same cause, are said to prevail among the colliers near Rotherham, in Yorkshire. The Athenian rowers were deformed in their shoulders, from their peculiar occupation on ship-board; and the greater part of the Thames watermen are said to be similarly affected, and, as it should seem, from the same cause. The "professional bend" of the lawyer, who ponders three parts of the year over pleas and books and demurrers is well known. And, indeed, generally, a particular confirmation of the spinal column follows every particular occupation which draws it, for any length of time, on one side or the other, forwards or backwards. These things are notorious. A knowledge of the injurious effects of posture upon the spines of hardy labourers, cannot be too strongly impressed upon the minds of parents and teachers.

CONFORMATION OF THE BODY IN APOPLECTIC PERSONS.

It is a popular belief, that persons with a peculiar conformation of the body, namely, with large heads, red faces, short necks, and capacious chests, are predisposed to apoplexy, and that persons of spare habit, with longer necks, are exempt from that disease; so that, if a person of this latter description is attacked with apoplexy or hemiplegia, considerable surprise is expressed. My experience causes me to doubt the accuracy of these opinions. The former class of individuals are usually the subjects of considerable hypertrophy of the heart, and hence suffer from habitual determination of blood to the brain, and, perhaps, hypertrophy of that organ. No wonder that they should suffer from attacks of apoplexy. But I have met with many instances of apoplexy and hemiplegia among the poor, when the individuals have been pallid and attenuated with slight figures; in fact, presenting the very reverse of the so-called apoplectic make; and in such cases, upon making a careful scrutiny of the heart and lungs, I have discovered signs of valvular disease in the heart, or, perhaps, of extensive emphysema of the lungs, and these diseases probably combined with changes in the arterial coat.—*Dr. G. Burrows.*

EPIDEMIC OPHTHALMIA.

The Mayo *Constitution* says that ophthalmia has broken out amongst the inmates of the Union workhouse at Westport, and that the number of cases in the last week exceeded forty. It appears to be prevalent also in the Kilrush Union-house.

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HINTS FOR HEALTH.

ACTIVE AND INACTIVE LIFE.

We have all had equal occasion to see instances of men who, without any change of mental condition, and it may be without any change of worldly means, have altered their social position—say from an active to an inactive life; as when a tradesman, or merchant, or professional man, retires from business with a fortune, or, at least, with a competency, and institutes a new course of life, unconstrained by any of those social necessities to occupy a certain portion of his time in bodily or mental labour by which he has been previously bound. Common observation teaches us, that among men of this class numerous examples of great unhappiness are to be found. To many of them, more especially to those who have only a sufficiency to live on (for the very expenditure of great wealth is a constant source of occupation in itself), when the novelty of the change has passed off, as it soon does, the hours are found to hang very heavy on hand. In this new sphere, time (to use Rosalind's phrase) does not even amble, except on rare occasions; often does it stand stock-still; never does it trot, much less gallop withal, as in the old shop, or ship, or chamber, or counting-house, or consulting room.

THE INFLUENCE OF THE MOTHER'S MILK ON THE INFANT.

As a proof that milk is dangerously and even suddenly affected by the parent supplying it, independent of any disease that might be present in the system, we have several instances on record where death has taken place in the infant almost immediately after the mother has given it suck during the time that she has been in an excited state from passion, fear, or from protracted grief and sorrow. As an instance, the following quotation from Dr. Von Ammon, physician to the King of Saxony, will be conclusive:—"A carpenter fell into a quarrel with a soldier billeted in his house, and was set upon by the latter with a drawn sword. The wife of the carpenter at first trembled from fear and terror, and then suddenly threw herself furiously between the combatants, wrested the sword from the soldier's hand, broke it in pieces, and threw it away. Whilst in a state of strong excitement, the mother took up the child from the cradle where it was playing in perfect health, never having had a moment's illness; she gave it the breast, and in so doing sealed its fate. In a few minutes the infant left off sucking, became restless, fainted, and sank dead in its mother's arms."

LEMON-JUICE USED IN SCURVY.

Lemon-juice was known to be a remedy for scurvy far superior to all others, more than 200 years ago, as appears by the writings of Woodall. In 1600, Commodore Lancaster sailed from England with three other ships for the Cape of Good Hope, on the 2nd of April; and arrived in Saldanha Bay on the 1st of August, the commodore's own ship being in perfect health, from the administration of three table-spoonfuls of lemon juice every morning to each of his men; whereas the other ships were so sickly as to be unmanageable for want of hands, and the commander was obliged to send men on board of them.

It is to the representations of Dr. Blair and Sir Gilbert Blane, in their capacity of Commissioners of the Board for Sick and Wounded Seamen in 1795, that *its systematic introduction into nautical diet*, by a general order of the Admiralty, is owing. The effect of this wise measure (taken of course in conjunction with the general causes of improved health), may be estimated from the following facts. In 1780 the number of cases of scurvy received into Haslar hospital was 1457—in 1806 *one* only, and in 1807 *one!* There are now many surgeons in the navy who have never seen the disease.—*Herschel.*

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

ALBERT (Limehouse).—Any Sunday, before one o'clock.

JOSEPH HOLDEN (Newport Street, Bolton).—Cannot be answered otherwise than privately.

G. W. O.—The "prospectus" you forwarded to us breathes *quackery* and ignorance in every line. The absence of *dates* to the testimonials proves the imposition; the titled names referred to are like the stereotyped "Earl of Aldborough" of Professor Holloway—those of personages who have been defunct twenty or thirty years. It is impossible that the same "solvent" can dissolve every variety of calculus. Consult a qualified medical man—not a quack.

C. J. DENNIS (Derby).—According to the recent Pharmacopœia, the compound tincture of aloes is thus directed to be prepared. Take four ounces of bruised socotrine or hepatic aloes, four ounces; saffron, two ounces; tincture of myrrh, two pints. Macerate for seven days, and strain. This is a valuable preparation; but we fear, from the expense involved, only first-rate houses will dispense it genuine.

F. A. (Oxford Street).—For the period at which the human frame attains "perfection," see answer to T. H. L. (Pickering) in No. 69.

A POOR CLERK (Bristol).—Apply to the leg a lotion, composed of two parts water, one part vinegar. All greasy applications—as ointments and salves—are improper.

ROBERT JENKINSON (Wisbeach).—Read the article on CHRONIC BRONCHITIS, in No. 9.

A COUNTRYMAN.—The rascals are Jews, quacks, extortioners, and swindlers. Burn the filthy book and forget it. Candidly state your case to any qualified physician.

A SUFFERER—CUTANEOUS.—Why date from "Clapham," whilst your letter bears evidence, as far as the post-mark goes—that you reside in the neighbourhood of *Goswell Street*? The man who deceives his physician or his lawyer, is a very foolish man. See answer to A POOR CLERK (Horsleydown) in this number.

H. P. S. (York Street, Lambeth).—We cannot advise without examining you.

FANNY (Portsea).—Read the Chapter on "Nervous Headache," in the Editor's work on HEADACHES.

D. R. (Skinner Street, Whitby).—We have no knowledge of you or your case.

A POOR CLERK (Horsleydown).—Invalids resident within a distance not greater than is your's from our own, must *call* for the advice and instructions they ask for.

D——D F——R (Thirsk).—We do not profess to give advice, indiscriminately, without fee; there is a wide difference between honest poverty, and poverty of spirit. The former will always meet with the utmost consideration at our hands, and our services will be cheerfully rendered. Will your lawyer preserve your property without "charges"? Why should a medical man, who preserves your health, be the only man who is expected to work,—brain and hand, without recompense? "The labourer is worthy of his hire," whether he be a baker, a tailor, or a "doctor."

P. M. M. D. (Ashton-under-Lyne).—The *thing* is too ridiculously absurd to notice.

C. O. T. (Birmingham).—You have detailed the symptoms too superficially. The liver appears to be the origin of your indisposition.

HENRY LAWSON (St. Bees).—The tongue is composed of muscles, and is provided with a vast multitude of vessels and nerves, and covered with a humid epithelium, or membrane.

INQUIRER.—We published the GLOSSARY with No. 66, and the PEOPLE'S MEDICAL DICTIONARY, for the purpose of removing the necessity of such applications. Refer to either.

D. R. S. (Exeter).—Your question arrived remarkably *à propos*. We were at the moment describing to a friend the admirable invention of Major Little, to supply the loss of the right hand. It is in the Exhibition, Class 10, No. 196. As your son is unfortunately situated, the examination of that apparatus alone will repay you and him for the journey. When we have digested the wondrous scene we witnessed on the 1st instant, we shall describe the many valuable inventions to alleviate pain and corporeal disqualification, and the various instruments to assist the physician and surgeon in the treatment of disease or accident, that British and continental science and ingenuity have presented to the world, in the marvellous Crystal Palace.

E. M. G. (Chelsea).—Your remark, that "physicians prescribe very little medicine and apothecaries a great deal," is quite correct. The amount charged for mixtures and powders during the short indisposition of your child, appears to us to be excessive. Measles will be treated of in an early number, under the head of FEVERS.

WILLIAM JOHNSON (Fleet Street).—First, the lumps are the result of scrofula. Second, asthma is hereditary. Third, we cannot give any opinion on your "weak eyes," only knowing that they are weak. Fourth, read the articles on COLDS, in the first three numbers. Fifth, as a general rule we do not approve of the wearing of flannel next to the skin, especially in a youth of your age.

M. G. (Acton Street).—Received, and will be attended to.

DELTA.—Public credulity and public ignorance constitute the knowledge of quacks. What an excellent motto for a patent medicine!

AZAEL (Loughborough Road, Brixton).—Medicine was cultivated and practised for 1600 years before the Christian era, as we find in the 50th chapter of Genesis.—The first legislative enactment passed in England, regulating its practice, was in the third year of Henry VIII. The laws for "qualification" are now in a disgraceful jumble.

A WORKMAN (York Road, Lambeth).—Read carefully the article on "Irritable Bladder and Incontinence of Urine," in the papers on THE DISEASES OF ARTISANS, in No. 48.

ALFRED.—Before one o'clock. A guinea.

N. GENDRIN (Canterbury).—Chloroform should never be administered by other than a medical man. The dentists—of course we mean the mob of unqualified dentists—are quite incompetent to employ it, and death may, as it has already too frequently done, follow its unguarded use. Under proper management it is a most merciful agent.

P. D. (Goodge Street, Tottenham Court Road).—We will not venture to direct you without examining you.

D. H. P. (Artillery Place, Finsbury).—We are obliged by your letter. If you can comprehend and adapt to practical use "The Process of Thought," recently published by Longmans, you are a remarkably clever fellow. We admit our inability. 'Tis a great pity that really clever men should always have one ridiculous *fad*.

HECTOR MUNRO (Argyll Street, Glasgow).—If you give the order to Mr. Love, Nelson Street, he will obtain the first two volumes for you in three or four days.

P. (Eastgate, Pickering).—Rub the chest with simple soap liniment, every night, and take the cough mixture prescribed in No. 8, page 60, Vol. I.

DAVID D—— (Pontypridd).—You have no remedy. You have parted with your money to a quack, and we can only advise you to be thankful that "the usual consultation fee of one guinea" is your greatest loss. Some persons are duped out of ten times that amount for the purchase of the same knowledge that you have acquired.

GRACE H. (Bristol).—It *is* infectious.

ROBERT TURNBULL (Reading).—The common "acid lotion" or "vinegar wash" is made by mixing one fourth of vinegar with three fourths of water. If the pain be very severe, to a pint of the lotion add a tablespoonful of laudanum.

A TYRO.—Berzelius, the celebrated chemist, was a native of Sweden. He died August 18th, 1848.

J. J. (Elizabeth Street, Liverpool).—We have received your letter, but really cannot comprehend what you mean.

ROBERT HARRISON (Halifax).—Take thirty drops of the compound aromatic spirits of ammonia, in a wine glassful of Sir James Murray's solution of camphor, twice a day. As summer approaches, use the shower bath.

ROBERT HALL (Deritend, Birmingham).—See answer to A REPORTER (Dublin) in No. 36.

JAMES COLE (Great Yarmouth).—We do not think you have referred the symptoms to a right cause; write again, and describe the cause with greater candour.

ALBERTUS (Knightsbridge).—Kosso, or *Kousso*, may be obtained at Jacob Bell's, Oxford Street; Hooper's, Pall Mall; and at Apothecaries' Hall.

HEALTH OF LONDON DURING THE WEEK.—The deaths registered last week were 1075. Measles have been very prevalent and carried off 67 children: scarlet fever, 10; small pox, 8. Typhus was fatal in 32 cases; diarrhœa in 21, influenza in 7, and hooping cough 66. Considerably more than the usual number of children are still dying from this last-mentioned complaint, which at this period of the year does not usually exceed 43 in its weekly measure of fatality. Last week the births of 771 boys and 732 girls, in all 1503 children, were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 72.—Vol. III.] SATURDAY, MAY 17, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XIX.—THE BONES OF THE LOWER EXTREMITY.

[For a description, and Drawing of the Pelvis, see No. 54.]

As the arm consists of a humerus, fore-arm, and hand, the inferior extremity is in like manner divided into the thigh, the leg, and the foot.

THE THIGH BONE,

Femur, or os femoris, is a large and strong cylindrical bone, slightly arched backward, having a round head at its upper extremity, which is received into the acetabulum, or cup-like cavity of the pelvis, and forms the most perfect ball and socket joint in the body. The obliquity of the shaft of the bone is necessary to bring it more immediately under the centre of gravity, and to render our steps not only more direct, but more quick and secure. It has been remarked, that whilst a man stands on both his legs the thigh bones are oblique to the gravitation of the body; but when one foot is raised, the whole body then being balanced on one foot, a change takes place in the position of the thigh bone, and the obliquity of that bone is diminished; or in other words, now that it has the whole weight to sustain, it is perpendicular under it, and has therefore acquired greater strength.

From the external surface of the thigh bone, nearly in a line with its axis, proceeds the largest and strongest bony process of the body, which gives insertion to its most powerful muscles, namely, those that extend the thigh, and that enable it to turn on its axis. From its power and size it is called the trochanter major, or great trochanter (7, fig. ii.); at the inner and under part of the neck of the bone, at its back part is a similar but much smaller process, called the lesser trochanter, or trochanter minor, into which are inserted the muscles that bend the thigh.

The head of the thigh-bone is firmly braced down in the cup-like cavity of the pelvis, by various strong ligaments; and in particular by one, the ligamentum teres, or round ligament, which arises from the top of the head of the bone itself, and is affixed to the bottom of the cavity of the acetabulum; so that when the hip-joint is dislocated, this ligament must be necessarily ruptured.

The inferior extremity of the femur is much broader and thicker than the superior, and enlarges into a pulley-like articulating surface which enters into the construction of the knee. The expansion of the bone is terminated by two eminences, with smooth surfaces, termed condyles, which, articulated with the tibia and the patella, form the joint of the knee (fig. xxxviii).

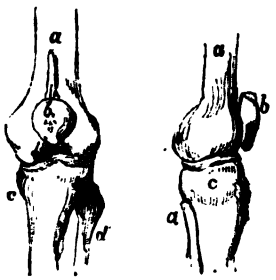

Figure XXXVIII.
Anterior and Lateral View of the Knee.
a. The femur, or thigh bone.
b. The patella, or knee pan.
c. The tibia.
d. The fibula.

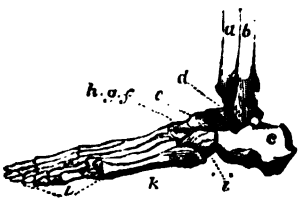

Figure XXXIV.
The Bones of the Foot.
a. The tibia.
b. The fibula.
c. The os calcis.
d. The astragalus.
e. Navicular bone.
f. The first cuneiform bone.
g. h. The two other cuneiform bones.
i. The cuboid bone.
k. The metatarsal bones.
l. The phalanges.

THE KNEE JOINT,

Formed by the articulation of the tibia, or large bone of the leg, with the extremity of the thigh bone, is firmly knit and well secured by ligaments, being also protected, in front, by a bone called the *patella*, or knee cap. This bone may be regarded as a moveable olecranon,—the process of bone at the elbow joint,—enveloped by the tendon of the powerful extensor muscles of the leg, which tendon is inserted into the exterior part of the top of the tibia. It is a remarkably light but strong bone, and follows the motions of the tibia, to which it is attached. It is lodged, when the knee is extended, in a cavity formed for it in the femur; when bent, in a cavity formed for it at the fore part of the knee. The anterior surface is convex and rough, from the adhesion of the fibres of the tendon spread over it; its posterior surface is divided by a perpendicular ridge, into two slightly concave articular surfaces. The patella gives to the tendons which bring forward the leg, a very considerable mechanical advantage, by altering the line of their direction, and by advancing it out from the centre of motion, and this upon the principles of the resolutions of force, upon which principles all machinery is founded.

THE LEG.

The bones of the leg, two in number, consist of the tibia and fibula.

THE TIBIA,

or shin bone, next to the femur, is the longest bone in the body. It derives its name from its resemblance to an ancient flute. The upper part, or head, has two semicircular concavities for the reception of the condyles of the thigh bone; and in the centre of the front aspect of the bone is a tubercle to which the ligament of the patella is attached. At the lower extremity there is a projection which forms the inner ankle, called the internal malleolus.

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THE FIBULA,

or small bone, or splint bone, is placed on the outside of the leg: it is slender and of a triangular shape; at its upper and inner part it presents a smooth articular surface where it joins the tibia; and its lower extremity projects to form the outer ankle, or external malleolus.

THE ANKLE JOINT.

The ankle joint is strengthened and defended from injuries by those remarkable prolongations of the tibia and fibula which we name the outer and inner ankle. If the joint is in danger of dislocation outwards, it is curbed by the inner projection, namely, that of the tibia; if inwards, by the outer projection,—that of the fibula; between both it is locked in its position.

THE FOOT.

Like the hand, it is divided into three parts, a basal part, termed tarsus; an intermediate part, termed metatarsus; and the phalanges of the toes. The tarsus, in the human foot, consists of seven bones: the astragalus (*d*, fig. xxxiv.); the os calcis (*c*); the os naviculare (*e*); the os cuboides (*i*); and three cuneiform bones, (*f*, *g*, *h*). These bones constitute the instep, with the arched contour of which we are well acquainted. The cuboid bone on the outside, and the three cuneiform bones succeeding, make up the anterior row, or that on which the metatarsal bones are based. The tibia and fibula conjoin with the astragalus—a large irregular bone having a polished, and somewhat depressed, articulating surface—to form the ankle-joint. Among themselves, like those of the carpus, the tarsal bones are all compacted together in solid array. The os calcis, or heel bone, is situated below and behind the astragalus; it is the largest bone of the tarsus, and receives the tendon Achilles, to which we shall presently refer. The os naviculare interposes between the astragalus and the three cuneiform bones; the cuboid bone rests against the anterior projecting part of the os calcis. The metatarsal bones are larger and stouter, in proportion to the toes, than the metacarpal are, as compared with those of the fingers; otherwise they resemble them in shape and general character. The first or great toe, analogous to the thumb (though not antagonizing with its fellows), consists of two phalangal portions; the others of three.

Besides the bones we have described, there are others seldom preserved in the skeleton; such are the sesamoid bones, which are very small, and found at the roots of the first joint of the thumb and of the great toe. These are under, or rather in, the flexor tendons; they serve as pulleys for increasing the angle of insertion, therefore add considerably to the force of the muscles, and protect the articulation.

In man alone are the lower limbs the sole organs of progression; and in him they are exclusively appropriated to this purpose. Walking erect, his posterior limbs have to bear the whole of the body's weight, and to maintain its due equilibrium. Let him run, or leap, or walk, whether slowly or rapidly, these organs sustain him, preserve him steadily and firmly in his usual attitude, and obey him, as far as the power with which they are endowed will admit. It need hardly be observed, that the feet are incapable of grasping, being destitute of an opposable thumb, and that they are plantigrade; that is, so constructed as to allow the sole, from the heel to the toes, to be fairly applied to the surface of the ground; while, at the same time, the arched form of the instep contributes with the action of the large muscles of the calf (the tendons of which are inserted into the heel), to secure an elastic step, and a free yet firm progression. No other animal but man possesses a well-formed calf, because no other animal walks as he does; at each step, while one foot is in the act of advancing, and just before it is brought to the ground, the heel of the other foot is raised by the action of the muscles of the calf, so as to throw the weight of the body momentarily on the toes. Hence the strain on the tendon Achilles—the powerful tendon attached to the heel—in walking; a strain which is increased in running, leaping, or dancing; or on dropping from any height upon the toes (a mode dictated by instinct, in order to break the concussion); and there are not infrequent instances where a sudden and violent effort has occasioned the rupture of this tendon, into which the muscles of the calf converge.

A personal friend of our own suffered from this accident in 1827; it was occasioned merely by suddenly slipping from the curb on to the road way; he was confined to his chamber for many months, and was compelled to walk with crutches for a considerable period afterwards.

The action of the muscles of the calf is that of flexors of the ankle-joint; they draw the foot backwards, and, in this position, retain it with great power, and more or less permanently, as the occasion may be. If we stand on tip-toe for a length of time, we begin to feel the muscles of the calf aching with fatigue; and the same sensation, succeeded by stiffness, results after a toilsome walk; after skating, dancing, and similar exercises.

(To be continued.)

THE TREATMENT OF WOUNDS.

(*Continued from page* 147.)

PRICKS—PUNCTURED WOUNDS.

A PUNCTURED wound signifies one that is made with a narrow pointed instrument—as by a pin, a sword, bayonet, scissors, hooks, points of broken bones, &c.

Wounds of this description are in general infinitely more dangerous than cuts, notwithstanding the latter have the appearance of being far the most extensive. The most simple form of punctured wound is that produced by running into a part of the body, as the hand or foot, a splinter or thorn. After such an apparently trivial accident, which may not, perhaps, cause a single drop of blood to flow, serious results may follow, and more or less pain is a certain consequence. If the splint or thorn can be readily seen, which is not always the case, the person pulls out the intruder, if he can; or if he cannot, he leaves it to "work out," as it is called, which it sometimes does after being painful for two or three days, and matter forming around it. But occasionally, whether the splinter or thorn be pulled out or not, at first very serious inflammation is set up in the part, and symptoms of a slight degree of locked-jaw may come on; or the person may be destroyed by irritative fever without or with well-marked locked-jaw. I have known instances, says Mr. South, in his very clever work, "Household Surgery," where the jaw-muscles were stiffened, in one instance, for an hour and a half after a thorn had been run into the finger and been pulled out; and in another, locked-jaw continued several days, after the running in of a splinter which also had been removed at once. And some years since a musical man died of locked-jaw not many hours after having pricked himself with a thorn, whilst out shooting.

If the splinter or thorn can be easily got out at once, this should be immediately done. But very frequently serious injury occurs from vain attempts to remove it, "poking" after it with forceps, or the point of a needle or knife, or squeezing the part violently, than if it were left alone. If it be determined to have it out at once, and it cannot be readily got at, it is much better to make a cut, with a knife or lancet, along the course the splinter seems to have taken, so as more completely to expose and better to get hold of it. But even then much squeezing and

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nipping should not be persisted in, as matters are thereby made worse; whilst, on the contrary, the wound has been improved by converting it from a prick into a cut, by making a more ready escape for the splinter and for any matter that may form, and thus lessen the probability of constitutional excitement. After the splinter has been removed, a poultice should be immediately applied, and continued until all inflammation ceases: after which the wound may be dressed with sticking plaster, as directed in former papers.

The greatest degree of danger, in cases of punctured wounds, always depends on the additional injury and rough violence which the fibres have suffered, besides being divided. Some of the disagreeable consequences, apt to follow, are also to be imputed to the frequent great depth to which punctured wounds are liable to extend, in consequence of which important parts and organs are often injured. These cases are likewise less easy of cure, owing to the difficulty of extracting any extraneous substance, which may happen to be lodged within the wound. All punctured wounds and stabs are dangerous, inasmuch as they are liable to induce inflammation, and be followed by fever, deep-seated abscesses, sinuses, &c. The degree of constitutional irritation they create has been attributed to the extent of the wound being in depth, instead of in surface, so that the consequent effusions are pent up from the inextensibility of the tissues, instead of being allowed readily to escape. The greater degree of pain which is usually experienced may depend also upon the larger size of the nerves which have been injured by the penetrating instrument. In the treatment of punctured wounds we must endeavour to prevent the formation of matter, suppuration, as it is technically called, by the application of leeches and evaporating lotions; when, however, we are unable to prevent this, and the wound does not go on favourably, the parts in the neighbourhood become very painful and tender, with a violent shooting or throbbing; there is much swelling and redness, which may extend to two or more thread-like lines, running from the limb to the trunk of the body. These are serious symptoms, and demand prompt attention. To subdue the absorbent inflammation and constitutional derangement by general and local remedies, the application of many leeches may be necessary; the limb should be buried in some emollient poultice, or constantly fomented with warm applications, and the most absolute rest is imperative. A smart dose of calomel, as four or five grains, for an adult, should be ordered, to be followed in two or three hours with a Seidlitz powder, or castor oil; small and repeated doses of James's Powder, or of "Fever Mixture," containing antimony, should be prescribed, and the diet regulated according to the degree of excitement or depression under which the patient may labour. In some cases the irritability of the whole system is so great as to demand the free but cautious use of opium. When we have reason to suppose that matter is formed in deep-seated parts, there cannot be a question of the propriety of making an incision, so as to permit its escape, and this operation is invariably followed by great relief. The discharge of healthy matter should be encouraged by poultices and strict attention to the patient's general health—supporting him by generous diet, if the discharge be profuse; allaying excessive arterial action, if he be inflammatory. As the abscess (for the seat of the wound has now become an abscess) discharges its contents, healthy granulations fill up the place of the destroyed parts, and the wound may be then treated on the principles we pointed out in the last number.

For the benefit of anglers we beg to extract from Mr. South's book, to which we have already referred, the following excellent advice. He says, "Those who 'come to go a angling,' occasionally make a catch they did not intend, by hooking themselves, whilst incautiously holding the hook between the lips or fingers, and jerking the line by treading on or tangling it upon a bush or on the boat's side, as may be. Persons unskilled in such matters think it proper to wriggle the hook about and then pull it out, as they would from a fish's mouth. This, however, is as unfitting as it is a painful mode of treatment, for the barb of the hook, manage as well as you may, cannot be freed from the flesh, and can only be pulled out by dragging away some of the soft parts in which it is tangled. The best, readiest, and least painful mode of managing this accident is, first to grasp the stem of the hook tightly, and with a sharp knife rip off the line and clear the stem of the binding silk; then make no attempt to withdraw the hook by the wound through which it has entered, but press the blunt end downwards, so that the point should be made to travel onwards till it penetrate the skin and free the barbed point, which is then to be taken hold of and drawn further out, in such way that the remainder of the hook follows through the last-made wound. Rarely inconvenience, beyond a few hours smarting, follows the accident, if thus managed; but if the finger be painful, put on a poultice."

(To be continued.)

TRANSFUSION.

It is not often that an opportunity is afforded to watch the effects of transfusion upon the human subject. Our readers will therefore understand that we felt extremely interested in a case where Mr Simon resorted to this operation at St. Thomas's Hospital. There are several examples of injection of blood into the veins of females on the point of expiring from hæmorrhage after delivery, the experiments of Dr. Blundell (*Medico-Chirurgical Transactions*) having contributed in no small degree to create confidence in the minds of surgeons; but transfusion has been less frequently used to combat the effects of hæmorrhage in male patients, and we thus feel much pleasure in giving publicity to the case lately under the care of Mr. Simon, where every exertion was made on the part of the surgeon and his pupils to counteract the fatal result of extensive loss of blood.

Transfusion was practised for the first time upon man by Denis and Emmeret, in France (1666); in 1667 Lower and King operated in the same manner, and their example was followed in Italy, in 1668, by Riva and Manfredi. Denis and Emmeret's operation was condemned by the Supreme Court (Châtelet), and tranfusion interdicted, until the faculty should approve of the procedure; but this approval was never given, as several fatal cases had occurred. Among these may be mentioned that of a lunatic, who was operated upon three different times, to cure his mental derangement; at the third transfusion he cried out, "Stop! I'm choking!" and died instantaneously.

It appears that Drs. Waller and Doubleday thus succeeded, in three cases, saving lying-in women from imminent death by hæmorrhage; and several instances have since been recorded, among which is a case of Mr. Green, who by means of transfusion revived a man on the point of dying from traumatic hæmorrhage. Among the physiologists who have declared themselves in favour of transfusion is Majendie. We should, however, observe, that Dieffenbach looked upon the operation as capable of causing instantaneous death. A case of transfusion lately occurred at the Hôpital St. Louis, in Paris, under the care of M. Nélaton; the danger was of a pressing description, and in this instance, as well as in the case we are going to relate, the blood was generously given by a dresser, and the immediate effects were very satisfactory. The case was one of uterine hæmorrhage; and though the patient died of metro-peritonitis a few days after the

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operation, it proves that transfusion may, when used under certain circumstances, be of immense benefit.

L'Union Médicale lately mentioned another case, published in the Spanish medical papers, in which a young woman, aged twenty-three, six months advanced in pregnancy, suffered from severe hæmorrhage, from bursting the vena saphena during a violent effort unconnected with parturition. She became so weak that Dr. Cazo Sacristan injected six ounces of blood at the bend of the elbow. Abortion took place twelve hours after the operation, and the patient recovered in a very short time. The last case is that of Mr. Masfen, who, in this country, injected twelve ounces of blood three different times, in a case of uterine hæmorrhage. No sensible effects were noticed from the first two operations, but the patient revived on the third, and finally regained her health and strength.* We now proceed to give a few details of Mr. Simon's case.

The patient was an engine-driver, about forty years of age, who met with an accident by which he suffered a severe lacerated wound of the thigh; the soft parts were, on the outer side of the limb, very much disorganized, but there was no fracture, and no vessel of importance seemed to have been wounded. He was admitted March 6, 1851, into Abraham's ward, under the care of Mr. Simon. As the man was in tolerable health, and some hope of active reparative efforts might be anticipated, Mr. Simon resolved to do his best for saving the leg. The patient was well nourished and supported by stimuli, when suppuration begun; several abscesses, however, now formed, and though these were opened gradually as they appeared, extensive sinuses formed in the thigh and leg; erysipelas attacked the limb, diffuse suppuration of the cellular tissue took place, and the mischief was so great that Mr. Simon suspected the knee-joint was involved in the destructive process. The discharge continued for several weeks, sloughing of the areolar tissue and fascia took place in several points, and the purulent matter discharged was extremely offensive.

This state of things naturally weakened the patient very much; he was allowed a good diet and a sufficiency of stimulants, which acted so favourably that some improvement took place in a few days previous to the series of events which we are going to relate. At this period two sinuses were discharging rather profusely; one opened on the internal part of the thigh, a little above the knee, the other on the outer side of the calf of the leg. On the 9th of April, being about a month after admission, the patient, who had considerably lost in flesh and strength, called to the nurse, saying that he was bleeding. Assistance was soon procured, and when the dresser reached the ward the patient was found in a pool of blood. Compression was immediately applied to the femoral artery in the groin; this measure commanded the hæmorrhage; and when Mr. Simon arrived he found the patient very weak—in fact almost expiring. The only means of recalling the vital spark, on the point of being finally extinguished, was evidently transfusion, and to this extreme means Mr. Simon had at once recourse, the pressure being at the same time continued. Inquiries were made of the students assembled as to who would part with a few ounces of blood. Mr. Charles Chaldecott having, to his great credit, volunteered, a vein was opened in this gentleman's arm, and sixteen ounces of blood were injected into the dying man's circulating system, through a delicate tube placed in one of the veins at the bend of the elbow.

Evident faintness was now the share of Mr. Chaldecott on the one side, renewed life being instilled into the patient on the other. The improvement was most marked and very satisfactory, both to Mr. Simon, who had suggested the transfusion, and to Mr. Chaldecott, who had generously lent himself to this useful proceeding. The compression upon the femoral artery had been continued during this operation, and the patient having now revived to a great extent, complained very much of the pressure made by the fingers. Mr. Simon therefore resolved to tie the femoral artery in the groin, with the intention of removing the leg as soon as the patient had recovered sufficient strength to bear the shock of the operation. Indeed amputation had been contemplated for some time past, and had only been postponed on account of the weak state of the patient.

It was naturally suspected either some large branch of the femoral artery or the popliteal had given way. Mr. Simon tied the femoral artery almost in the groin two hours after the transfusion, hardly a few drops of blood being lost during the operation. Stimulants in the shape of wine, brandy, and strong beef-tea, were now plentifully administered, and the patient rallied to such an extent that Mr. Simon amputated the thigh a little below the ligature two days after the first occurrence of hæmorrhage. In order that the blood lost should be very small in amount, Mr. Simon directed his two dressers to compress the soft parts and flaps with both hands on either side of the bone, and this pressure being effectually carried out until all the vessels were tied, the amount of vital fluid lost was quite trifling. The operation was performed in the ward, the patient having previously been placed under the influence of chloroform.

Some hesitation might have been felt as to the use of the latter agent, viewing the very weak state of the patient; but Mr. Simon considered that it was all-important to protect the poor man from the shock of the operation, (which shock might in his enfeebled condition be immediately fatal,) in spite of the risk which might attend the use of the anæsthetic agent. The immediate result of the amputation proved that the administration of chloroform acted beneficially, the patient recovered well from its effects, and the shock of the operation had been avoided. The limb was carefully examined, and found in a highly-disorganized state, extensive abscesses and sinuses having undermined and destroyed the soft parts in different directions. Search was principally made for the source of the hæmorrhage, and after a complete dissection of the parts, it was found that the anterior wall of the popliteal artery had given way to the ulcerating process, and that from this vessel considerable loss of blood had taken place. This circumstance will be an additional proof of the power of resistance with which arteries are endowed, for the vessel was completely surrounded by suppurating parts; and it likewise shows that arteries will at last give way, and the hæmorrhage create a very perplexing complication.

Very close watch was kept by the pupils of the hospital, who relieved each other by the bed-side; and an abundance of stimulants was given to the patient. Though very weak, his state held out some hope of recovery; and as transfusion had already, as it were, snatched him from the grave, Mr. Simon had made preparations for a renewed operation of the kind, should it be found necessary, after the amputation. The patient went on pretty favourably until Sunday, the 13th, being five days after the removal of the limb, when extreme weakness came on; and as dissolution seemed at hand, Mr. Simon attempted to ward off the danger by a second transfusion, though feeling very doubtful about the result.

The blood was taken first from a labourer attached to the hospital, but it coagulated so instantaneously that injection was impossible. In this dilemma, Mr. Complin, one of the dressers, very kindly offered his services, and about ten ounces of blood, drawn from a vein at the bend of the elbow, were injected into the patient's left arm (the right had previously been operated

* See the PEOPLE'S MEDICAL JOURNAL, No. 70, p. 141, Vol. III.

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upon). The operation was performed in the same manner as in the first instance, and though the transfusion seemed to act favourably for a little while, the patient's powers were so completely exhausted that he expired in the evening of the next day, about seventeen hours after the second transfusion, stimulants having been bountifully given during the time.

The examination after death showed that there had been extensive pneumonia of a low form, the lungs breaking under slight pressure of the fingers. No other pathological alteration was observed, anæmia (bloodlessness) being, however, very general. The extremity of the femoral artery, which had been tied, was filled with a firm fibrinous plug,—this sound state of the vessel showing that Mr. Simon might have continued, in case of hæmorrhage from the artery, to tie it higher up, as was his intention.

When reviewing the facts of this case, it should be remembered that the patient had been greatly enfeebled by long and profuse suppuration; and that the transfusion of blood would probably have answered Mr. Simon's purpose, had the man's condition not been so very weak. As matters stood, it was impossible to attempt anything which offered more chances of success than transfusion.—*The Lancet.*

THE ANATOMY OF DRUNKENNESS.

According to Mr. Macnish, who seems to have instituted a set of convivial experiments to ascertain the point, the symptoms of drunkenness succeed each other in the following order:—

First, an unusual serenity prevails over the mind, and the soul of the votary is filled with a placid satisfaction. By degrees he is sensible of a soft and not unmusical humming in his ears, at every pause of the conversation. He seems, to himself, to wear his head lighter than usual upon his shoulders. Then a species of obscurity, thinner than the finest mist, passes before his eyes, and makes him see objects rather indistinctly. The lights begin to dance, and appear double. A gaiety and warmth are felt at the same time about the heart. The imagination is expanded, and filled with a thousand delightful images. He becomes loquacious, and pours forth, in enthusiastic language, the thoughts which are born, as it were, within him.

Now comes a spirit of universal contentment with himself and all the world. He thinks no more of misery: it is dissolved in the bliss of the moment. This is the acme of the fit—the ecstacy is now perfect. As yet the sensorium is in tolerable order: it is only shaken, but the capability of thinking with accuracy still remains. About this time the drunkard pours out all the secrets of his soul. His qualities, good or bad, come forth without reserve; and now, if at any time, the human heart may be seen into. In a short period he is seized with a most inordinate propensity to talk nonsense, though he is perfectly conscious of doing so. He also commits many foolish things, knowing them to be foolish. The power of volition, that faculty which keeps the will subordinate to the judgment, seems totally weakened. The most delightful time seems to be that immediately before becoming very talkative. When this takes place, a man turns ridiculous, and his mirth, though more boisterous, is not so exquisite. At first, the intoxication partakes of sentiment; but, latterly, it becomes merely animal.

After this the scene thickens. The drunkard's imagination gets disordered with the most grotesque conceptions. Instead of moderating his drink, he pours it down more rapidly than ever; glass follows glass with reckless energy. His head becomes perfectly giddy. The candles burn blue, or green, or yellow; and where there are, perhaps, only three on the table, he sees dozen. According to his temperament, he is amorous, or musical, or quarrelsome. Many possess a most extraordinary wit; and a great flow of spirits is a general attendant. In the latter stages, the speech is thick, and the use of the tongue in a great measure lost. His mouth is half open, and idiotic in the expression; while his eyes are glazed, wavering, and watery. He is apt to fancy that he has offended some one of the company, and is ridiculously profuse with his apologies. Frequently he mistakes one person for another, and imagines that some of those before him are individuals who are, in reality, absent or even dead. The muscular powers are, all along, much affected: this, indeed, happens before any great change takes place in the mind, and goes on progressively increasing. He can no longer walk with steadiness, but totters from side to side. The limbs become powerless, and inadequate to sustain his weight. He is, however, not always sensible of any deficiency in this respect: and, while exciting mirth by his eccentric motions, imagines that he walks with the most perfect steadiness. In attempting to run, he conceives that he passes over the ground with astonishing rapidity. The last stage of drunkenness is total insensibility. The man tumbles perhaps beneath the table, and is carried away in a state of stupor to his couch. In this condition he is said to be *dead drunk.*

When the drunkard is put to bed, let us suppose that his faculties are not totally absorbed in apopletic stupor; let us suppose that he still possesses consciousness and feeling, though these are both disordered; then begins "the tug of war;" then comes the misery which is doomed to succeed his previous raptures. No sooner is his head laid upon the pillow, than it is seized with the strangest throbbing. His heart beats quick and hard against his ribs. A noise like the distant fall of a cascade, or rushing of a river, is heard in his ears. Sough—sough—sough, goes the sound. His senses now become more drowned and stupified. A dim recollection of his carousals, like a shadowy and indistinct dream, passes before the mind. He still hears, as in echo, the cries and laughter of his companions. Wild fantastic fancies accumulate thickly around the brain. His giddiness is greater than ever; and he feels as if in a ship tossed upon a heaving sea. At last he drops insensibly into a profound slumber.

MEDICAL PEDANTRY.

The following anecdote, translated from the "Hermite in Ecosse," may amuse some of our readers, and, should any *petit maitre* of a physician peruse it, and see his character pourtrayed in all its living absurdity, and be induced for the future to refrain from the use of affected and pedantic jargon, its insertion will not be without its use.

"A maid-servant in a gentleman's family being unwell, her master having some slight acquaintance with a young physician who had very recently attained the degree of *Doctor*, sent for him to attend her. The doctor shortly arrived; a dapper little personage, 'neat trimly drest' in bran-black, with a powdered head, and 'perfumed like a milliner;' he was shown into a parlour: whilst adjusting his cravat at the looking-glass, the invalid entered, a robust and strapping country lass, an unsophisticated child of Nature, when the following dialogue ensued:—

Doctor. Well, child, what have you to say to me?

Girl. I don't know, Sir—very little.

Doc. What do you complain of?

Girl. I do not complain of any thing, but I am not altogether well.

Doc. We will soon render you convalescent; let me feel your pulse (placing his fingers on her wrist); skin hard and dry!

Girl. In consequence of hard work, Sir.

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Doc. Have you never had any scorbutic affection?

Girl. No, Sir, I never had any affection but for poor Jemmy Copland, who went to London.

Doc. What simplicity! (with his fingers still on her wrist, taking out his watch, and marking the seconds.) Ah! full and irregular! What are the symptoms that annoy you?

Girl. What, Sir?

Doc. Have you had any rigors, or trembling fits; have you a sensation of tension in the digestive organs—any tumefaction in the abdominal regions?

Girl. And why should I tremble, Sir? I have never done any thing abominable!

Doc. Poor ignorant creature! You must take some mild aperient, and refrain from all excitement, mental or corporeal.

Girl. (With indignation.) The corporal, Sir! I can assure you the corporal is not the cause of my illness; I am a virtuous girl.

Doc. Have the goodness to show me your tongue. Ah, white and dry! You experience nausea, headache, and a weariness—a prostration of strength?

Girl. (Very angrily.) I wonder, Sir, how you dare to say that I have lost my strength by prostitution! Who do you take me for, Sir?

Doc. Have you no irregularity at particular times?

Girl. (In a violent passion.) I have told you before, Sir, that my conduct has always been regular.

Doc. Don't be angry, my good girl; your ignorance of technical terms causes an irrascibility which may produce a determination to your head, and occasion a sanguineous or serous apoplexy.

Girl. No doubt the matter is serious enough, Sir, when you take me for a common strumpet; but I'll stay no longer to be insulted by your finical terms.

In violence of her gesticulation, she burst open the upper part of her dress, and flew out of the room in manifold disorder, slamming the door behind her, just as her master was going to enter, whom she rushed by, muttering revenge against the doctor. What strange ideas might have passed through the mind of the gentleman at that moment, is not for me to divine; he went into the room, and seeing the young physician gazing at the door through which his patient had vanished in breathless astonishment, looking unutterable things, and, ludicrous enough, burst out into an immoderate fit of laughter, which the doctor's offended dignity not being able to brook, he seized his hat, and precipitately fled—*sic transit gloria mundi.*"

A JUDGE'S OPINION OF THE MEDICAL PROFESSION.

At the annual dinner of the Society for the Relief of Widows and Orphans of Medical Men in London and its vicinity, held on the 26th ult., Chief Baron Pollock, in returning thanks for the visitors, said, that the medical and legal professions had one branch of study in common—namely, medical jurisprudence—involving important questions of succession, and even of life and death. The public, no doubt, were more indebted to the medical profession than they felt, or had the gratitude to acknowledge. To them was entrusted, and safely entrusted, the health of wife and children, and the honour of families. To them the veil of domestic privacy was lifted. And though for their services all are entitled to gratitude and reward, yet some ministered largely to persons wholly unable to give due remuneration; and it was deeply to be regretted, that where the public service of the poor is concerned, their recompense is cut down to the lowest possible scale which competition and the contract system can dictate. This is disgraceful and discreditable to a great nation: it is also very bad economy.

THE IMPORTANCE OF PROPER MASTICATION.

Two cows were fed on entire barley and malt steeped in hot water; they were then fed on crushed barley and malt, prepared in the same manner. With the entire barley the milk diminished during the second five days of the experiment, while with the crushed barley the milk had a tendency to increase during each succeeding period.

RESULT OF THE ABUSE OF VINEGAR.

Landerer observed in a wet-nurse, who had been in the habit of drinking large quantities of the *Acetum Rosarum*, that the milk became impoverished, that it was of a specific gravity of 1·002, bluish-coloured, transparent, had a strongly acid taste, and a well-marked odour of acetic acid. On analysis, he found it to be deficient in casein and butter. The child gradually drooped, had diarrhœa, and finally died of marasmus. The woman herself, in the course of a few weeks, became pale, sickly, lost flesh, and suffered from chronic hæmorrhage.

LARGE DOSES OF CALOMEL IN TYPHUS.

Mr. Burgess states that calomel administered in the treatment of typhus, acts not by its irritant, but by its sedative qualities, to secure which large doses must be given. As a sedative he ranks it next to blood-letting to syncope, and after it he places large doses of laudanum, particularly when exhibited after depletion. Thirty or sixty grains of calomel, administered in typhus, act like a charm upon the unconscious and comatose patient, and produce what every other remedy fails to do, a profound and natural sleep, from which he awakens to consciousness and comparative comfort, with a soft and a relaxed skin, a free and tranquil pulse, and a tendency to general perspiration; the bowels become washed with secretions, and saline purgatives being resorted to after the benefit of sleep has been obtained, make them patent; and little more is left to remove the most formidable attacks of this epidemic, but to repeat the remedy, and aid its influence by cold affusions over the surface of the body. The agency of calomel in yellow fever, and the other formidable endemics of tropical climates, which, *cæteris paribus*, are within the same denomination and class of morbid actions, only influenced by temperature, is of a similar character, and totally independent of its irritant agency, or of salivation.

A HOSPITAL THAT BEATS BEDLAM.

Mr. PUNCH is very happy to see that the "London Homœopathic Hospital" is largely advertised, under the patronage of that illustrious lady of science, the DUCHESS OF CAMBRIDGE, the LADY LINDSAY, SIR C. E. EARDLEY, BART., and numerous other philosophers of both sexes, including a gentleman named DOWNEY. *Punch* cannot too earnestly recommend this valuable institution to public patronage. When a fellow-being is seized with inflammation of the lungs, or some other organ essential to life, and but for prompt medical assistance would perhaps expire in a few hours, leaving a wife, possibly, and several children to lament his loss, what an advantage it is to him to be enabled to obtain that certain and instantaneous relief which is afforded by the billionth part of a grain of medicine.

It is a pity that the Board of Management of the London Homœopathic Hospital does not publish those numerous cases of fracture and dislocation which have been reduced by the administration of homœopathic globules, as also the reproduction of various amputated limbs, effected—as certainly as any disease whatever—by the same means. The Board, also, might as well have acknowledged those edicts of the Colleges of Physicians and Surgeons which require that the candidates for their respective diplomas shall have walked the Homœopathic Hospital; and, moreover, *Mr. Punch* misses the respected name of the EARL OF ALDBOROUGH in the list of subscribers to the institution.

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HINTS FOR HEALTH.

SHAVING.

The operation of shaving may be robbed of its unpleasant sensations by rubbing the chin over with grease, or sweet oil, before the application of the razor. The best razor-strop in the world is one's own hand, moistened with its own natural oil or perspiration. Sharpen the razor thus before you wash your hands, and you will find this natural strop most efficacious. After shaving, to allay irritation, wash the chin with Portugal water, or elder flower water; or what is preferable, use a swan's-down "puff" and some finely-powdered starch, or "violet powder."

EFFECTS OF LIGHT ON THE SIGHT.

Whatever be the nature of the occupation, an equal degree of light should, if possible, be attained, and a happy medium observed—there should neither be too much nor too little, both being very destructive to the eyes. Some, however, seem to think that nothing can affect their sight; hence we find such persons, as a matter of choice, working opposite a wall white enough to reflect powerfully the sun's rays; never considering that this foolish conduct cannot fail to weaken their vision. I have, indeed, frequently known this to be the cause of obstinate and dangerous inflammations, which, even after being cured, left the eyes still so weak as to unfit them ever after for their accustomed duties.

SLEEVES, BRACELETS, AND GARTERS,

are all, in their respective situations, equally pernicious when too tight. Wasting of the limbs from pressure upon the blood vessels, varicose or swelled veins, dropsies of the limbs, numbness and unsteadiness of the hands, are produced.

FISH.

With respect to a generally-asserted opinion that there is not sufficient stamina in fish as an article of food, attention is requested to one or two plain facts. At those parts of the coast where fish is very cheap, it of course forms a very frequent meal for the poor; there is no proof whatever of a population so fed being unhealthy. Holland is a very great place for fish—much is used there—and the cold, damp, foggy atmosphere in which they live, seems to require for them the most nutritious kind of food; if fish was unwholesome, the Dutch would be great sufferers, but nothing of the kind has ever been alleged.

THE EDUCATION OF CHILDREN.

The Gracchi, we are told, were educated, not so much in the lap, as in the conversation of a mother. A sensible and good-tempered mother is, in every respect, best qualified to instruct a child, till he can read well enough to enter on the Latin grammar. "I have always found (says Knox) those boys the best readers, on their entrance on Latin, who had been prepared by maternal care. Boys thus instructed have seldom had vulgar tones, but have read with unusual ease and elegance. But even they who have been taught to read by the more illiterate, by nurses and by aged matrons, and have acquired disagreeable accents, have soon lost them again on receiving better instruction, and on hearing better examples."

Corporeal punishments should never be resorted to; there are many ways of punishing infinitely preferable. Kindness in words and looks effect wonders in children, who are governed more by what they feel and see than by reason:

> Correct your little one by winning arts
> Of soft persuasion; but forbear to grieve
> His tender heart.—*Menander.*

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

H. R. W. (Birmingham).—A fee case.

JOHN WILSON (Bradford).—Your description of the state of the breast, and the past and present condition of your wife, is too indefinite. You do not mention her age, whether she is a mother as well as a wife, whether she is now, or has recently been a nurse, nor do you mention the state of her general health.

MEDICUS (Preston).—All the modern standard works on Chemistry contain the symbols and "an explanation." *Turner's, Thompson's, Graham's,* are the best. We have now, on our table, a very useful little book, which will supply the information you seek for—called "The Alphabet of Chemistry," by Mr. Rennie.

WILLIAM WARREN (Walworth Road).—If you religiously follow proper medical, dietetical, and moral instructions, your present anxiety need not be of long continuance.

A POOR SERVANT GIRL (Northampton).—Take one of the following pills twice a day. Take sulphate of iron, compound aloetic pill, extract of hyosciamus, of each a scruple. Mix, and divide into twelve pills. Also, take tincture of valerian, six drachms; aromatic spirits of ammonia, two drachms; compound tincture of lavender, four drachms. Mix. Dose, a tea spoonful, in a small quantity of water, occasionally.

A SUFFERER—CUTANEOUS (Clapham).—Your first letter was simply foolish; your second is both impudent and foolish; the combination is the result of ignorance.

R. HERBERT.—When the residence of the invalid is within the same distance as is your's, and when the case is of a like character to your's, we never advise without the necessary advantage of a personal examination of the patient. How often are we to repeat this?

ADULTERATED COFFEE.—*The Lancet* is doing good service by the careful analysis of coffee, and the fearless denunciation of those who deal in an impure article. We were greatly surprised to find amongst the latter the name of a pious, teetotal, "working-man's friend." "Joseph," says the *honest* and pious grocer of *Joe Miller*, "Joseph, hast thou watered the tobacco? Hast thou sanded the sugar? Hast thou mixed the chicory and the baked sawdust with the coffee?" "Yea, master, all these things have I done." "Then, Joseph, wash thy hands, and come to prayers."

A GAS ENGINEER (Liverpool Road, Islington).—See answer to a POOR CLERK (Horsleydown) in last number.

ROBERT JONES (Putney).—First, it is possible, but not preferable. Second, by post-office orders, payable at the office in Gray's Inn Road.

WILLIAM JOHNSON (Wesleyan Times Office).—Call upon the Editor.

JOHN GILES.—You should have looked before you leaped. We cannot make you an exception to our general rule.

THOMAS WALLACE (Tillicoultry).—We do not know the plant by the name you mention, which, in all probability, is only its local designation.

W. GOODHALL (Millbank).—We are not like an Apothecary who keeps "best rhubarb" and "common rhubarb." When we do give advice, it is always, *to the best of our ability*, the best. Our best advice to you is, to discontinue the use of all ointments, and dirty, greasy applications; apply a cooling lotion, give the limb rest, and improve the general health. Have you a scrofulous taint?

BRANDE'S ENAMEL.—We have received the following letter:—

"*Torrington, May* 8, 1851.

"Sir,—About twelve months ago, I filled one of my molar teeth, which was very much decayed, with Brande's Enamel; through pressure by mastication it became concave, my gum began to swell, and lately the enamel has fallen out, and instead of the swelling going back it has become much harder and sore, so that I can scarcely bear my fingers to it; my cheek and my gum have now become contracted about half an inch up my gum, as if it was sown together, which gives me much reason to think that the hydragyrum which the enamel contained, left the tin and got into my gums. Will you have the goodness to inform me, through your valuable journal, what steps I had better take?

I remain, Sir, your's most respectfully, D. T. C."

We fear our correspondent will have to undergo much pain and anxiety; in all probability the bone will exfoliate. We should advise strict attention to the general health; mild but frequent purging; five drops of muriatic acid, to be taken in water twice a day; friction to the face, and cleanliness of the teeth and mouth.

FIDELIS (Weymouth).—Read YEOMAN ON HEADACHES. THE DICTIONARY can be sent by post: all our publications thus transmitted are protected by envelopes.

A BAKER (London).—We must see you.

A SUBSCRIBER (Praed Street, Paddington).—St. Mary's Hospital is not yet open for the reception of patients.

AN INVALID (Bryanstone Square).—The most congenial temperature for you will range from 70° to 76° Fahrenheit.

A NURSE.—Try a thick gruel made with prepared groats, with the addition of a wine-glass full of old port wine. Foment the breasts with hot water, and rub them with almond oil.

A STUDENT (London University).—We have many proof impressions of our illustrations; if you will send to Lloyd Square any morning before one o'clock, we shall have much pleasure in presenting you with a set.

FANNY DALE (Harrow).—Read Dr. YEOMAN ON HEADACHES.

AN ENTHUSIAST.—Your admirable letter is irrelevant to our Journal. Send it to the *Athenæum*.

A WEAVER (Bethnal Green).—Take ten grains of rhubarb, and five grains of carbonate of soda, every day for a week.

THOMAS HALL (Market Place, Hull).—"Mist"—"Motes in the eye," *muscæ volitantes*—are, in the majority of cases, the result of a disordered state of the digestive organs.

D. N. X.—The loss of the voice may be the result of inflammation of the larynx. Your history is imperfect.

A LETTER CARRIER (Bayswater).—Fee "according to the circumstances of the patient."

PHILIP QUARLE.—From circumstances that have come within our own observation, we should not wish to incur the responsibility of recommending you to apply to the Orthopœdic Hospital.

A COFFEE-HOUSE KEEPER (Seymour Street, Somers Town).—We decline defiling our Journal with the personal scandal of the quack. Such sensuality should be Coffined and buried.

D. D. (A PLUMBER).—You must call upon the Editor.

A WORKMAN (Highbury).—First, Yes—Second, Yes—Third, see answer to ALFRED, in No. 71.

MINA MARTIN (Clerkenwell).—First, tell us the cause of the principles; we may then suggest what will "eradicate" them.

JOSEPH WALKER (Berwick-on-Tweed).—As you will be in London within so short a period, we decline advising until we see you.

R. NAYLAND (Bury St. Edmund's).—Read the Editor's work on Consumption, or the reprint in the first eleven numbers of the second volume of THE PEOPLE'S MEDICAL JOURNAL.

FANCHETTE (Bath Street, Leamington).—Take carbonate of potash, eighteen grains; lemon juice, four drachms; distilled water, one ounce. Mix, for a draught to be taken every five or six hours.

AN INVALID (Torquay).—Nevill's Arabica Food is by far the best and most economical form in which Lentils can be used, either as an article of wholesome diet, or as a healthy stimulant to the mucous membrane of the stomach and bowels.

P. O. N. C. (Hitchen).—We have no faith in *tar ointment*. We have prescribed it in several similar cases, without one particle of benefit.

JAMES (Cross Street, Hatton Garden).—We do not consider that any operation or "cutting" will be required. Call in Lloyd Square any morning before one o'clock.

M. A. H.—If you call upon the Editor, you will obtain his best consideration.

A GLASSBLOWER (Quay Side, Newcastle).—We cannot say what will cause your cheeks to be less pendant and wrinkled; the alteration is the result of your employment.

ANTHONY (Darlington).—We believe that consumption is less prevalent in the fens of Lincolnshire and Essex, than in more gravelly soils. If possible, change your residence.

HEALTH OF LONDON DURING THE WEEK.—The rate of mortality that now prevails in the metropolitan population, is still higher than from the experience of late years might be expected at the beginning of May. Nevertheless the deaths have declined to 994. The unseasonable coldness of the weather has increased the number of deaths in aged persons—222 having died who were above 60 years. Hooping cough is on the decline, though it numbered last week 57. There were also 5 deaths from croup and 11 from influenza. Consumption was fatal in 145 cases, and water in the head reached the unusual number of 50 deaths. The births of 757 boys and 730 girls—in all, 1487 were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 73.—Vol. III.] SATURDAY, MAY 24, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XX.—THE MUSCULAR SYSTEM.

The muscular system consists of bundles of reddish soft fibres, which of all organs change their volume and form with the greatest facility, and thus produce motion, and occasion the displacement or change of position of the body, or of some of its parts. All muscles possess these characters, whatever may be their difference in form. They may, however, be divided into two principal classes, which are founded on the connexion between their activity and the actions of the intellect. These classes are the *voluntary* muscles, such as obey the will; and the *involuntary* muscles, which do not recognize its power, but act independent of it.

The muscles are composed of fasciculi or bundles of fleshy fibres, which result from an aggregration of filaments, called muscular filaments. The fibres and filaments are as long as the fasciculi, so that their length exceeds their other dimensions. The whole muscle, or its smallest filament, is composed of two substances, the muscular substance properly so called, and an envelope of mucous tissue. The latter, which is termed the muscular sheath, surrounds the whole muscle, and afterwards divides into large tubes, which enclose the fasciculi, and again divides anew into other smaller tubes for the fibres and filaments. A popular American writer describes the structure in the following homely and correct language. He says, you have probably observed that a piece of lean meat, when boiled, has a thready, fibrous appearance, but there is one thing about muscles which does not so readily appear after boiling as it does before. A piece of meat, to be boiled, is cut off in such a manner that it includes several parts of several different muscles; and the whole, in this way, seem like a solid, or nearly solid, mass; whereas, with a very little care, it could be parted out, each muscle by itself, though not so easily after cooking. Such is the case with a piece of beef taken from the leg of the ox; and such would be the case with a piece of flesh taken from the human leg or arm. These separate muscles are connected to each other by means of a fine sort of membrane, called the cellular membrane. Each thread or fibre of every muscle is also connected to each other fibre which is next to it, by the same sort of cellular or filmy membrane.

Thus a mass of lean flesh, similar to that which we obtain from the limbs or other parts of animals, consists of smaller bundles of flesh, connected together by the cellular membrane, but not so tightly as to hinder each bundle from moving or sliding about a little among the rest.

The muscles receive numerous large blood vessels, which run through them in every direction, and cause them to assume their peculiar red colour. They are generally supplied by several arterial branches, which arise from one adjacent trunk. These vessels do not penetrate into the muscle constantly in one place, and generally they enter nearer the centre than the extremities, and on the inside rather than on the outside. The veins form two systems—the deep-seated veins, which accompany the arteries; and the superficial veins, which proceed alone.

The nerves of the muscles are large, and are supplied by the nerves proceeding from the cerebral system. Usually the large muscles receive several branches, while the small

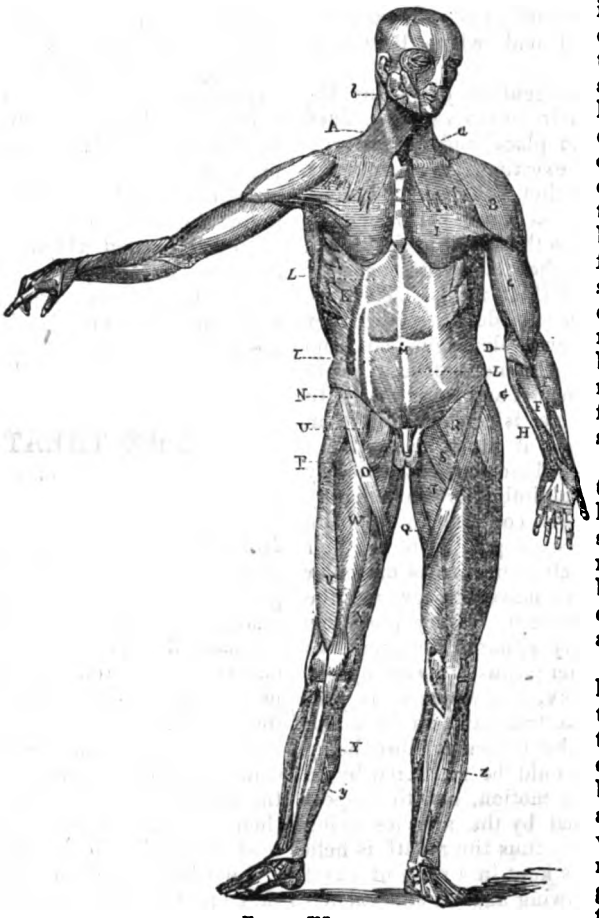

Figure XL.

Muscles of the Fore Part of the Body.

A. Platysma myoides.
a. Sterno-hyoideus.
b. Mastoideus.
B. The deltoid.
C. The biceps.
D. The pronator radii teres.
E. The supinator radii longus.
F. The flexor carpi radialis.
G. The palmaris longus.
H. The flexor carpi ulnaris.
I. The pectoralis major.
K. The obliquus descendens.
L. The rectus.
M. The linea alba.
N. Poupart's ligament.
O. The sartorius.
P. The tensor vaginæ femoris.
Q. The gracilis
R. The internal iliac.
S. The pectinalis.
T. The triceps abductor femoris.
U. The psoas magnus.
V. The vastus externus.
W. The rectus femoris.
X. The vastus internus.
Y. The gastrocnemius.
y. The soleus.
Z. The tibialis anticus.

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muscles have only one. MM. Prevost and Dumas have observed, that when a nerve enters a muscle, it appears to ramify very irregularly, unless it discovers a marked tendency to direct its branches perpendicularly to the muscular fibres, although they cut them also at right angles. As the nerve thus ramifies, it enlarges, and its secondary fibres separate, and are distributed exactly as when deprived of their proper covering, or neurilemma. It then resembles a net of fibres, from which other filaments are separated, and enters the muscle perpendicularly to its proper fibres.

The forms of the muscles are very different. Usually they are solid or hollow, that is, rolled on themselves. We may therefore say, that of all the organic systems these parts differ the most from each other in size, although otherwise similar in structure. In fact, in no other do we observe a difference like that existing between the almost invisible muscles of the small bones of the ear and the large muscles of the buttocks.

In regard to chemical composition, the muscles are formed principally of fibrin; but they contain also albumen, gelatin, osmazome, the phosphate of soda, of ammonia, and of lime; the carbonate of lime, and an uncombined acid, which Berzelieus called the lactic acid.

The muscular instruments are active agents in producing the various movements of our body; by their means we are endued with the power of moving from place to place, and of performing every manual exercise or bodily exertion. Not only are they the prime moving powers in locomotion, but speech, singing, and the acts of chewing, swallowing, &c., are performed by muscles; indeed by means of these organs the blood is circulated, the stomach and intestines urge on their contents, and the different conduits of the glands propel their fluids. They are soft, but slightly elastic, and easily torn after death, so that they are but slightly solid; they are, however, distinguished from all other organs by the extraordinary development of their power to change their volume and form, to contract and to extend. In fact, the characteristic property of muscles is contractibility; in whatever position our limbs may repose, it must be muscular contraction that produces their action. Muscular contractibility also is displayed in the amputation of a limb; for immediately the muscles are divided, the two ends contract in opposite directions, having between them a space proportionate to their retraction. This contractibility of muscles constitutes muscular action, and consists in drawing the more moveable towards the most fixed point to which it is connected. Every moveable point in the animal frame is constantly situated between two muscular powers opposed to each other; thus, to employ the familiar and clear explanation of PALEY, every muscle is provided with an adversary. They are like two sawyers in a pit, by an opposite pull; the nature of the muscular fibre being what it is, the purposes of the animal could be answered by no other. And not only the capacity for motion, but the aspect and symmetry of the body, is preserved by the muscles being thus marshalled according to this order; thus the mouth is held in the middle of the face, and its angles kept in a state of exact correspondency, by several muscles drawing against and balancing each other. In hemiplegia (paralysis of one side of the body), when the muscles on one side of the face are weakened, the muscles on the other side draw the mouth awry.

The tendons are a part of the muscle; they are a kind of fibrous cord, conducting the motions of the muscle to the bone, particularly where there is not room for the insertion of the muscular fibres which are necessary for the motion of the joints; they frequently concentrate the whole power of a very large muscle on a small bony surface; indeed, without such a medium of attachment, the articulations would be encumbered in their actions. They are composed of small white fibres, closely united to each other, having a beautiful shining, silvery appearance; they possess very little elasticity or sensibility; they have few bloodvessels; in fact, none are observed in their ordinary state, nor have nerves or lymphatics been traced into them.

The study and the perfect knowledge of the muscular system is essential to the physician and to the surgeon; and we are happy to know that our artists also consider myology a part of their education. Hitherto great and useless difficulties have presented themselves to the student in medicine, and the painter and sculptor, by the very ridiculous names given to the muscles of the human body. Many years ago, the great Abernethy, whose memory will ever be venerated as a benefactor to his race, said, with greater emphasis than elegance, "Now I remember, when I was young, people used to say, 'O, it's not necessary to study anatomy, taking into consideration all these small muscles; d— 'em, they would puzzle anybody.' They used to call them the *little* muscles with the *long* names. Now I was pleased to hear that, for it always gave me an opportunity of saying, it would be a great desideratum to have all the muscles named the same, in one way. What's the use of calling a muscle *oblique* or *straight?* Does that tell you where it is, or what it does, or anything about it? There are many muscles named after mathematical figures, to which they bear no similitude whatever; but I defy anybody to hear the name of sterno-cleido-mastoideus pronounced, without imagining the muscle; it recognizes the attachment of the muscle, and if you know the attachment, you know the use; and the use is, to bring that which is most moveable to that which is most fixed. What is the use, for instance, of calling one of these muscles digastricus? Really the whole nomenclature of muscles is quite ridiculous. But you must know the muscles if you would be anatomists, and you must be anatomists if you would be surgeons."

(To be continued.)

THE TREATMENT OF WOUNDS.

(*Continued from page* 155.)

POISONED WOUNDS.

JOHN HUNTER has defined a poison as a "matter which produces a peculiar mode of irritation, and vital principle in a peculiar manner, even when given in the smallest possible quantity, and this without relation to any known chemical or mechanical powers." From the sting of a nettle to the direful effects arising from the bite of a rabid animal, such distinct phenomena result, that medical aid is necessarily required for their relief.

Lice, bugs, and fleas—which, besides their ordinary smart, in some irritable persons, occasionally produce a swelling which, if the bite be on the eyelid, especially of children, will now and then close the eye—are not poisonous; but merely produce inconvenience by the introduction of their sucking organs.

Gnat bites occasion a most grievous smarting, and although they are "sucking" insects, yet, according to entomologists, they instil into the wound made with their mouth a poison, the principal use of which is to render the blood more fluid and fit for suction. The mosquito is a bloodthirsty rascal of the same class, but more ferocious, and the wound is still more irritating. Smearing the bitten-part with olive-oil is the best application.

Wounds from the sting of the hornet and wasp are sometimes very troublesome, and not altogether unattended with danger in persons of an irritable temperament, and require soothing remedies to prevent the constitutional effects otherwise likely to occur. The agonizing pain which follows the sting of a wasp or bee, is

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probably, for the time, as great as any to which we are liable. The throbbing is intense, and if the skin be thin, and loosely connected with the parts beneath, a swelling quickly rises; the skin becomes tight, shiny, and almost transparent, as if air or water had been forced beneath it. This swelling comes on very rapidly and spreads very quickly, so that if the eyelid be stung, the eye is quickly closed; or if the lip, it becomes twice its usual size. Several cases are on record in which death has followed the attack of a hive of bees, in which the assault had been made on the chest or throat.

The first thing to be done after the infliction of the injury is, to look carefully if any part of the sting has been left in the wound, and if so it should be carefully pulled out with a pair of tweezers. If, however, a portion of the sting has been broken off and left in, and, as too frequently happens, the part has been roughly rubbed, the mischief is increased; all rubbing adds to the pain; the sides of the wound should be gently squeezed, so as, if possible, to push the sting out. The best application to mitigate the effects is composed of one drachm of opium rubbed down in an ounce of sweet oil; with this a piece of lint should be soaked, and applied over the wound, changing it occasionally. If it assumes a very red and angry appearance, and is tender, a cold bread and water poultice will afford relief. Many remedies have been vaunted for their efficacy, and we recently saw a notice that, in some parts of France, rubbing the part with garlic is a common and successful practice; indigo has also been employed. In the absence of other remedies, common sweet oil, which can always be readily obtained, should be tried. If the constitution becomes irritable and inflammatory, a brisk purge should be ordered, and the usual means to reduce fever adopted.

The sting of the viper of this country rarely proves fatal to adults, but there are many cases on record of children having fallen victims to the effects of their poisonous bite. The bite, however, is invariably followed in very short time by very severe symptoms, some of which are local, and others general. At the instant of the bite, the bitten part is seized with an acute pain, which rapidly shoots over the whole limb: soon afterwards the wounded part swells and reddens, and very frequently the swelling is not confined to the circumference of the injury, but spreads extensively, and quickly affects every part of the limb, and even the trunk itself. There is an immediate effect produced on the whole frame; the pulse sinks; the surface of the body is cold and clammy; the countenance is pale and anxious; and the patient is overcome with fear and apprehension. The local inflammation should be soothed by tepid bathing and poultices, and the part anointed with sweet oil; and with respect to the general treatment, it is necessary to rouse the patient by stimulants, as brandy and ammonia, and afterwards to combat the symptoms as they arise by the remedies appropriate for each. The excision of the part has been recommended by many surgeons, who have afterwards applied caustic to the new wound. It is a popular error to suppose that the viper carries with it an antidote for its poisonous bite in the fat contained within its belly.

It is commonly considered that the toad is capable of inflicting a poisonous bite—this is incorrect; when, however, they are roughly handled, a peculiar secretion is squirted from the surface, which, according to Dr. Davy, produces sometimes a smarting sensation.

In this country there are but few reptiles the bite of which produce fatal effects; but in warmer climates there are many, the poisonous virus of which proves rapidly destructive. The cobra de capella and the rattlesnake are the most fatal of the kind, and in the East Indies many persons annually fall victims to their deadly venom. It is to India, therefore, that we naturally look for the best authorities upon the treatment of those cases, and the following is the treatment adopted:—A ligature, immediately upon the bite being inflicted, is to be tied tightly above the bitten part, with a view, there can be no doubt, of checking the absorption of the poison; and, to withdraw it from the wound, a cupping-glass or suction of any kind is recommended. Large doses of ammonia are given internally, and the wound is also well washed with a solution of this salt, with a view of neutralizing the acid properties of the poisonous secretion. It is said, however, that the natives are aware of some indigenous vegetable productions which act as antidotes to the poison of the cobra de capella. The symptoms which follow, when the effects of these reptiles prove fatal, are rapid swelling, attended with excruciating pain of the poisoned limb; the brain becomes affected, stupor supervenes, powerful convulsions and delirium follow, and death closes the scene in a few hours after the infliction of the injury.

(To be continued.)

FRACTURE OF THE STERNUM, OR BREAST BONE.

W. M., a middle-aged man, of spare habit, was brought to Guy's Hospital in the afternoon of the 24th of June, and placed in the accident ward. He had received severe injury to the chest, in consequence of falling from a ladder at the same time that he had a sack of flour on his back. The ladder also gave way, and he fell forward, his chest forcibly striking against the ladder. He did not cough up, or vomit any blood, but bled from the nose. Bleeding from the arm was had recourse to, and he was then brought to the Hospital.

At the time of admission, there was great swelling and ecchymosis about the sternum, but it was distinctly ascertained that a fracture of the breast bone had taken place, at about the middle of its second portion, the upper part remaining considerably elevated. The patient's respiration was difficult; he was placed in bed, leeches applied to the part, and some aperient medicine exhibited.

25. The man's breathing is now easy; he states that he found much relief from the leeches. The pulse is 96, and moderate; he has been bled from the arm this morning to the amount of twelve ounces; his bowels are freely open. He is placed on his back with pillows underneath, so that his shoulders are thrown backwards, and the sternum advanced. But the irregularity of the bone still remains; the elevation of the upper, or, we may say, rather the depression of the lower portion, being perceptible to the sight, now that the swelling of the soft parts has subsided.

27. Complains of cough—in other respects, doing well. The same position is maintained; but it is worthy of remark, that he lies with his knees drawn up, in which position he says that he feels most easy.

From this time nothing material occurred. On the 2nd of August, he was walking in the Hospital square; he said he felt quite well, his breathing was not at all interrupted. We found, on examining the sternum, that the projection of bone was still distinct. *No bandage had been applied.*

This case is interesting, as an example of fracture of the sternum, unattended by any signs of internal mischief, a circumstance of rare occurrence, considering the violence necessary to the production of a fracture of the bone. The treatment employed, also, is worthy of remark: it is generally directed to pass a roller round the chest, which was not adopted in the present case; indeed, we can scarcely suppose any good likely to have resulted from its use, but can easily conceive it might have been productive of much mischief.

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POISONING BY NITRIC ACID.

BY DR. F. A. B. PUCHELT,

PROFESSOR IN THE UNIVERSITY OF HEIDELBERG.

Caspar R——, a locksmith, aged 52, having long led a life of intemperance and extreme wretchedness, determined on committing suicide, and for this purpose procured two ounces of diluted nitric acid (Scheidewasser), which he swallowed in the afternoon of the 19th of May, 1845, having just previously eaten a portion of cheese. Immediately afterwards he was seized with severe burning pain in the mouth, gullet, and back part of the throat. Vomiting also shortly supervened, and the greater part of the nitric acid swallowed was probably thereby removed from the stomach. After remaining several hours alone, the man came and informed the police of what he had done; whereupon he was at once taken to the hospital and seen by an assistant, who was unable to detect any symptoms showing the recent administration of poison, or any which required immediate attendance. He was, therefore, not admitted, but was removed to prison, where an oily emulsion was administered to him, and where he passed a sleepless night, bitterly repenting his rash act, and tormented by the fear of death. On the afternoon of the following day, the burning pains in his mouth being worse, he was admitted into the hospital, and it was not until the 21st, thirty-six hours after swallowing the poison, that Dr. Puchelt saw him, and that an accurate note of his condition was taken. The mucous lining of the mouth and throat was covered with a white shreddy membrane, which could be readily peeled off; parts were already abraded. A similar appearance was presented by the tongue. The soft palate, and the tonsils, were swollen, painful, and vascular. Externally there were several yellow stains of the cuticle about the mouth, especially upon the upper lip. There was considerable difficulty in swallowing, and fluids only could be taken. Respiration was laborious. There was some tenderness on pressure over the upper part of the belly, though less than might have been expected: the abdomen was rather hard and retracted. The pulse was small and not accelerated; the intellect clear; the bowels acting properly; the urine quite natural; and his general condition was so little deranged that, although there was unequivocal evidence of poisoning by nitric acid, yet there was reason to hope that but little real injury had been inflicted on the stomach. Thirty-six hours having elapsed since the poison was taken, it could not be expected that the ordinary antidotes for nitric acid would be of much service: a few leeches were therefore applied over the abdomen, an oily emulsion administered, and directions given that he should drink plenty of cold water, and rinse out his mouth and gargle his throat with luke-warm water. During the following few days the symptoms varied; occasionally he suffered rather severe pains in the region of the stomach, but these were relieved by the repeated applications of leeches and warm fomentations, and by the internal employment of emulsions and other such remedies. Indeed, after the eighth day, when his mouth and throat had become better, a little appetite returned, and a portion of light food was taken and tolerated. Nevertheless, the patient's strength gradually diminished, his aspect became more unfavourable, his body emaciated, and on the 3rd of June his stomach rejected the food which had been taken: on the 4th a little blood was found mixed with his stools. On the night of the 5th (seventeen days after swallowing the poison), the pains in the stomach became more severe, and were accompanied by great uneasiness and frequent nausea, which shortly terminated in violent vomiting. The vomited matter diffused a highly gangrenous odour, and consisted in part of black fluid blood, and in part of a broad foul-smelling membrane, which when spread out was about a foot in breadth. This membrane was marked with black spots as though burnt, and was perforated with numerous small and large apertures. On closer examination, blood-vessels and their ramifications were distinctly recognized in it: its general structure was fibrous; very little mucous membrane was found on it. Shortly after the vomiting, an evacuation through the bowels took place; a large quantity of black, putrid, and foul-smelling blood was contained in the stools. After this the patient became greatly distressed and exhausted, and talked frequently of his death. His pulse was small and frequent; the pain in the epigastrium more severe, though not much aggravated on pressure. The pain was relieved somewhat by oily emulsions and opium; and the patient was then able to take a little animal broth and milk. The night of the 7th was a sleepless one, and on the 8th the vomiting returned, a quantity of black putrid blood being thrown up: a discharge of the same kind of foul-smelling blood took place also from the bowels. The patient himself emitted such a putrid odour, that no one could remain near him for any length of time. The extremities were cold; the pulse very frequent, small, and feeble; and the eyes dull and lustreless. From time to time the patient became delirious, and talked of his approaching death. The vomiting of bloody matter frequently recurred. Nevertheless the man continued to live on until the morning of the 10th, when he died about 6 A. M.; having lived, therefore, 23 days after taking the poison, and 76 hours after the discharge of the membrane from the stomach.

The body was examined about twenty-four hours after death. When the abdominal cavity was opened, the intestines were seen first, being pushed forwards by the left lobe of the liver, which extended considerably over to the left side.* The peritoneum was healthy; no foreign matter found in its cavity. At the first glance nothing could be seen of the stomach; but upon lifting up the left lobe of the liver, and separating it from the transverse colon to which it was adherent, an open cavity was observed, which occupied the situation of the stomach, and extended from the œsophagus to the duodenum; a finger could be quite readily passed from this cavity into the orifice of the duodenum. The walls of this cavity were formed, in front, by the posterior surface of the liver and transverse colon; below, by the remains of the coats of the stomach; behind, by gangrenous, half-dissolved, and putrid portions of the same coats; on the left, by the spleen and another portion of the coats of the stomach. The whole of that portion of the stomach, therefore, which forms the anterior wall, the lesser curve and the upper part of the posterior wall of the organ, was completely absent. Yet, although a considerable portion of the coats of the stomach was wanting, none of it had passed into the peritoneal cavity, for the free margin of the liver was adherent to the transverse colon; the posterior wall and larger curvature still remained, and the other undestroyed portions of the coats were adherent to the spleen and diaphragm; so that in this way, through the medium of the neighbouring organs, the continuity of the stomach was still preserved. The liver and the transverse arch of the colon were held together by tough, probably old, adhesions, and this union was continued from where the liver formed the anterior wall of the stomach, to the pylorus. The concave surface of the left lobe of the liver, where in contact with the remains of the stomachal cavity, was covered with a dirty, pulpy, blackish-green mass, of a highly fœtid odour; its surface was rendered uneven by it. A similar kind of matter was contained in the cavity of the stomach. The peritoneum covering the liver was uninjured; of that of the stomach no traces were found. The liver itself, as well as the gall-bladder, was quite healthy. The portions of stomach near

* By reference to the engravings of the abdominal viscera, in Nos. 55 and 59, the reader will be able to follow the author's description.

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the pylorus were perforated with holes; a blunt instrument passed through these came in contact with the transverse colon. The remainder of the stomach was so soft that it broke down under the slightest pressure, yet still remained adherent to the spleen and the diaphragm. The structure of the duodenum and of the rest of the intestines offered nothing peculiar; yet the whole of the intestines, especially the transverse colon, contained a large quantity of bloody matter. The mucous membrane of the œsophagus was found removed in its whole length, leaving bare the muscular fibres, some of which were red, others black; no structure or perforation was found. The papillæ at the apex of the tongue were prominent, and covered with exudation. The kidneys and urinary bladder were healthy; each was surrounded by a quantity of fat.

This case is chiefly remarkable in showing the extraordinary manner in which the vital powers endeavour to repair the loss of a large portion of a most important organ. It is extraordinary that, under such an extensive destruction of the stomach, the individual should have survived for so long a period as twenty-three days.—*Medical Gazette.*

SCURVY.

BY R. BOYD, M.D.,

SOMERSET COUNTY PAUPER LUNATIC ASYLUM.

Scurvy is now seldom seen in ordinary hospital practice in this country, except in the hospital ship *Dreadnouyht*, where sailors from foreign vessels are received. It has occurred in some instances in our prisons, and in lunatic asylums in India. The late Dr. Prichard, in his Treatise on Insanity, p. 149, mentions it as occurring in the advanced stage of lunacy. We read of it in former times, as so destructive to navies and armies, that frequently half the men fell victims to it; and even a century ago, Anson was obliged to remain four months at the Island of Juan Fernandez, to recruit his crew, having only six foremast men of a crew of 470 able to do duty; one of his ships had lost eighty men in a month from this direful disease.

Our great circumnavigator, Cook, proved that by strict attention to the diet of his men, and the state of his ship, he could keep his crew in the highest state of health, in all climates; still, so slow were the naval authorities to adopt his principles or to make any change, that scurvy continued to be the scourge of the navy for fifty years longer, and sailors by hundreds and thousands continued to be its victims. So late as the year 1790, we read of 2400 sailors of the Channel fleet being laid up with scurvy.

This disease is attributable to errors in diet, where vegetables, particularly of the class Cruciferæ, such as cabbage, turnips, cress, have been entirely excluded. The two following cases occurred in persons of feeble constitution; they are examples of scurvy resulting from a continued diet of bread and cheese, and are worthy of attention, as this is a principal food of the labouring classes of this country. The first is remarkable as having happened when a plentiful allowance of cider was taken, which is supposed to be antiscorbutic; the second is to be noted as showing that in three months a person may become affected with scurvy by abstaining from vegetables, and taking one meal of bread and cheese daily. And they may both warn us how necessary it is that we should use caution in yielding to the whims of the insane, particularly in those who are prone to persist in the use of an improper diet.

Case 1.—J. A——, aged fifty-nine. Had been nine months in another asylum, whence he was transferred to this in March, 1848. He had been a farmer. The cause assigned for his derangement was loss of property. He fancied himself a king, but did not act in accordance with his kingly assumption. His disposition was suspicious, temper stubborn, complexion sallow, pulse seventy-six, tongue clean, skin cool, bowels constipated. It was stated that he had lived exclusively on bread and cheese; he obstinately refused any other food after admission here, and it was supplied to him for breakfast, dinner, and supper, with nearly a pint of cider at each meal. In six weeks he complained of pains, which were worst at night, with swelling of the right knee and leg, for which he was sent to the Infirmary. After a few days, the swelling somewhat subsided, but the pains continued. He could not be induced to take medicine or to alter his diet. His appetite gradually became bad; he passed sleepless nights, and always felt chilly. In three weeks after he was sent to the Infirmary, he was so weak as to be unable to leave his bed. There was extensive ecchymosis of the right leg, which was painful, and the swelling had increased; the gums were swollen, livid, and bleeding. He was now induced to take draughts containing citric acid; quinine was also given, eggs, and other nourishment in a fluid state; and in a week afterwards, symptoms of amendment appeared. The swelling diminished, the mouth was still sore. As soon as he was able to chew, fresh meat and cabbage were given to him; he seemed to be aware of his dangerous state, and became tractable. The improvement continued, and in nine weeks after the appearance of the disease, he was able to walk about. His mind also improved. He was soon afterwards discharged, and has since been living at home.

Case 2.—A. L——, aged thirty-eight; reported as having been insane three years; had been six months in a private asylum about two years before admission here. Her conduct was obstinate, and occasionally violent; spare habit; sallow complexion; in indifferent health; pulse 78; tongue clean; skin hot; appetite good; bowels constipated; averse to take exercise; generally occupied at needlework. After some months' residence, she refused to eat the meat and vegetables provided for dinner, and expressed a wish for bread and cheese, which was given her daily, at the same time continuing the usual breakfast and supper of tea and bread-and-butter. In about three months' time, the left leg and thigh became black and swollen from ecchymosis, presenting the appearance of a bruise at first sight, but which was very soon recognized as scurvy, from its striking resemblance to the former case, as well as by the livid and swollen state of the gums. There was a white margin round the teeth; the inner part of the lips was pale; the surface of the body cold; pulse 84, feeble; eyes sunken, with an anxious expression. An acid mixture, with bark, was administered, and fresh meat, with cabbage or turnip-tops, daily. In ten days afterwards a marked improvement had taken place, ecchymosis disappearing, and the gums improving, and in a month she was convalescent.—*The Lancet.*

USEFUL REMARKS.

After all, the great error in human judgment is not so much wilful possession, as that we judge according to situation, and always make that situation our own: while the chances are that we really have not one thought, feeling, or habit, in common with those on whom we think ourselves qualified to decide.—*Francesca Carrara.*

If by gaining [wealth or] knowledge, we destroy health, we labour for what will be useless in our hands. . . . He that sinks his vessel by overloading it, though with gold, loses both ship and cargo.

It is evident that nature has made man susceptible of experience, and consequently more and more perfectible; it is absurd, then, to wish to arrest him in his course, in spite of the eternal law which impels him forward.—*Du Marsais.*

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TEETH A GUINEA A-PIECE.

By this heading the *Western Times* lately described an extraordinary scene in the Exeter County Court. A person calling himself Cartwright summoned a servant girl for £4 4s. for artificial teeth. After a little preliminary cross-examination, to elicit whether the plaintiff was or was not a Jew, he was sworn. He stated that the defendant came to him in November last, and said she wanted four artificial teeth; he examined her mouth, ascertained its condition, and then, at her request, stated his terms "one guinea per tooth," to which, he said, she agreed. A model of her mouth was then taken, and the teeth were to be ready on a certain day. He then obtained her signature to his order-book, and 10s. deposit. On cross-examination by Mr. Moore, the plaintiff, after having repeatedly declared that his name was Edward Crawcour Cartwright, acknowledged that he had assumed the name of Cartwright (that of the celebrated London dentist) on taking up his residence in Exeter. "It was merely as a professional sort of name," he said. He added, the defendant did not appear surprised at being asked for a deposit. He was not a member of the Royal College of Surgeons, but had served his apprenticeship as a dentist to his father, John Crawcour. The plate for the teeth was made of palladium, worth about 21s. or 25s. per ounce; gold, which is generally used for that purpose, is worth from 75s. to 80s. per ounce. He gave advice to the poor gratis. George Wardlow, plaintiff's assistant and step-son, confirmed his statement. His real name was Ward, but on coming to Exeter he had changed it to Wardlow. His brother William, who had also undergone the same nominal metamorphosis, proved taking the teeth to the defendant, who refused to have them, nor would she let him try if they fitted. The defendant, on being called on for the reply, stated that she went with her sister, in November last, to the plaintiff's surgery, to know the expense of having some artificial teeth. He told her 21s. per tooth, and asked to look at her mouth, but she refused, as she only wished then to know the expense; plaintiff assuring her his only object in taking the model was, that if she had the teeth a year or two hence, they would be ready for her, and that no expense would be incurred by taking the model, she consented. The model having been taken, plaintiff wished her to have the teeth the next week, but she said she could not, and would write when she wished for them. That there was no occasion for, he said, and asked her to put her name in a book, not saying what it was, he covering the printed words until after she had written her name. She did not write "£4 4s." His demand for a deposit surprised her, but under the excitement of the moment, she gave him 10s. His advertisement stated that he gave advice to the poor gratis, and that caused her to consult him. Her sister having confirmed her statement, the Judge summed up, and the jury very properly gave a verdict for the defendant, to whom also costs were allowed.

MATHEMATICS NOT APPLICABLE TO MEDICINE.

More minute and rigorous observation has proved that vital phenomena, whether physiological, pathological, or curative, cannot be "read off" like the indications of a mathematical instrument, and that in truth they are a compound of chemical and mechanical actions, and likewise of another power or force, which is not to be estimated by mathematics, and which is peculiarly a vital process; and we ought by this time to have ceased to expect to find a simple theory by which to explain such complex processes, were it not *the tendency of the human mind to seek for certainty in theories, however shallow, rather than rest in the results of experience.*

COLD BATHING.

Cold bathing has of late years assumed a more important attitude, and under the name of the cold water cure, or hydropathy, it has been pronounced a sovereign remedy for all diseases. In this opinion no reflecting person can concur. Undoubtedly it has often been productive of benefit by the stimulus it imparts to the nervous system, and the habits of personal purity it engenders. The wholesome exercise, pure air, abstinence from alcoholic fluids, care, anxiety, and other exciting as well as depressing agents; moderate and regulated diet, and the unadulterated nutritious, simple food, which are usually to be found, or are prescribed in or around the rural establishments in which hydropathy is practised, are also material if not main elements in the cure, and have frequently been highly advantageous in cases where the health has been injured by the luxurious, noxious habits, corroding thoughts, and unwholesome atmosphere of crowded cities; but in other instances the indiscriminate application of the system in the various forms of sitz-bath, douche bath wet sheets, "packing cases" (or damp blankets, &c.), and the innumerable other forms in which it is prescribed, have as often been productive of injurious if not fatal results. Many a consumptive patient or person of weak constitution has thus been hurried to the tomb; and without any sweeping denunciation of the practice; but, on the contrary, admitting that in many cases it may prove beneficial—as one baronet (Sir Francis Burdett), who during his lifetime was the patron of a thousand quackeries, fell a victim to to it—we are not disposed to concur in the emphatic declaration of another (Sir Lytton Bulwer), that "*The wet sheet is the true life-preserver.*" Fancies vanish, novelties decay; some new species of excitement or charlatanism is always found to amuse the public or dupe the credulous; but reason and nature remain always the same, and, while they endure, cold water will never be considered a cure for all the afflictions which humanity inherits.

COMPARATIVE DISEASES OF THE TAILORS, CARPENTERS, AND BAKERS IN HAMBURGH:*

In this free city are two small hospitals supported by the Freemasons. That appropriated to the male sex was intended for labourers; but in 1805, began to be resorted to by the tailors, and; in 1811, by cabinet-makers; but the latter did not use it after September, 1824. The total number of tailors treated was 785; of cabinet-makers, 511; and of bakers, only 71; and the deaths were, 84 tailors, or 1 in 9; and 21 cabinet-makers, or 1 in 24; bakers 4, or 1 in 18. Diseases which are apt to prove fatal to weak persons, were much more fatal to tailors than cabinet-makers; and of those affected with nervous fever, one-third of the tailors, and one-seventh of the cabinet-makers, died. Of twelve cases of abdominal inflammation, seven tailors died, while five cabinet-makers recovered. One half of the deaths among the cabinet-makers was from consumption; one-third of the tailors. The following table exhibits the proportions affected with the principal diseases, compared with the total number of patients exercising each trade:

Diseases.	*Tailors.*	*Cabinet-makers.*	*Bakers.*
Catarrhal fever,	1 in 6	9	6
Rheumatic fever	15	14	6
Nervous fever	12	24	18
Gastric fever	12	12	18
Intermittent fever	10	17	16
Inflammatory fever	98	64	—
External injuries	88	22	35
Ulcers	98	12	14
Ascarides (threadworms)	—	46	—

* Gerson and Julius Magazin der Auslandischen Literatur.

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HINTS FOR HEALTH.

NEW METHOD OF FIXING LEECHES.

Dr. Rennes, member of the French Academy, states that the most rapid way of setting leeches, is to immerse them for a minute in very weak wine and water—it should be warm, however, as this produces the greater stimulus. In the Hotel Dieu, at Paris, a somewhat similar plan has been practised for some time, namely, steeping a handkerchief in pure wine, and placing the leeches in it, pressing them tightly, and then applying them to the part.

INJECTIONS OF QUASSIA TO REMOVE INTESTINAL WORMS.

M. Schultze speaks in praise of quassia amara used in the form of injection, for removing ascarides from the intestines, when their presence causes violent itching. He prepares each injection with four drachms of the quassia, to about four ounces of fluid, and he states that such a solution will invariably procure the expulsion of a large quantity of these entozoa.—*Gazette des Hospitaux.*

ALCOHOLIC LIQUORS A CAUSE OF CONSUMPTION.

Among the causes of disease, a free indulgence in ardent spirits holds an important place. While this pernicious habit is one of the most powerful means of debasing the morals of the people, and of extinguishing the best feelings of human nature, it is no less effective in destroying the physical constitution. There is good reason to believe that the use of spirituous liquors among the working classes of this country, is productive of consumptive and tuberculous diseases to an extent far beyond what is usually imagined. The blanched cadaverous aspect of the spirit drinker bespeaks the condition of his internal organs. The tale of his moral and physical degradation is indelibly written on his countenance. The evil, however, does not rest here; for, by destroying his own health, he entails on his unhappy offspring the predisposition to tuberculous disease.

THE EFFECTS OF TOBACCO ON THE TEETH.

The pernicious effects of tobacco on the teeth are easily proved, although it has been pretended by some that tobacco is a preservative of these useful organs. The delusion grew out of the fact that tobacco is found sometimes to have the effect of benumbing the nerve of aching teeth. But the teeth of tobacco chewers, who have continued the practice for a considerable length of time, are generally bad, as any one may observe. The first and most prominent effect of tobacco upon the teeth, is that of softening them. In some instances they become literally worn to the gums, and in others, decay. The mischief is likewise partly caused by indirect effect upon the masticatory organs through the general health, partly by the natural friction of chewing, and partly by the gritty substances the article contains. Concerning the effects of tobacco on the teeth, Dr. Alcott observes: "But granting the most which can be claimed for tobacco in the way of preserving teeth—grant that it benumbs the nerves, and thus, in many instances, prevents pain—grant, even, that it occasionally precludes all other decay, except the premature wearing out of which I have spoken—still, the general truth will remain, that it injures the gums and the lining membrane of the mouth, stomach, and alimentary canal generally, and, in fact, of the lungs also; and thus not only prepares the way for various diseases, but spoils the beauty, injures the soundness, and hastens the decay of these organs. It was no doubt the intention of the Creator, that the teeth should last as long as their owner. Yet, in how few of a thousand tobacco-chewers, or smokers, or snuff-takers, is this the result?"

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NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

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THE PEOPLE'S MEDICAL DICTIONARY.—The demand for this work has been so much greater than we anticipated or were prepared for, that our publisher has been unable to supply many of his country correspondents. Several hundred copies were disposed of on the day of publication. Our binder is now zealously engaged in completing the first edition, and after this date all our provincial agents will keep a supply "on hand."

R. W. M. D.—We must see you. If you prefer the "Itch Institution," in Bridge Street, Blackfriars, it would be more preferable to us that you went there. We suppose a "*decoction* of salts" to be the "broth" of a *corned* round of beef.

JUVENIS.—By proper moral, medical, and dietetical management, all that you wish for may be obtained. Second—We are obliged by your suggestion, but we have not the most remote idea of giving "a sheet, or supplement in the French language, gratis, with the Journal." We are quite content with our position as an English physician, enjoying a fair share of the confidence of his own countrymen; and we hope the thousands of strangers who are now visiting and will visit our great city, will come and depart in *health* and peace.

T. O. N.—All such cases are fee cases.

F. A. (Oxford Street).—Here is a delightful question to answer in three lines! "What is the best method of acquiring muscular strength?" Temperance, exercise, iron, quinine, diet, bathing, the removal of disease or disorder, and about two thousand four hundred and three other "methods," may be successfully adopted; but what may be *the one* method especially required in F. A.'s case, we are unable to say, directed only in our opinion by his meagre note. F. A. had better apply to M. Robin, the celebrated Parisian *conjuror*, who astonishes gaping crowds in Piccadilly.

COLNE.—The oriental pills and solar elixir of the Scarborough conjuror, are the means by which a scheming adventurer supports his own existence, at the sacrifice of the health of the silly people who willingly become his dupes. Make some pills of paste and sand, call them "Zephyrian pills"—make a "mess" with rum, treacle, anniseeds, garlic, and water—call it "Lunar Elixir," advertise and puff both *preparations*, and you will find fools who will buy and swallow the *wonderful remedies*. The majority of quack medicines are not, however, so harmless as the above.

JAMES HAMNETT (Radcliffe).—Your indisposition may be only the result of indigestion; it may, unfortunately, be the consequence of diseased lungs. Your letter is far too indefinite. Read the articles on the two affections in the first and second volumes of the Journal, or procure them separately.

UNPAID LETTERS.—We have lately had several unpaid letters. One curious correspondent at Goole, favoured us with a bottle of a quack nostrum for the cure of rheumatism to analyse, on which we had fourpence "more to pay."—Another at Colne sent us a quack's publication for perusal, for which he had not paid any postage. In future all unpaid letters will be refused.

A YOUNG RAKE (Bloomsbury.)—To answer your three questions, would be to encourage you in the course of dissipation you are anxious to follow with impunity.

W. E. F. (Preston).—The Alphabet of Chemistry is published by Orr, Paternoster Row. The price, about four or five shillings.

JAMES PORTER (Holborn).—We cannot recommend the dentist you refer to. Avoid the advertising gentry. Any respectable apothecary will be able to do all that you require.

E. HERBERT.—You must be satisfied with our former answer. Your friend gave you correct information.

ALEXANDER * * * (Goole).—First, the "Quack Medicine prescribed for Rheumatism" appears to consist of some spirituous preparation of guaiacum. See a little hint to you elsewhere. Second, we do not intend "adding a cover to each number, and charging twopence." Third, it is injurious to swallow pills that are coated with silver leaf. The practice is becoming obsolete.

A STRANGER IN LONDON (Bradford).—Lloyd Square is within a quarter of an hour's walk of the Great Northern Railway Station—an eightpenny cab fare.

S. G. (Albany Street).—A "fee" case.

ELIZABETH ALLNUTT (Turnham Green).—We never advise in skin diseases without seeing the case.

NERVOUSNESS.—The series of papers on "Nervousness," will be resumed in our next.

RUPERT ROSS.—You will find ample explanations of the words in the PEOPLE'S MEDICAL DICTIONARY, and in the GLOSSARY published with No. 65.

JASPER.—The term "bilious" is in general parlance such a comprehensive phrase, that it becomes adopted in every disordered state of the stomach, and is applied to every state of the liver, whether it be torpid in its action and fail to furnish bile, or be in a state of irritation, secreting bile in excess. If an erroneous view be taken, and the "bilious" disorder be referred to the stomach, when the mischief is in fact in the liver, it probably happens that calomel is resorted to, imprudently and without occasion. A patient is a very bad judge upon these points of discrimination, and our best advice to you, is, obtain advice, personally.

A DYSPEPTIC.—We consider good draught "bitter ale" to be far superior to the bottled ale; the latter contains too much carbonic acid gas, and may painfully distend the stomach.

R. DODD (Douglas, Isle of Man).—Refer to the articles on MELANCHOLY, in Vol. 2.

EDWIN MORDAUNT SPENCER (Holloway).—First, read the papers on INDIGESTION, in Vol. 1, or the Editor's small work on that complaint. Second, in some cases of "slow" digestion, "mustard and pepper" are of great utility; so is curry; in others they are hurtful. Third, we fear the subject cannot be introduced into a *Family* Medical Journal, however necessary it may appear to be to the mature reader.

COOKERY.—We have more than once advised our readers to make food their medicine, "not *medicine their* food;" to those who are inclined to follow this good rule, a small and cheap book, entitled "Cookery for the Million," published by Mr. Dipple, will be a valuable help-mate.

EPSILON (Woodford).—Mucus floats, pus sinks. A purulent expectoration denotes far more serious mischief than mucus or phlegm.

RICHARD M. (Burnley).—The best and cheapest "Introduction to Medical Botany," is the work of Mr. CASTLE, published by Cox, in the Borough.

WILLIAM (Great Portland Street).—The wax models are in Class 30, about the centre of the North-west Gallery. We have a duplicate of the Statuette, displaying the external muscles, which we shall be happy to show and explain to you.

A GREAT INVALID (Guildford).—We never criticise another physician's prescriptions, and decline passing any opinion on those you have forwarded to us.

ANTHONY (Darlington).—Rue is an old-fashioned remedy for convulsions in children, and for nervous hysterical complaints in females. We have no experience of its utility. The "oil of rue" is a pharmaceutical preparation in the Dublin Pharmacopœia. The dose is from two to four drops.

MARY P.—Not without seeing you.

A WORKING MAN.—We should like to examine the mouth. If you will give us a "friendly call" any morning before one o'clock, we may be able to put you in the way of having done what you require.

O. P. Q.—Yes; although opposed to our general rule.

WALLACE (Polygon, Southampton).—If your visit will be made at other time than the hours we announce, you had better, to avoid disappointment, write to the Editor the day previous, naming the time you will call.

JAMES BUTTERWORTH (York).—The citrate of iron is not a pharmaceutical preparation, although a very valuable one. You can procure it of any respectable druggist.

A TAILOR (Philpot Street).—Take more exercise and less gin; you will then have an appetite for proper food, and the money wherewithal to procure it.

M. S. H. (Manchester Square).—The Journal "comes out" with the punctuality of a chronometer, every Tuesday at 2 o'clock. Your bookseller should deliver it at your house before 5 P. M.

F. D. (Pickering).—You will find a long article on the treatment of TAPE WORMS in No. 16, page 125, Vol. 1.

A NEW SUBSCRIBER.—The articles on ANATOMY were commenced in No. 53.

HEALTH OF LONDON DURING THE WEEK.—The present state of public health is far from being satisfactory. In the preceding week, though there still appeared an excess above the average, the mortality had declined to 994 deaths: but the number in the week ending last Saturday, has again risen to 1041. The cases enumerated under the head of "Diseases of the Respiratory Organs," amount to 157. A great increase is observable in the deaths of young persons; for the number of children who died under the age of fifteen years rose from 443 in the previous week to 511 in the last. The births of 791 boys and 785 girls—in all, 1572 children, were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 74.—Vol. III.] SATURDAY, MAY 31, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XXI.—THE MUSCLES OF THE HEAD AND NECK.

In describing the muscles, it is usual to speak of the points of their attachment to the bony framework as the *origin* and the *insertion* of the muscle. In our last paper we described the barbarous and obscure names by which the majority of muscles were recognized, and we have zealously considered if it were possible to employ terms that would be familiar and easy to the general reader, and yet be identical with the scientific nomenclature of anatomists. We fear our success will only be partial.

THE MUSCLES OF THE HEAD.

The occipito-frontalis (A, fig. xli.) arises from the transverse ridge of the occipital bone, passes over the upper part of the cranium, and is inserted into the eye-brow and the skin around it. In size it is a considerable muscle, and has a tendonous expansion, called an *aponeurosis* that covers the whole scalp. Its use is to elevate the eyebrows, to raise the scalp, and it wrinkles the forehead. Mr. Abernethy, in describing this muscle to his class, told the following ridiculous anecdote. He said:—It happened, in the early part of my time, to become the fashion to put half a pound of grease, and another half pound of flour, on a man's head—what they called *hair dressing;* it was the fashion, too, to bind this round with a piece of tape, or ribbon, and make a tail of it, and it was the mode to wear their tails very thick and rather short. Now a gentleman, who possessed great power in the motion of this occipito-frontalis, and indeed who had extreme power in that muscle, used to go to the boxes of the theatre when Mrs. Siddons first appeared, and I don't believe there ever will be such an actress again as she was, nor do I believe there ever was her equal before her. However, when people were affected beyond all description, and when they were all drowned in tears at the performance, this chap wagged his tail enormously, and all the people burst out in a roar of laughter. In vain did they cry "turn him out, turn him out!" in vain did they cry "throw him over." When he had produced this effect on the audience, then he kept his tail quiet; but again, no sooner was their attention engaged, than wag went his tail, and re-echoed again were the bursts of laughter.

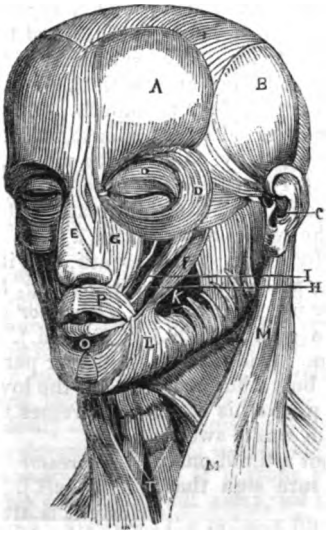

FIGURE XLI.
THE MUSCLES OF THE HEAD AND NECK.

A. The occipito-frontalis.
B. The levator auris.
C. The concha, or cavity of the ear.
D. The orbicularis palpebrarum.
E. The compressor naris.
F. The zygomaticus major.
G. The levator labii superioris alæque nasi.
H. The zygomaticus minor.
I. The levator anguli oris.
K. The masseter.
k. The buccinator.
L. The depressor anguli oris.
M. The sterno-cleido mastoideus.
O. The depressor labii inferioris.
P. The orbicularis oris.
T. The sterno-hyoideus.

Wounds or injuries of the scalp which cause blood to be shed under the aponeurosis of this muscle, frequently give rise to severe pain and serious consequences. Sometimes the extravasated blood has caused a suspicion that the skull was fractured, and cases are on record in which patients have been so treated when the injury was confined to the scalp. If matter forms beneath the scalp, it should be immediately discharged with the point of a lancet, otherwise it will spread and burrow to a considerable extent.

Corrugator Supercilii, or muscle of the eyebrow, arises from the internal angular process of the frontal bone, and is inserted into the middle of the eyebrow, where it is confounded with the occipito-frontalis, and the obicularis palpebrarum. Its action is to draw the eyebrow downwards, and to the root of the nose; and it "knits" and contracts the brow into wrinkles.

Orbicularis palpebrarum, or circular muscle of the eyelids (D, fig. xli.), arises from the outer edge of the orbitar process, and is inserted into the nasal process of the upper jaw bone. As, however, this muscle consists principally of circular fibres, its origin and insertion may be considered as united. Its use is to close the eye by bringing the eyelids together; to press the ball of the eye inwards, and to act upon the lacrymal organs, so as to assist them in the production and direction of the tears.

Levator palpebræ superioris, or muscle of the upper eyelid, arises from the roof of the orbit, and is inserted into the cartilaginous margin of the upper eyelid. Its use is to raise the upper eyelid.

Levator auris, or *atollens aurem*, or the ear lifter (B, fig. xli.), is of a triangular figure, situated on the temple above the ear. It arises by a broad tendonous expansion, from the tendon of the occipito frontalis, covers the temporal muscle, and in its passage downwards forms a small fleshy slip, which becomes gradually narrower, and is inserted into the upper part of the root of the cartilage of the ear. Its use is to give tension to the part into which it is inserted, and to raise the ear. In some persons this muscle has great power, and others are without the ability to move the ear.

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Attrahens auris is the muscle that draws up the ear; it is situated before the ear, and has the same form as the preceding one. The outer surface of this muscle is covered by the skin, the inner is situated upon the temporal muscle and temporal artery. It arises from the aponeurosis of the scalp, and is inserted into the cartilage of the ear: its use is to draw the ear upwards and forwards.

Retrahens auris draws the ear backwards. It is situated behind the ear, and extends from the mastoid process of the temporal bone, from which it is separated by cellular membrane, to the back of the ear. It frequently consists of two small bundles of fibres, and is there described as two muscles. Its use is to stretch the concha, or cavity of the ear, so named from its resemblance to a shell (C, fig. xli.), and, in some persons, to draw back the ear.

The great surgeon and anatomist from whom we have already quoted, says:—With respect to the muscles of the ear, the external ear can be lifted up by them, and drawn backward and forward; but to say the truth, these muscles are very often inactive. We have the powers given to us by nature by which they might be employed, but it would be considered very inelegant if we were to make the pinnæ of the ear stick up. We bend them down with bandages and night caps, and they are never employed. But I remember a very eminent professor, who could use his pinnæ in an extraordinary manner; I have seen him prick his ears amazingly. He was very touchy, and we could not ask him to display his powers; but I have seen him use these as I have told you. Whether he considered it as an *asinine* property or not, I don't know, but he would never have it spoken of. We disuse them because we live in a civilized society. We have no occasion to listen to the noise and approach of wild beasts, but savages have, and they use their ears for that purpose. It is *apprehension* which is the great excitement to attentive hearing. O! it is apprehension. And here I would tell you a little piece of jockeyship: if you buy a horse, if that horse is run out before you, and if the horse pricks his ears at every thing before him, if the man who sold him was to swear till he was black in the face that the horse was not a timid one, I would not believe him, because it would be a sure sign that the horse is timid.

Compressor naris (E, fig. xli.) is attached to the outer side of the cartilage of the nose, to the adjacent part of the upper jaw bone, and on the inner side to the bridge of the nose where it meets its fellow muscle. The anterior surface is covered by the skin; the posterior lies upon the upper jaw bone and upon the cartilage of the nose. Its use is to compress the nostrils, as in smelling; it also corrugates the skin of the nose, and assists in expressing certain passions and emotions: it is also the muscle that most assists in "turning up the nose." Its power is very considerable, as we all experience in sneezing.

Levator labii superioris alæque nasi (G, fig. xli.), which, being translated, means the raiser of the upper lip, also the alæ (the cartilaginous sides) of the nostril. This muscle is attached by a small tendon to the nasal process of the upper jaw bone, and as it approaches the nose, it is spread out into two portions, one of which is inserted into the cartilage of the nostrils, the other into the upper lip. The anterior surface is placed beneath the skin, and at its upper part is concealed by the circular muscles of the eye lids (D, fig. xli.). The posterior surface is connected with the muscle last described. Its use is to raise the upper lip in opening the mouth, and to raise the wings of the nose in dilating the nostrils.

Depressor labii superioris alæque nasi. This muscle is the antagonist of the former one. It is a small fleshy bundle of fibres, placed beneath the ala of the nose. Superiorly it is attached to the nose, inferiorly to the upper jaw bone immediately above the upper incisor teeth, at the side of the furrow of the lip. The contraction of this muscle draws down the upper lip and the nostrils.

Levator anguli oris (I, fig. xli.). This muscle is very thin and fleshy, and is situated near the middle of the face; it arises from the superior part of the upper jaw bone, and is inserted into the upper lip at its angle. Its action is to raise the corner of the mouth, as in laughing, and the expressing of joy.

Zygomaticus minor (H, fig. xli.) is not found in all subjects; it is situated at the side of the muscle just described; it arises from the upper part of the cheek bone, and is attached to the corner of the mouth. Its action is to draw the upper lip outwards and upwards, as in smiling.

Zygomaticus major (F, fig. xli.) is situated at the side of the face, on the outer side of the *minor* muscle; it is larger, and has nearly the same attachments, and the same action. These two muscles, from their power in changing the expression of the mouth, and as a consequence that of the whole countenance also, are sometimes called the *distorting* muscles.

Orbicularis oris, or circular muscle of the mouth (F, fig. xli.): the form of this muscle is elliptical; its fibres are found in the substance of the lips, and is completely interlaced and confounded with those other muscles which terminate near the angle of the mouth. The skin adheres firmly to the anterior surface of this muscle, and its posterior surface is lined by the mucous membrane of the mouth, and its free edge is covered by the red membrane of the lips. Its connexion with the other muscles of the face is intricate. It is an antagonist to the other muscles of the lips; it is a true sphincter muscle, contracting the aperture of the mouth, and its action is evident in playing the flute, in sucking, masticating, &c.

Depressor anguli oris, the depressor of the angle of the mouth (L, fig. xli.). This muscle is of a triangular form, situated at the lower part of the face; it arises from the external oblique line of the lower jaw, and is inserted into the angle of the mouth. It depresses the angle of the mouth, and in its action expresses grief.

Depressor labii inferioris, the depressor of the lower lip (O, fig. xli.). This is a thin and nearly square muscle; inferiorly it is attached to the lower jaw, superiorly to the lower lip, where its fibres are confounded with the orbicularis. The use of this muscle is to pull the lower lip downwards; its action expresses sorrow and melancholy.

(To be continued.)

TREATMENT OF ACUTE MANIA.

M. Brierre de Boismont has come to the following conclusions respecting the treatment of acute insanity:—

1. All the forms of acute insanity, especially of mania, admit of cure in a period of one or two weeks.

2. The treatment should consist in the application of tepid baths (from 82° to 86°), for a period of ten or twelve hours at a time, gradually increased to fifteen or eighteen hours' duration.

3. The patient should be, at the same time, sprinkled with cold water, and unless he his quite tranquil, this should be continued during the whole of the period that he is in the bath.

4. When eight or ten such baths have been taken without manifest improvement, the treatment may be suspended and afterwards resumed.

5. Of all forms of insanity, this treatment is most effectual in cases of acute mania,—then in simple acute delirium, delirium tremens, puerperal mania, and acute melancholia.

6. Chronic mania has been benefited, but not cured, by this form of treatment.—*Journal de Médecine.*

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THE TREATMENT OF WOUNDS.

(*Continued from page* 163.)

THE BITE OF A MAD DOG—HYDROPHOBIA.

Of all the diseases to which the human frame is liable, none are so appalling as the effects produced by the bite of a rabid dog; not, however, that the disease is confined to dogs, for foxes, wolves, and cats, are also supposed to be spontaneously affected by, or to generate, the disease, as if they had a peculiar idiocyncrasy rendering them liable to its development. Neither is rabies confined to carniverous animals, for cattle, and even birds, are capable of being contaminated with this animal poison, when inoculated with the bite of other rabid animals, although it is believed they never generate the disease; and some doubt is even thrown upon their power of communicating it to others, although it may prove destructive to themselves.

Man has never been known to communicate the disease to another.

A dog afflicted with madness shows certain indications of this disease with which it is necessary we should be acquainted. The early signs are very obscure, and it is far from an invariable symptom that he shows a horror of lapping water or other fluids, since many instances are recorded of mad dogs not only drinking freely, but actually swimming across rivers. Dr. James relates the case of a mad dog that drank both milk and water, and swam through a pond. A rabid dog may be generally known by his peculiar appearance and gait, presenting, indeed, such an unnatural manner as to attract attention. You will observe him continuing his course onwards, as if he had no motive in his progression, with his head and tail hanging down, looking half ashamed of himself. He seems to take but little notice of anything which does not offer an hindrance to his course, but at each obstacle of his obstruction he snaps, and continues his way. If he raises suspicions from these appearances, and is tied up, he will become extremely restless, hardly sleeping for an instant. Perhaps obedient to his master's voice for a short time, and showing the usual signs of recognition, he will suddenly snap at him, or anything near him, or even at the air. He devours his own excrement, licks up his own urine, stares suspiciously around him, and moves from place to place as far his chain will permit him. When he barks his voice is quite altered; his eyes suffused and red; his mouth covered with thick saliva; his tongue swollen and dry; his countenance most painfully distressed and anxious; his hind quarters drooping; his consciousness begins to fail him; he mutters growling snarls, seems as if dying, then starting up at some supposed object of terror, he bites at it, and falls exhausted. Another and another paroxysm attacks him, each weaker than the other; and at last worn out, he dies. It is said that while dogs are in a state of rabies they are quite insensible to pain, and instances are given of mad dogs seizing a red hot poker and holding it in their mouths until dreadfully burnt.

Mr. Youatt says the earliest period at which he has known rabies to occur in the dog after being bitten was fourteen days, and he supposes the average time to be between five and six weeks, but he has known it come on as late as seven months after inoculation.

A dog, and it is supposed any other animal suffering under the symptoms just described, is capable of producing the disease in the human subject by inflicting a wound with his teeth; and, it is supposed, even by applying his saliva to any part of the body.

The period at which the symptoms occur after the inoculation of the poison in the human subject, varies from twenty days to as distant a period as eighteen months.

The symptoms which occur are usually in the following order:—a pain is first felt in the seat of the original wound: the scar feels stiff, numb, and sometimes cold, and there is a tingling sensation in the limb affected. The original wound not unfrequently becomes hot and throbbing, the scar opens, and discharges a sanious or ichorous effusion. The patient experiences usually at this period extreme depression of spirits, and without the expression of any positive suffering, describes a feeling of dread, and the conviction that some awful calamity will befal him: this mental depression seems even to haunt those who, although affected, have no suspicion or dread of hydrophobia. The peculiar symptoms of the disease now begin to develop themselves: a stiffness about the neck and throat is complained of; the patient becomes hurried and irritable in his manner; speaks of a difficulty and dread of attempting to swallow, the very thought of which produces a spasmodic paroxysm. A breath of air, the slightest noise, the agitation of fluid, each induces an aggravation of symptoms, and his mental powers now begin to be impaired. Although at lucid intervals he warns the medical attendant not to approach him too closely, perhaps the next moment, in sudden rage, he may attempt to bite him, or spit at him, and then apologises for the offence he has committed. Such symptoms soon exhaust the patient; and, worn out by the frequency of his paroxysms, he is rarely capable of sustaining the constitutional shock beyond from twenty-four to seventy hours, when he sinks under the disease.

As prevention is always better than cure, we will now speak of the plan which should be adopted when a person has been bitten. If there be reason to suspect that the dog was rabid, or even when there are no means of ascertaining the actual condition of the animal, the part should be immediately excised; and, to be certain that the whole extent of the poisoned surface is removed, Mr. Hunter recommended that a probe should be passed to the very depth of the tooth-impression, and the knife passed behind it, so as to remove the probe and flesh together. Sometimes, however, this may be impracticable, from the vicinity of large vessels, in which case the knife should be used as far as it is safe, and caustic applied to the rest of the surface.

If persons should foolishly object to have the poisoned part cut away, we should then place in the wound a small piece of the potassa fusa, which will readily dissolve, and becoming liquid, its cauterizing influence will be communicated to each part of the wound, and thus destroy the influence of the poison. If the skin be only grazed by the animal's tooth, a portion extending at least a quarter of an inch beyond the slightest appearance of the graze, should be cut out, and then caustic applied. Caustic alone should never be relied on, if it be possible to remove the injured parts with the knife, and there are very few parts where the knife cannot be employed. And above all things, NEVER trust any of the remedies *which have been said* to be capable of preventing hydrophobia, short of the knife and caustic. As yet there is no authentic account of any remedy except the knife and caustic having been effectual for dog-madness. Mr. South says, "I do not think I am wrong in advising, where the finger has been bitten, and there is no possibility of medical assistance, to chop it off, which any one can do with a mallet and chisel. The danger is so urgent, the consequences so dreadful, that any mutilation is warrantable, and should be submitted to in hope of escaping this frightful disease."

If the treatment we have now described be adopted immediately after the bite, there can be but little fear of future ill effects. It is supposed by some persons, that incision of the parts bitten may be beneficially performed at any period prior to the development of the disease, as it is believed that the constitution is not generally affected until the disease is "hatched" in the seat of the

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injury. This is a dangerous theory in which we should not place the smallest reliance.

In our next we shall describe the treatment of hydrophobia where preventitive means have failed.

HOMŒOPATHY, HUMBUG, HONESTY, AND HEALTH.

Early in the present year some papers on Globulism appeared in the *Pharmaceutical Journal*, which, on account of their pungency, we are desirous of using in continuation of our remarks on this species of quackery.

We need not say much about the homœopathic dishonesty of pretending to prescribe aperients infinitesimally, but giving strong aloetic paste; of giving strychnia and the other powerful alkaloid poisons in powerful doses in the guise of globules. One of the last facts of this kind is, that Dr. Taylor, of Guy's Hospital, discovered no less than one-third of a grain of morphia in a homœopathic powder. The cunning rogues excuse themselves by declaring, that even when they give large doses of medicine, it is only the infinitesimal part of the dose which acts, the rest being homœopathically inert. It is not to absurdities of this kind, but to some of the disgusting and loathsome features of Globulism, which we now wish more particularly to direct attention.

We are assured by the editor of the *Pharmaceutical Journal*, that a friend of his was recently requested by a homœopathic quack to prepare a "tincture of bugs," for internal administration, no doubt for the cure of some prurient malady. Homœopathics, in obedience to their formal dogma, give the poisonous matter of syphilis, largely diluted, as a cure for syphilitic disorders. They give gonorrhœal matter, diluted in certain efficient degrees, as a cure for gleet or blennorrhagia. As a remedy for the itch, these gentry use the scrapings of the skin of a person affected with the itch insect, diluted to the proper attenuation in sugar-of-milk. These are among the choice articles of the homœopathic pharmacopœia, so called. Nice confectionery for our delicate aristocrats! Besides such matters, red ants, spiders, toads, lizards, cockroaches, fresh-water crabs, and other interesting animals, are brayed alive in a mortar, and converted, by proper admixture, into most potent globules. The following is perhaps as good an instance of globulistic fraud and humbug as can well be adduced:—

A person poisoned by the rattle-snake has the tongue swollen to an enormous size — *ergo*, the poison of the rattle-snake is good homœopathically for diseases of the mouth and tongue. This medicine is professedly largely given, and it occurred to an acute friend of our's to ascertain if possible where all this rattle-snake poison was obtained. He first went to the Zoological-gardens, and found that at all events the globulists were not supplied by the reptiles domiciled in these institutions. He then went to a homœopathic *chemist* (singular prostitution of the word), and inquired for a small quantity of rattle-snake poison, wherewith to perform some toxicological experiments. The dispenser of globules at first refused, on the plea that he could not supply a stranger with such a deadly poison. A reference of an unexceptionable nature was instantly offered, and the ground was quickly changed. He was now advised to use some cheaper poison; that of the rattle-snake was so very dear; it would be such a waste of money. But the ardour of our friend was not to be checked, and he at once offered a considerable sum for a very minute quantity of this precious poison. Thus brought to bay, the man of globules confessed he had no rattle-snake poison, and had never seen any. When pressed to name any house in London by which the homœopathics were supplied with this invaluable medicine, he admitted that he knew of none, but he had heard that it might be obtained in some of the cities of the United States of America! Of course the chemists must have some power of extemporizing this poison for their prescriptions!

These bestialities and knaveries are quite equalled by the absurdities of the globulistic humbug. The whole homœopathic confraternity in London were thrown the other day into intense consternation, by discovering that their principal "chemist," in the neighbourhood of Hanover-square, took snuff, and that, notwithstanding every precaution as regards cleanliness in his sternutations, the particles of snuff commingled with his globules, and rendered them wholly inefficient and at cross-purposes. But some of these quacks practise olfaction extensively. It is too much to *take* the potent globules, but a globule is passed before the nose of the patient three or four times a day, the globule being placed for protection in a glass tube. We can imagine what agonies these homœopathics must suffer at the contemplation of the enormous quantities of homœopathic drugs we must swallow in our daily life, and imbibe from food, and air, and raiment.

Swift died too soon. Oh that he were alive to castigate the follies of this period, and that the pens of Fielding, and Smollett, and Sterne, might be re-set in irony for such a grand occasion. We are in some sort fallen upon evil times, for, strange to say, our Bulwers and other kindred spirits, by some extraordinary chance, are the patrons and abettors, rather than the satirizers, of this form of mischief, humbug, and knavery!—*The Lancet.*

ON THE DISEASES RESULTING FROM THE IMMODERATE USE OF TOBACCO.

[The following able paper was read by Dr. Laycock, in the Medical Section of the British Association: we have translated its technicalities, and now present it to the careful consideration of our readers.]

The widely-extended habit of smoking and snuffing tobacco immoderately, has not yet had that attention paid to it in investigations into the causes of disease which it deserves. It is only by personal observations, made during the last two or three years, that I have become fully aware of the great changes induced in the system by the abuse of tobacco, and of the varied and obscure form of disease to which especially excessive smoking gives origin; and I now propose to state some of the results at which I have arrived.

The consequences of smoking tobacco are manifested in the mucous membrane of the mouth and throat; on the stomach, the lungs, and the heart, and on the brain and nervous system. With regard to these consequences, it may be generally stated here that they vary according to the quantity of tobacco smoked, and according to the conditions of health or disease, and the peculiarities of the individual himself. Some persons will smoke a very large quantity before certain symptoms arise, while others experience these with a very small quantity. The amount consumed by habitual smokers varies from half an ounce to twelve ounces per week. The usual quantity is from two to three ounces. Inveterate cigar smokers will consume from four to five dozen per week of the lighter kind of cigars, as Manillas, Bengal cheroots, &c.

The first and simplest diseased result of excessive smoking is an inflammatory condition of the mucous membrane of the lip and tongue, and this sometimes ends in a separation of the delicate skin covering the lip. Then the tonsils and the back part of the throat suffer, the mucous membrane becoming dry and congested. If the throat be examined, it will be observed to be slightly swollen, with congested veins meandering over the surface, and here and there a streak of mucus. The inflammatory action also extends upwards into the posterior part

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of the nostrils, and the smoker feels from time to time a discharge of mucus from the upper part of the throat, in consequence of the secretion from the mucous membrane of the nostrils collecting within them. Sometimes the anterior chambers of the nose suffer, but in this case the irritation is not marked by increased secretion, so much as by tickling and itching within them. The irritation will also pass to the conjuctiva (and I am inclined to think from the nostrils, and not by the direct application of smoke to the eye), and the results are,—heat, slight redness, and increased flow of tears, and a peculiar spasmodic action of the muscles of the eyelids experienced, together with intolerance of light, on awaking from sleep in the morning.

I think the frontal sinues do not escape, for I find that one of the symptoms very constantly experienced after excessive smoking is a heavy dull ache precisely in the region of these sinuses, namely, in the forehead, immediately over the nose. But, descending along the alimentary canal, we come to the stomach, and here we find the results to be, in extreme cases, the symptoms of inflammation of the stomach. There is pain and tenderness on pressure of the abdomen, want of appetite, nausea on taking food, and constant sensation of sickliness and desire to expectorate.

The action of the heart and lungs is impaired by the influence of the narcotic principle of the tobacco on the nervous system, but a morbid state of the windpipe and lungs results from the direct action of the smoke. The voice is observed to be rendered hoarser, and with a deeper tone; sometimes a short cough results; and, in one case that came under my notice, ulceration of the cartilages of the larynx was, I feel quite certain, a consequence of excessive use of tobacco. This individual had originally contracted the habit of smoking when a sailor, and it had become so inveterate that he literally was never without a pipe in his mouth except when eating or sleeping. If he awoke in the night he lighted his pipe: the moment he finished a meal he did the same. It is only in extreme cases like this that the inference can be fairly made as to the morbid results of the habit, because there are so many other causes of disease to be estimated at the same time. This particular instance has, however, during my experience, been corroborated by others of a like kind, and I have come to the conclusion that inflammation and ulceration of the larynx in men are almost exclusively peculiar to the slaves of excessive tobacco-smoking.

Spitting of blood is another morbid condition distinctly traceable to this habit. The patient experiences a slight tickling low down in the pharynx or trachea, and hawks up rather than coughs up a large grumous-looking blood. I have not been able to ascertain whence this comes. I have known it to flow out of the patient's mouth during the night, or to be effused shortly after lying down. It is a symptom worthy especial notice, however, because it gives great alarm, and may be readily mistaken for bleeding from the lungs, or an expectoration of blood.

The action of tobacco-smoking on the heart, so far as I have observed, is depressing. The individual who, from some peculiarity of constitution, feels it in this organ rather than elsewhere, usually complains of a peculiar uneasy sensation about the left nipple—a distressing feeling—not amounting to faintness, but allied to it. In such an example no morbid sound can be detected, but the action of the heart is observed to be feeble, and slightly irregular in rhythm; yet not always so in the same person. An uneasy feeling is also experienced in or beneath the pectoral muscles; but oftener, I think, on the right side than on the left.

On the brain the action of tobacco-smoking is sedative. It appears to diminish the rapidity of cerebral action, and check the flow of ideas through the mind. This, I think, is a certain result, and it is in consequence of this action that smoking is so habitual with studious men, or men of contemplative minds. The phrases, "a quiet pipe," or "a comfortable cigar," are significant of this sedative action. It differs, however, in kind from that of opium or henbane, because, as a *general* rule, tobacco does not dispose to sleep: it may in *individual* instances, but not generally, with tobacco-smokers. On the contrary, it rather excites to watchfulness, and in this respect is allied to green tea in its action; or, if not to wakefulness, to dreams, which leave no impression on the memory. When this effect has passed off, there appears to be a greater susceptibility in the nervous centres to impressions, as indicated by trembling of the hands, and irritability of temper.

There are a few facts which I would now state generally, and which appear as secondary results of smoking. Constipation and piles are often experienced by inveterate smokers. Acne of the face (small black spots) I have observed to be excited and kept up by the habit, and to disappear with the discontinuance of the latter. Blackness of the teeth and gum-boils are not uncommon results. There is also a sallow paleness of the complexion, an irresoluteness of disposition, a want of life and energy, to be observed occasionally in inveterate smokers,—who are content with smoking,—that is to say, who do not drink. I have suspected also that it has induced pulmonary consumption. It is thought that the sexual energy is impaired by the habit, but on this point I have no facts to detail.

HIGH SHOULDER.

The most common cause of a high shoulder is to be found in the abominable practice of undressing girls' necks as low as the hanging of their clothes will permit. Instead of the shoulder-straps of their dress being, as they should be, fairly above the root of the acromial processes of the bladebone, they often — indeed most commonly — either only skirt the extreme end of those processes, and rest on the rounded upper part of the deltoid muscles, or are actually far down on the arms; in consequence of which, the dress having little or no suspension on the shoulders, is constantly dropping, and the girl, to save her clothes dropping down, or, at least, to keep them in place, is continually hitching up the shoulder from which the shoulder-strap most easily slips, and thus the elevating muscles becoming stronger on that side, pull the shoulders permanently up, and produce a very ugly appearance. But the mischief does not stop here; for, though there really be no disease of the spine, yet this constant hitching up of the shoulder causes the head and neck to be thrown to the other side, whilst the chest is thrown out to the same side, and thus a lateral curvature of the spine is produced, and a girl's figure is spoiled, for the simple purpose of uncovering her neck and shoulders as far as possible, which, as well for decency as for the preservation of the child's health, ought to be covered. Many parents have been thus the real cause of their daughters' distortion, if not of more serious consequences; and, therefore, in growing girls who have the least disposition to slip their shoulder out of their dress, most especial care should be taken to prevent the possibility of keeping up this habit, by having the dress made so high that it cannot slip down, and then, the sensation of its slipping being lost, the child no longer continues to hitch up her shoulder, and by a little attention to her proper carriage, the mischief, if not of long standing, may be got rid of.

Exercise, anxiety of mind, want of sleep, sensual indulgencies, and spare food, are circumstances opposed to fatness.

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ANALYSIS OF CARIOUS BONE.

Carious bone has been analysed by Von Bibra, whose investigations show that in caries the osseous substance becomes destroyed, and is gradually removed, and that the saline portion disappears in a greater ratio than the cartilaginous. The whitish fluid matter impregnating the spongy tissue of the bone, and filling the cavities formed by the caries, is merely the detritus of the surrounding tissues, containing the same phosphate of lime, and the same gelatinous matter mixed with fatty matter.

CASE OF POISONING BY THE ROOTS OF THE PARSNIP.

Dr. Unger, of Tozemesno, records the following case:—In March a woman dug up some parsnip roots which had been planted in her garden the preceding spring. They were dressed for dinner as usual in an earthen-pot in which her food was commonly prepared. This woman, as well as her husband and two children, partook of them. Dr. Unger was suddenly called to see these persons in the evening, and found all of them labouring under *delirium tremens*. They were in constant motion, talking incessantly, without knowing what they said, and fancied that they saw objects which had no existence. They fought with each other, and were occasionally attacked with fits of convulsive laughter. The countenance was pale, the pupil dilated, the look vague, tongue clean, moist, and trembling, and the pulse, which, owing to the incessant motion, was felt with difficulty, appeared smaller, weaker, and slower, than natural. The patients rejected everything that was offered to them, and were obliged to be restrained by force. A neighbour who had eaten a small portion of the roots, suffered from vertigo and general uneasiness. She was, however, perfectly conscious, and refused to take any remedy. Doses of sulphate of zinc were repeatedly given to the other patients, but without effect, until combined with ipecacuanha. This treatment led ultimately to the rejection from the stomach of a large quantity of the undigested root of the parsnip. After this, the symptoms abated; and the next morning, with the exception of a sense of weight in the head, they had all recovered. It is remarkable that there was no purging.

CAUTION TO DRUGGISTS—THE DUTIES OF THE ANCIENT POTICARYE.

That he neither increase nor diminish the phisicion's bill, and kepe it for his owne discharge.

That he neither buy nor sell rotten druggys.

That he peruse often his wares, that they corrupt not.

That he put not in quid pro quo without advysement.

That he may open wel a vein for to help the pleurisy.

That he meddle only in his vocacion.

That he dalyte to reade Nicolaus, Myrepsus, Valerius Cordus, Johannes Placaton, the Lubik, &c.

That he remember his office is only to be the phisicion's cooke.

That he use true measure and weight.—*C. Bullein's Bulwarke of Defence against all Sickness, &c.*, 1562.

A CHILD BORN ALIVE AT THE FOURTH MONTH AND A HALF OF PREGNANCY.

M. Maisonneuve lately communicated to the Surgical Society, the case of a female who aborted at the fourth month and a half of pregnancy. When he was called to her, the ovum had been expelled, with its membranes, for about two hours. On dividing the membranes and examining the fœtus, he found, to his surprise, that it was still moving. He applied warmth, and in some degree succeeded in resuscitating it, for in a few minutes the respiratory motions were performed with regularity, but the child died in about six hours.—*Journal de Médecine.*

THE DUTIES OF A PHYSICIAN.

The social duties of the physician extend far beyond the limited trust of investigating disease, and of ministering to the sick. As a man of science, and as a citizen of the world, the enlightened medical practitioner must ever feel that the highest province of his calling is to employ all his faculties, and all his social influence, in preventing or limiting the progress of those various causes which are known to produce death, either by accident, by design, or by gradual decay of the powers of life. To increase the term of existence of the entire human race, and to mitigate, or, if possible, to remove all those physical evils which lead to the impairment of man's bodily and mental faculties, are objects which afford a wide field for the labours of the medical philosopher, and one which he is bound to explore with all the energy and acumen which he can summon to his aid, wholly regardless of any temporary opposition that may be made to his interference in matters which, to an ordinary observer, may appear to be beyond the proper sphere of medical inquiry.

DURATION OF HUMAN LIFE.

The results obtained by M. Benoiston de Châteauneuf relative to the duration of life, are different from those contained in statistical tables hitherto published. During the thirty years of peace which have prevailed in Europe, there has been a considerable improvement in the condition of the populations of various countries, and each Government has regularly published documents on the actual state of its subjects. The researches of M. Châteauneuf are therefore on a more extensive scale than those yet made. We learn, from the labours of this statistician, that in England, Belgium, Prussia, Sweden, Denmark, and France, nearly one-half of the individuals who are born, attain the age of 30 years. About one-half of the survivors die before reaching the age of 60. Thirty-seven per cent. reach 70, and eleven per cent. 80 years. Isolated instances only are met with at a more advanced age.

According to M. Benoiston de Châteauneuf, the term of human life is *ninety years*. In some countries life is protracted beyond this period; but this tendency to longevity does not appear to be peculiar to any nation, as it is found to exist equally among all. One well-known opinion has been confirmed by these statistical researches, namely, that, in all European countries, the duration of life is greater among *females* than among males.—*Journal de Medecine et de Chirurgie Pratiques.*

NEW METHOD OF CURING DEMONOMANIA.

A wealthy countryman, affected with hypochondria, and who had been persuaded by his friends that he was bewitched, consulted a M. M.—— respecting his condition, declaring that his body was infested with seven demons. The physician perceiving at once the mental condition of his patient, undertook, after a little conversation, to cure him of his malady in seven days, and promised to expel one demon from his body every morning for a fee of twenty francs. But as the last would be the most difficult to expel, he stipulated that for this the fee should be forty francs. On the first morning the hypochondriac received a smart electric shock, which caused him to cry out; but the physician merely remarked coolly, that that was only one demon gone. The same experiment was repeated, with the like results, until the seventh morning, when so severe a shock was given, that the patient felt senseless. When he recovered, he was easily persuaded that his persecuting demons had left him. He paid his fees (which were given away in charity), and returned cured to his native village. The cure effected in this case shows that it is sometimes necessary to reason with a fool according to his folly.—*Gazette des Hôpitaux.*

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HINTS FOR HEALTH.

ANTIDOTAL TREATMENT OF LEAD COLIC.

MM. Sandras and Bouchardat, considering that mineral poisons are absorbed and deposited principally in the liver, to be afterwards eliminated through the alimentary canal, recommend that what they consider a universal antidote, persulphuret of iron, should be administered in such quantities as to be always in excess in the intestinal tube, and thus prevent the reabsorption of the poisonous matter deposited there by the branches of the vena portæ. M. Sandras first administers a purgative, and orders a soap bath. The patient then swallows, night and morning, a teaspoonful of a mixture of syrup and persulphuret of iron. M. Sandras has found that large quantities of this compound may be taken without mischief, and its use may be persisted in for a long period. He employs at the same time opium, strychnia, and belladonna. In two years, this physician has thus treated 122 cases of lead colic in different stages. Two only proved fatal: the rest were cured with great rapidity. Only two relapses occurred in cases in which the individuals had not again exposed themselves to the vapours of lead.

A MAXIM NOT TO BE DESPISED.

Some people have a foolish way of not minding, or pretending not to mind, what they eat. For my part, I mind my belly very studiously, for I look upon it that he who does not mind his belly will hardly mind anything else.—*Anon.*

SINGULAR INFLUENCE OF MUTTON AS A POISON.

Dr. Prout, in his work "On the Nature and Treatment of Stomach and Urinary Diseases," relates the case of an individual on whom mutton acted as a poison. He "could not eat mutton in any form. The peculiarity was supposed to be owing to caprice, and the mutton was repeatedly disguised, and given unknown to the individual; but uniformly with the same result of producing violent vomiting and diarrhœa. And from the severity of the effects, which were, in fact, those of a virulent poison, there can be little doubt that, if the use of mutton had been persisted in, it would have destroyed the life of the individual."

SPECTACLES.

Great judgment and discrimination are required before giving a decision as to the propriety of a patient having recourse to spectacles, and many points should be borne in mind before assenting to their use. We should first satisfy ourselves that the impairment of vision does not arise from diminished sensibility of the retina, and that the case is not one of incipient amaurosis: if it be so, the temporary comfort occasionally afforded by the aid of glasses will be purchased at the price of more speedy extinction of vision; and we discover, when too late, that measures very different to those recommended would have been the means perhaps of rescuing the individual from the horrors of blindness. If the case is supposed to be one of myopiæ, we should carefully ascertain that the defective vision arises from an alteration in the powers of the refractive media, and is not the consequence of the eye having lost the power of adapting itself to the forms of distant objects. In the latter case we should commit a grave error in recommending glasses, for their employment is absolutely injurious.

FEEDING ON SPURRED RYE.

Several inhabitants of a village of France, in the department of Oillier, have just experienced the most dreadful symptons by feeding on spurred rye. It was found necessary to amputate the leg of a child, and the mother and remaining children are in a very precarious state.

ADVERTISEMENTS.

Dr. Yeoman's Medical Publications.

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The Causes, Symptoms, and Rational Treatment.

"An excellent little work upon those disorders so incidental and so common to us, that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st, 1850.*

Price 4d., by post 6d.,

HEADACHES: their Varieties, Causes, Symptoms, and Rational Treatment.

"The author of the above little work has given the causes of headaches and their means of cure so plainly, that 'he who runs may read.' The advice offered can be easily followed, and the list of prescriptions in *English*—a most important innovation upon the old mysterious medical Latin—will be found useful. The style of writing is familiar, and the advice given in the most popular form: it justifies the title, 'People's Edition.'"—*Portsmouth Guardian.*

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This book is intended to supply legitimate information on those peculiar infirmities that render the diseased and the debilitated the easy prey of ignorant empirics.

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Du Barry's much-puffed Revalenta is composed of our Patent Purified Lentils, with which we supply him; therefore be not deceived by false statements and high charges.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

THE PEOPLE'S MEDICAL DICTIONARY.—The demand for this work has been so much greater than we anticipated or were prepared for, that our publisher has been unable to supply many of his country correspondents. Several hundred copies were disposed of on the day of publication. Our binder is now zealously engaged in completing the first edition, and after this date all our provincial agents will keep a supply "on hand."

WE are much pained in having occasion to write and publish what follows:—Within the last fortnight an antique blue crystal scent-bottle, encased in silver-gilt filagree, in which the Russian eagle is worked, has been removed from a slab in our waiting room. It is a family token, bearing the associations of several generations. To the Editor it is invaluable—to the present possessor comparatively worthless. In like manner, and within the same period, we have lost *Gavarni in London*, bound in red cloth. We hope the antique was only removed for more careful examination in the quiet of the "conveyancer's" chamber; and that he or she found the crayons of Gavarni, and the witticisms of Albert Smith, worthy of more attention than could be devoted to them in our room. Now that sufficient time has elapsed for the completion of these laudable studies, we hope *conscience* may dictate their restoration.

JOHN BATESON (Huddersfield).—Your present anxiety may be removed. But such cases do not merit gratuitous advice.

M. W. A. (Hull).—As you say you are "a constant subscriber," we are bound to believe you; but you cannot be *a constant reader*, otherwise you would know that we never give advice in derangements of the health arising from Vice, Folly, or Indiscretion, in this column.

A WIDOW (Swan Street, Goole).—Refer to the article on the DISEASES OF WOMEN AND CHILDREN, in No. 34, page 57, Vol. 2. "Spitting of Blood" is a symptom in your daughter's case that merits your best solicitude.

T. M. L. (Pitt Street, Liverpool).—A long sea voyage will be of essential service to you.

HORACE (Durham Street, Strand).—The "Doctor" once stood at the bar of the Old Bailey to take his trial on a charge of manslaughter. That is all the "evil" we know of him.

LEBAL (Christchurch).—We are so overwhelmed with labour for the journal, and professional engagements, that we cannot spare time to revise the articles on the DISEASES OF WOMEN for separate publication.

A LADY'S MAID (Manchester Square).—If the stain be caused by *indelible* marking ink, it will, or ought, to be impossible to remove it. We should be very chary in giving public advice how to remove marks from linen. It is beyond our purpose to give forms for the preparation of "Marking Inks." Our journal is a MEDICAL JOURNAL, not a *Chemical* Journal.

CHARLES TOWER (Cheapside).—We are compelled to be professionally "at home" on Sunday until one o'clock. This notice has appeared more than once in this column.

JOHN WALSH (Bradford).—We cannot give your wife better advice, in this column, than that contained in the Articles on INDIGESTION, published in Vol. 1. The same is contained in the Editor's work on that disease, with which your bookseller will supply you.

AARON B.—We certainly are not greedy; and we hope not suspicious. We accede to your proposal.

MARIANNE (Tonbridge Wells).—You will require an aperient whilst drinking the waters. The compound decoction of aloes is the best. Dose, a wine-glassful early in the morning.

A COUNTRYMAN.—If you address a letter to the Editor two days previous to your intended visit, he will attend to the appointment you make.

JAMES WALL (Upper Holloway).—Bathing with "a full stomach" is hurtful.

W. C. P. T. N.—Discontinue the ointment and all their greasy applications. Bathe the leg with a cold acid lotion; purge the bowels, moderately, with a warm purge (see PURGATIVES in PHARMACOLOGY, Vol. 2), and eat sparingly of animal food.

ALEXIS.—The man is not a Jew, but he is an empiric.

HOMŒOPATHIC FEATS.—We learn from the *Medical Gazette* of Madrid, that an unfortunate patient, affected with constitutional syphilis, died lately, after taking globules for a whole year, worn out by the most distressing syphilitic cachexia. This man was so blindly attached to the homœopathic deceit, that he would not hear of any other kind of treatment than that which led him to his grave.

TRUTH.—To give an answer likely to be beneficial to you, and satisfactory to ourselves, would occupy a page of the Journal. This space we cannot devote to *one* correspondent. Send your address.

C. F. ROBINSON (Bayswater).—Patients resident at no greater distance from our house than you, must call for the advice they ask for.

THE SALE OF POISONS IN PARIS.—Two pharmacien's assistants in the French capital, Messrs. Brown and Walshe, employed in the establishment of Paris, Pommier, and Co., were lately fined respectively £1 13*s*., and £16, for having sold to a Miss Ogle, the first, one drachm and a half, and the second, one ounce and one drachm of Battley's solution. Miss Ogle wilfully poisoned herself with the preparation, and the proprietors of the establishment were held responsible for the payment of the fines. Would it not be wholesome if a few home-thrusts of this kind were dealt in this country?

D.—Chicory, from its narcotic properties, produces injurious effects on the nervous system. Professor Beer, the celebrated oculist of Vienna, is so convinced of this fact, that he has enumerated chicory coffee among the causes of amaurotic blindness.

FRANK J. HARRISON (Clapham).—See answer to C. F. ROBINSON in this number.

G. M. (Sleights).—Consult Mr. Wilson, of Whitby.

HERBERT LACY (Stanmore).—The advertising "Consulting Surgeons" are fearful Jew quacks. Avoid them as you would a mad dog or a Smithfield ox.

A CASUAL READER (Islington).—If you will take the trouble to refer to the answer to ROBERT HAWSON, in No. 7, you will find some information bearing upon your application.

JNO. S. (Maidstone).—We are obliged by your communication, and have read the report with some interest. We are glad that the *working men* in your town are so provident, but donbt whether they have disbursed their money in the most eligible manner. There is often immense *jobbing* in medical charities.

TYPHUS FEVER, similar to that which usually results from bad and insufficient food, is becoming very prevalent in Cork. A hundred patients are at present in the poor hospital there.

EDWARD THOMAS B. (Cardiff).—*Strychnia* is the alkaloid discovered in nux vomica—the poison nut. It is the most energetic poison next to prussic acid.

NOVICE.—A fluid pint contains sixteen fluid ounces.

J. W.—One guinea for a *single* consultation: succeeding consultations, if required, as may be agreed.

L. M.—First—Healthy men are *not* subject to such occurrences. Second—If neglected, they become "destructive." Third—All may be remedied.

A MILLINER (John Street, Oxford Street). Take four grains of the compound aloetic pill every night. An occasional warm bath will be of much benefit to you.

ONE WHO HAS ERRED AND STRAYED.—*Acne rosacea* is the name given by Bateman to the red or purple face of tipplers; it is also called "rosy drop," or "carbuncled face." Shakspere, in describing the physiognomy of a hard drinker, tells us that "his face is all bubukles, and whilks, and knobs, and flames of fire." These protuberances are the real *grog blossoms*.

ANTI-QUACK.—Every one admits the advertisements are disgusting; and yet "Every one" daily encourages their continuance by purchasing the newspapers in which they appear. "Everybody" and "Nobody" are identical in such matters of reform.

A STUDENT.—You are mistaken—*we* do not decry the use of tobacco, but we wish to "put down" its *abuse*. Read a valuable paper on the subject in to-day's Journal.

MUCH WEAK (Aldersgate Street, City).—See answer to C. F. ROBINSON, in this number.

MATER.—Under the circumstances you mention, we should not advise chloroform.

HEALTH OF LONDON DURING THE WEEK.—Not any improvement has taken place in the health of the metropolis. The number of deaths registered was 1002; in the ten corresponding weeks of the last ten years, it was generally under 900. This average, when corrected for increase of population, is 961; compared with which the present return exhibits an excess of 41. Affections of the respiratory organs generally at present show a mortality considerably above the average. Two deaths were recorded of which intemperance is stated to have been the cause; besides another cause in which fatal disease seems to have been the fruit of habitual drinking.—The births of 752 boys and 715 girls, in all 1467 children, were registered. The average of six of the corresponding weeks in 1845-50, was 1366.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 75.—Vol. III.] SATURDAY, JUNE 7, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XXII.—THE MUSCLES OF THE HEAD AND NECK.

The *Buccinator*, or *Trumpeter's Muscle* (K, fig. xli.).—This muscle is situated in the cheek, and is attached superiorly to the sockets of the molar teeth of the upper jaw; inferiorly, to the corresponding part of the lower jaw, and is inserted into the angle of the mouth. The middle fibres are horizontal, the superior and inferior a little converging to the angle of the lips. As the duct of the parotid gland transmits the saliva into the mouth through this muscle, its precise anatomy is of essential importance in all cases of salivary fistula; and, to the surgeon, the exact knowledge of the course and relationships of the tube, from the anterior margin of the parotid gland, till it opens into the mouth opposite the second molar tooth of the lower jaw, is imperative. The action of this muscle is to pull the angle of the mouth backwards, and, by diminishing the cavity of the mouth, producing various effects. This muscle is seen remarkably dilated in blowing the horn or trumpet; hence its name, *the trumpeter's muscle*. Its use is to force the air out of the mouth, by contracting its cavity, to draw the angle of the mouth backwards, and, in mastication, to press the food within the line of the teeth.

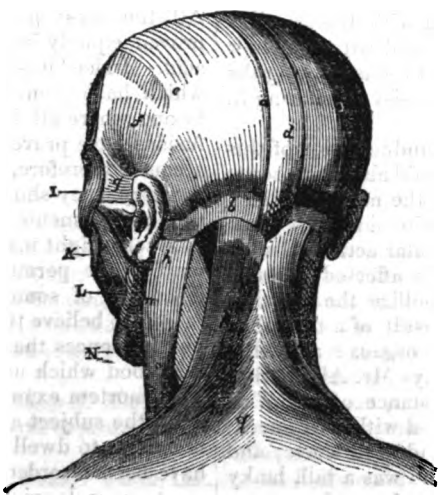

FIGURE XLII.

A. The Occipital part of the Occipito-frontalis.
B. The Fleshy; and
C. The Tendinous part of this muscle.
D. A Tendinous Membrane, joining the opposite sides of the muscle.
E. Part of the Tendinous Membrane, covering the upper part of the temporal muscle.
F. The Attollens Aurem.
G. The Anterior Auris.
H. A small portion of the Retrahens Aurem.
I. The back part of the Orbicularis Palpebrarum.
K. The Zygomaticus Major.
L. The Masseter.
M. The Pterygoideus Internus.
N. The Platysma Myoides.
O. The Sterno-Cleido-Mastoideus.
P. The upper end of the Trapezius.
Q. The Tendinous portion of that muscle in the nape of the neck, called *Ligamentum Nuchæ*.

The Masseter (K, fig. xli.; L, fig. xlii.).—This muscle is composed of aponeurotic and fleshy fibres, situated on the side of the face. It is very thick, and attached superiorly to the two anterior thirds of the inferior part of the zygomatic arch, to its internal surface, and to the aponeurosis of the temporal muscle; inferiorly, to the angle of the lower jaw, to its external surface, and to the inferior border of the ramus of the jaw. The masseter is sometimes described as two distinct portions, which decussate one another; the anterior portion running backwards is fixed into the side of the lower jaw as far as the angle; the posterior portion passing forwards is united to the coronoid process. On the other side of the masseter muscle is found the parotid gland and its duct, the platysma myhoides muscle, the facial nerve, and the transverse facial artery. The inferior surface is placed on the ramus of the lower jaw, the tendons of the temporal, and the buccinator muscles. The action of the masseter is to raise the lower jaw, and it acts powerfully in mastication. Indeed it is, as its name implies, the muscle of mastication.

Temporalis, the temporal muscle. Beneath the muscles of the ear and lower margin of the occipito-frontalis will be found a dense aponeurotic membrane, the fascia of the temporal muscle. The situation of this muscle may be imagined by referring to B (fig. xli.), beneath which it lies. Its fibres converge towards the ascending portion of the lower jaw, passing under the zygoma. It occupies the whole temporal cavity, and is covered by the strong fascia just mentioned. It is attached superiorly to the temporal fossa, and inferiorly to the coronoid process of the lower jaw. The office of this muscle is to draw the lower jaw upwards, so as to bring it in contact with the upper, as in masticating food. Its use and movement may be easily detected, by placing the point of the finger on the temple whilst eating. In carnivorous animals the temporal is the strongest muscle in the whole body.

The Superficial Muscles of the Neck.

The muscles of the neck are implicated with a deep-seated and superficial fascia, the structure or tendinous expansion and attachments of which ought to be well-known. The superficial cervical fascia is a thin layer of condensed fibro-cellular membrane, lying immediately under the skin, enclosing the platysma myoides, and stretching upwards over the parotid gland, downward upon the chest, and continuous with the superficial fascia on the other parts of the body. Upon raising it, along with the platysma myoides, the deep-seated cervical fascia is exposed, and its dense fibrous structure is at once apparent. It surrounds the neck from the ligamentum nuchæ, enveloping the muscles and glands, and attached to the lower jaw and styloid process of the temporal bone superiorly, and to the breast-bone and two upper ribs inferiorly.

Platysma Myoides (A, fig. xl.). This is an extremely thin layer of fleshy fibres spread over the other muscles, and attached

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to the cellular membrane of the neck; it requires some skill in dissection to display this muscle, for as it is merely a web of muscular fibres, it is frequently removed with the integuments unnoticed. Superiorly it extends over the face to the angle of the jaw, where its fibres are lost in the cellular tissue of the cheek, and inferiorly its fibres cover a portion of the pectoral and deltoid muscles (see fig. xl.). The outer surface is covered by the skin. Its use is to assist in drawing down the jaw and angle of the mouth, to wrinkle the skin of the neck, and when the mouth is shut, to bring the skin under the lower jaw upwards.

Sterno-cleido-mastoideus (*b*, fig. xl.; M, fig. xli.; *e*, fig. xlii.). This powerful, and in general well-marked muscle, is situated at the side of the neck. Its name denotes its attachments, namely, to the sternum or breast bone, to the clavicle or collar bone, and to the mastoid or nipple-like process of the temporal bone. The outer surface is covered by the platysma myoides, excepting at its upper extremity, which lies under the skin and parotid gland; between it and the preceding muscle the external jugular vein and some nervous filaments of the cervical plexus are situated. The inner surface is connected with the articulation of the breast bone and the collar bone, and with the outer muscles of the neck and upper extremity. Its use is to bring the head forwards, to turn it to one side, and to assist in rotating it. When both muscles act, they bow the head.

Cases of WRY NECK consequent upon the undue action of this muscle, are of frequent occurrence, and it should always be borne in mind that the muscles on the side to which the neck is twisted are *not* those affected, but those on the opppsite side. In these cases of wry neck which result from the irregular action of muscles, if the sterno-cleido-mastoideus be chiefly affected, what is to be done? We must endeavour to tranquillize the muscles. There are many of those cases entirely the result of a disturbed state of nerves, caused by disordered digestive organs: and whether this be universally the case or not, I (says Mr. Abernethy) will tell you of one absolute undoubted instance of it. This happened in a tall boy at school; he was seized with a wry neck, they leeched him, and blistered him, and made bad worse, and after a week he was sent up to town. I say he was a tall, lanky boy; and, upon my life, I thought a *pullet's* neck could not have been more twisted round than this was. I told him to lie on a sofa, or couch, or bed, and to support the head with pillows; never to sit upright; never to put the head in a position to demand muscular action for support, since, if the muscles did act, they would act in this faulty manner. I told him to foment his neck by flannels; to keep it in a kind of tepid bath; to keep himself in a kind of perspiration; and I applied the whole of my attention to put his digestive organs to rights. His bowels were all wrong—his tongue furred, and of a bad colour. A week elapsed, and his stomach and bowels got into a decent state, and his wry neck was entirely gone. But you see if this is neglected in the outset, then muscles get a habit of perverse action, and you have wry necks established beyond removal, even by putting the digestives to rights, though that I believe to be a most direct and efficient mode of cure in every instance. But I know that there are cases of wry neck, where people have their necks twisted, and the muscles put into such an irritable state of action, that the cases do not yield quickly, even to what I should consider the most judicious and appropriate treatment. But, now, in reading books of surgery, you find the proposition of dividing the sterno-cleido-mastoideus muscle, in order to set people's heads right on their shoulders. Now, I did live for a very great part of my life, and I did not know what the plague those people meant by this; I never could meet with a case where such an operation could for a moment have been rationally thought of; then, as curious cases are something like misfortunes, that is, they never come alone, in one year I met with *four* cases requiring an operation in the sterno-cleido-mastoideus. All these cases appeared to me to be of the same nature; I mean to say, it appeared to me that the muscle appeared to be originally *mal*-formed; that the clavicular part of the muscle was shorter than it should have been; it was irritable, and drew the mastoid process towards the collar bone. And *note* the consequence: the people—children they were, for they were not more than fifteen or sixteen years of age—had all grown wry in their backs; the vertebral column had become completely deformed.

(To be continued.)

THE TREATMENT OF WOUNDS.

(Continued from page 172.)

THE BITE OF A MAD DOG—HYDROPHOBIA—(*continued*).

As to the medical treatment of hydrophobia, nothing can be said to offer any rational hope of alleviation of the symptoms. All the most powerful remedies in the Pharmacopœia have proved equally ineffectual—opium, mercury, strychnia, prussic acid. Indeed it is useless to enumerate the category of medicines which have been employed, as no preference can be attached to one where all have proved useless. Bleeding and cold effusions have proved equally ineffectual. But it is not on this account, therefore, that our exertions should be stayed: on the contrary, they should be exerted to the fullest extent, for with the improvements that science is daily making, we may yet hope that some light may be thrown upon the subject, and that we may yet be permitted to overcome this direful disease, by the discovery of some antidote to the poison; for there is every reason to believe that rabies does not affect any particular system, but influences the whole organismus, by producing a change in the blood which unfits it for the general purpose of nutrition. Post-mortem examinations have thrown hitherto so little light upon the subject as to the cause of death in hydrophobia, that it is useless to dwell upon the various morbid appearances which have been recorded as the result of these investigations. The most general opinion, however, seems to be, that there is some change in the appearance of the nerves.

The following cases illustrate the different modes of treating this fearful malady.

HYDROPHOBIA TREATED WITH MORPHIA.

Edward Lynch, an Irishman, aged 26, was admitted into Billet Ward, Guy's Hospital, under Dr. Babington, on September 26th, 1837.

About five weeks before admission, a dog, whom he had been thrusting at with a pitchfork, sprang at him, and bit his upper lip and cheek. He immediately seized the animal and strangled it with a hay-band. The bitten part of the lip was speedily excised, but not that of the cheek. Nothing material followed till Saturday, the 23rd of September, when, after drinking two or three quarts of beer, he was taken with a fit of vomiting, and experienced great distress at the sight of some fresh meat.

On Sunday he was very unwell, but had no spasm; and in the afternoon he went into a deep sleep, from which he was with difficulty awakened. On Monday morning spasms came on, and he became worse.

On Tuesday, at 9 A.M., he was admitted into this hospital. On admission his condition was as follows:—He had no pain anywhere, but experienced great lassitude and a sense of constriction about his throat. He took a table-spoonful of milk, but could drink no water. His voice was feeble, and resembled a loud whisper. The countenance was anxious, and he was

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spasmodically affected at the approach of any one, when, also, he appeared choking. Heart's action normal; pulse soft, irregular, and 60; tongue slightly coated, but moist; skin natural; his breath was of an acid odour, and every two or three minutes he was seized with violent sighing. At a quarter before 10 A.M., he had a turpentine injection administered. At 1 P.M. Dr. Babington saw him, and ordered a drachm of the sesqui-oxide of iron, and sufficient quantity of syrup of orange peel to make a bolus, to be taken every quarter of an hour. Also the spine to be rubbed with tincture of cantharides, and belladonna plaister to be afterwards applied to the stimulated part.

At half-past 2 he sunk into a sleep, which lasted three quarters of an hour.

At 5 P.M. he was much prostrated, and the spasms were increased. Pulse 54, irregular, and intermittent. He experienced the feeling of a ball rising in his throat. His urine, which he passed three or four times, was rather high coloured.

At 7 P.M. he was more restless. Mouth parched, skin hot and dry; pulse 64. The boluses were divided into three parts, and after each he took about two ounces of milk, the only nutriment taken since his admission. He has great difficulty in swallowing, and is very much convulsed.

At 10 P.M. his pulse was 54, but rather fuller; he could bear no light in his room, nor any one to approach him except his wife. His voice was natural, and he had no rigidity of muscle. He was ordered three grains of muriate of morphia every half hour till some effect should be produced. Blistering ointment was rubbed in over his chest about the region of the diaphragm, and afterwards belladonna plaister. He soon became more quiet, and slept from 11 till 3. He passed a quiet night upon the whole, crying out at intervals. At 5 A.M., September 27, he felt rather sick. He asked for a cup of milk, but swallowed it with difficulty. The bowels had not been open since his admission. The morphia was repeated.

At 8 P.M. he asked for some water, swallowed about two ounces, but immediately jumped up in bed and appeared choking. The morphia was repeated.

At 10 P.M. he was very violent and delirious. Pulse 120. He wished for water, but could not swallow it. Dr. Babington ordered the muriate of morphia to be increased to four grains every half hour. He was confined to his bed with sheets.

12 P.M.—He still cries for drink, which, when taken, makes him sick. Pulse 144. The voice is thick. Breathing more laborious, and feeling of depression much increased. He displays no greater horror of fluids than of solids. Dr. Babington ordered the dose of morphia to be increased to eight grains every half hour, and a tobacco enema to be given immediately.

About 2 o'clock the countenance was livid, and the angles of the mouth constantly raised and lowered. He made a noise like the howl of a dog. He breathed only eight times in a minute. Pulse small, 180. Occipito-frontalis contracted. He appeared unconscious, but now and then a calm smile played upon his face, as though his ideas were of a pleasing nature. The pupils were much contracted, and inobedient to the stimulus of light. Conjunctiva injected. He twitched the bed-clothes, and pulled his neck about. From this time he gradually became worse till twenty minutes past 3, when he died. Immediately after death his pupils were very dilated, and the corpse had a very cadaverous odour. A vein was opened, but did not bleed. The next morning, however, he was deluged in blood. He took altogether forty-eight grains of muriate of morphia.

HYDROPHOBIA TREATED WITH LEAD.

Samuel Soring, a Londoner, aged 35, was admitted into Billet Ward, under Dr. Addison, on the 1st October, 1837. He had formerly been addicted to drinking, but not of late years. For the last three weeks he had been in a desponding mood, so much as occasionally to confine him to his bed for a day or two, though he continued his employment, which was fish selling. About three months since he had been bitten by a spaniel. The wound was trifling, did not bleed, and caused only slight pain. On the day before his admission he was very ill, and spent a very restless night. His symptoms on admission were—An anxious and dejected countenance; breathing difficult and convulsive, and this more violent after any movement, draught of air, or sight of water; pulse 80, with little power; skin natural; tongue parched; great thirst; slight pain in the head; pupils contracted; bowels not opened since yesterday morning; a sense of suffocation and tightness across the throat. At half-past 10 A.M. Dr. Addison saw him, and ordered him to be cupped over the epigastrium. The cupping caused so much excitement that when eight ounces had been drawn it was thought advisable to desist. Ordered also the infusion of senna, with a drachm of the compound extract of colocynth as an injection, and two drops of croton-oil to be taken every half hour till it operated. The enema was soon returned, with a small quantity of feculent matter. He swallowed his medicine with great difficulty, wishing to have his eyes closed while taking it. A composition of two drachms of extract of belladonna, and one ounce of mercurial ointment, was rubbed on his throat. At 3 P.M. Dr. Addison again saw him. The croton-oil had acted powerfully, the stools watery and green; skin cold and wet; pupils dilated; urine scanty, and priapism present; purging still violent. Ordered two drachms of the wine of opium and forty minims of the solution of the diacetate of lead every hour. The purging ceased shortly after taking the opium. At 10 P.M. Dr. Addison again saw him. After the first three doses of the lead he seemed more tranquil. He now complained of great thirst, and drank eagerly two half pints of porter. He still went on regularly with his medicine, which he was persuaded to take with great difficulty. He was constantly troubled with violent emotions, which became worse after each dose of the medicine.

At half-past 2 A.M. of the following day he was much worse. He appeared greatly distracted, imagining himself surrounded by hideous objects. It was necessary to confine him to his bed, as he would not stop there without compulsion. After this he became unconscious of everything around him. He roared in a most awful manner. The muscles of his face were horribly distorted. A large quantity of frothy saliva poured from the mouth, his lips became livid, and he appeared writhing in an excess of agony. In this state he remained till half-past 4, when he became suddenly quiet, and he appeared quite exhausted. Five minutes afterwards he was dead.

HYDROPHOBIA TREATED WITH PRUSSIC ACID.

Emmanuel Soult, aged 7, was admitted into King's College Hospital, under Dr. Todd, on the 22d of November, 1841. Two months before admission he had been bitten by a mad dog under the right eyelid. The wound bled profusely, but rapidly cicatrised, and no constitutional disturbance was manifested till the day preceding his admission. He then exhibited a strangeness of manner and slight symptoms of fever only, until, a few hours after his illness had commenced, he suddenly threw himself into his mother's arms, and screamed loudly. His eyes were bright and prominent, he frothed at the mouth, and his inspiration was jerked and audible. He tossed his arms about, and tried to vomit: refused to eat, drink, or lie down, but did not object to the presence of water. At night the symptoms were the same, but exaggerated; and on the following day after his admission into the hospital, there was observed spasmodic

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twitching of the muscles of the face, neck, arms, and larynx. He vomited saliva and viscid mucus. Over the chest was heard a loud muco-sonorous râle. The pulse was small, and 140. The skin was dry, but not hot. The tongue was maintained protruding from the mouth; there was also some intolerance of light. Pressure on the cicatrix of the wound did not occasion pain, nor was it red or swollen. The lower lip, at its right angle, was very tumefied, which his mother referred to his having bitten it. He evinced great sensibility to draughts of air, requesting those who spoke to him not to blow upon him.

At a quarter to 4 P.M., by Dr. Todd's order, five minims of hydrocyanic acid (Ph. L.) were placed on the tongue. At 4 o'clock, the spasms being frequent, and the retching violent, the acid was repeated, in the same quantity, and was continued every quarter of an hour till 5 o'clock. After the second dose he seemed better: he was more quiet; retching less frequent; and he passed water in bed copiously, and was sensible of its escape. This state lasted till 5 o'clock, when he again, on the entry of several persons into his room, became excited. The spasms returned with increased violence, there being at one time slight opisthotonos. The retching was more constant, and he could no longer lie down. At 5 o'clock, Dr. Guy, in Dr. Todd's absence, directed 20 minims of the acid to be given; and five minutes after, 10 minims more, but without any obvious effect.

At half-past 5, Dr. Todd ordered another 20 minims of prussic acid. This producing little or no good, at Dr. Guy's suggestion Dr. Todd ordered a frigorific mixture to be applied to the spine and throat. This soon had the effect of alleviating all his symptoms. He became more quiet; the retching was less frequent; he did not foam so much at the mouth. The larynx and pharynx were free from spasm; but his feet getting cold, and his pulse falling, the ice-bags were removed, and hot bottles applied to his legs. He swallowed some ice, too, with greediness, after which his power of deglutition improved so much that he was enabled to drink some wine and liquor opii sedativus. At 7 o'clock, as he was again becoming excited, the ice was reapplied, but again removed at 8, since the heart's action was then much depressed. From this time till 11 he was remarkably free from spasm, and his deglutition good. His tendency to delirium, however, increased, and at 11 o'clock Dr. Guy tried the cold douche. Almost immediately afterwards, the pupils, which had been previously much dilated, became extremely contracted, and in a few minutes the boy was dead.

NERVOUSNESS.

BY THE EDITOR.

(*Continued from page* 140.)

No. VI.

THE MEDICAL, DIETETICAL, AND MORAL TREATMENT.

In the last paper of this series, we detailed a case of temporary nervousness, resulting from a disordered state of the digestive organs, that was removed by purgatives. In this article we shall confine our attention to that form of the malady which, although dependent to a great extent on "stomach complaint," does not require purgatives, and in which purgatives would be hurtful.

Nervousness of this type is caused, for the most part, by chronic indigestion, which is well exemplified in the following case:—

Case (56).—In February, 1850, I was consulted by a gentleman, aged 41, who in his early life had been a sailor, trading to the West India Islands, during which time, he candidly confessed, he had pursued the irregularities of a sailor's life, and had suffered from bilious fever more than once, as his punishment for over-indulgence in "new rum." Within a more recent period he had followed the occupation of a merchant and shipper, which retained him in constant communication with former shipmates and "grog." He said he had not been intoxicated for many years, but that, nevertheless, he "took his share." His appearance was that of a well-doing man, slightly rotund, well formed, a rubicund face (not "blotchy"), and nearly bald. He complained of great depression of spirits, of a dread of immediate pecuniary loss, threatening poverty; his sleep was haunted by dreams of shipwrecks, in which consignments were lost by which he was made bankrupt. He told me he had within a recent period effected insurances upon goods, at a great loss, when he knew by his advices that the vessel containing them must be safe at her port; but his fears and his apprehension buried judgment, and he allowed fancies to overturn facts. He was subject to constant headache, or rather tightness and weight in the head, a buzzing, roaring sound in the ears, with partial deafness, and his eyesight was much impaired. His appetite was precarious, and thirst urgent; his tongue white, foul, and flabby; his bowels irregular, at one time relaxed, at another constipated, for several days. He was sorely troubled with flatulence, that produced spasm around the diaphragm, and he said his bowels sometimes "roared and rumbled like the sea." He complained acutely of an uneasy sensation at the heart, not a "palpitation," but such a fluttering that shook his whole frame. He said he had the same eagerness for business as heretofore, but that he lacked the physical ability to perform his usual routine—the docks, the office, "'change." Altogether he presented the appearance and evinced the symptoms of excessive wear and tear acting on a constitution otherwise healthy. He suffered under much disorder, little disease.

Now, in this case, had powerful purgatives, as colocynth, or scammony, or jalap, been resorted to, to relieve the bowels when constipated, all his symptoms would have been aggravated; a state of irritation would have been induced, the mucous membranes generally would have sympathized with those of the stomach, and perhaps gastric fever might have been the result. With the view of restoring a healthy action in the bowels, so as to insure at least one evacuation daily, he was ordered to take one of the following pills every night.

> Take.—Compound calomel pill (Plummer's pill),
> Compound rhubarb pill,
> Compound galbanum pill, of each ten grains.
> Mix, and divide into six pills;

and early in the morning, a wine-glassful of the compound decoction of aloes, with thirty drops of the essence of ginger. During the day he was to take this mixture:

> Take.—Trisnitrate of bismuth, half a drachm;
> Tincture of hops,
> Tincture of valerian, of each six drachms;
> Mint water, two ounces and a half. Mix.
> Dose, one large spoonful in double the quantity of water, every six hours.

His diet consisted solely of mutton and beef, with occasionally white poultry; he was forbidden to eat vegetables, fish, salted meats, soups, and pastry: the supply of fluids of all kinds was considerably diminished, so that the quantity taken in twenty-four hours did not exceed a pint and a half, or two pints at the most. He had for breakfast a large cupful of dandelion coffee; at luncheon, a glass of pale dry sherry, with a water biscuit; at dinner about two table spoonsful of brandy, in less than a tumblerful of spring water; at tea, a cupful of weak, plain black tea, and during the evening the same quantity of brandy and water as at dinner. He was an inveterate smoker, but now reduced himself to one cigar in the evening. At my suggestion he engaged lodgings at Lewisham, and this change was not only beneficial as regarded atmospheric influence, but it also tended to wean him from certain associates who were *bons vivants*.

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At the end of a week Mr. 56 again called upon me; he was much better, he felt lighter, more hopeful, and could attend to business with greater comfort. He had had one or two attacks of causeless despondency; but he was now able, like Mr. Midshipman Easy, to "argue the point" with himself. His bowels acted with regularity and without pain; the flatulence was less, and he did not experience the fluttering at the heart. Ordered to continue the same diet; to rub the whole surface of the body with a flesh-brush every night and morning; to take one of the pills formerly ordered every other night, instead of every night, and to take the compound decoction of aloes on alternate mornings. To have the following mixture:

Take.—Aromatic spirits of ammonia, three drachms;
Compound tincture of cardamoms, four drachms;
Infusion of cascarilla, seven ounces. Mix.
Dose, three large spoonsful at 11 a.m. and 4 p.m.

Feb. 26.—Greatly improved. Spirits good, equal and cheerful; business is now a pleasure, and he is equal to his usual exercise of mind and body without fatigue, excitement, or depression. Appetite good, bowels regular, flatulence gone, sleep refreshing;—in every thing a different and a better man. Ordered to omit the pills; to take a wine-glassful, or less, of the decoction of aloes once or twice a week, and to have the following pills:

Take.—Sulphate of quinine,
Sulphate of iron, of each half a drachm;
Powdered myrrh, two scruples;
Extract of hyosciamus, half a drachm.
Syrup sufficient to form a mass, to be divided into thirty pills, of which one is to be taken three times a day.

March 17.—I received a note from my patient, of which the following is an extract:—"I am quite strong, hearty, and well. I could not have supposed means so simple as you directed could have effected so much."

Within the last few months I have met Mr. 56 in society, a fine, strong, good-tempered creature,—with a bride.

(*To be continued.*)

THE TRICKS OF QUACK "CORN DOCTORS"—CHIROPODISTS.

The theory of the chiropodist, as frequently stated, is, that corns are generated in considerable numbers in, and spring from the bone, immediately under what has never before been doubted to be a corn; and in order to the extraction of which in the cases alluded to, and at which I (Dr. Wake) was present, the following was the mode of operation:—Seating himself with his face towards the light, and taking care to object against any person placing himself in a situation distinctly to see the whole operation, the operator threw a handkerchief over his knee upon which the foot of the patient was laid. The visible corn was then pressed somewhat unceremoniously, to give, it is presumed, the patient a sufficient idea of the pain occasioned by such things, and the value of the service rendered by the removal of them. The chiropodist then proceeded to pare the uppermost layer of the thickened cuticle of every corn upon the same foot, using a number of variously-shaped scalpels. He then proceeded to loosen, by means of a set of instruments, like gum-lancets, of different shapes, and some of them much rounded, the entire natural corns; turned them up, and on one side: then cut off the more callous part of each, leaving the under layer of the cuticle, of which he continued to form a sort of flap, which he subsequently made use of. With crooked scissors, of various sizes, having clipped away all uneven surfaces from the different corns under operation, then with suitable solemnity the operator took from a round box a bottle of mysterious oil, somewhat resembling blood, which he represented as having the power to raise the corns. This oil was with abundant care rubbed over each toe operated upon, and into each excavation made in it, until it foamed: and at this, perhaps, *critical* period of the operation, the operator *invariably* resorted to some manœuvre to attract the attention of any bystander; and each flap before spoken of being carefully closed over the orifice, and the oil wiped from the outer part of the toes, the chiropodist then, by means of an instrument, like a large silver toothpick, with great adroitness disengaged what he called the corns, and brought them one by one to view, exclaiming, "*See de corn:*" the object being thus made visible, the operator, taking up a pair of long broad forceps, deeply grooved, and closing with a slide, proceeded to lay hold of it; and, suiting the action to the extremity of the case, he affected to exercise the utmost judgment and care in the ceremony of extraction,—which having with apparent difficulty effected, the self-created corn was usually triumphantly exhibited, and its point applied at the back of the patient's hand, no doubt that its power to give pain might be felt. In conclusion, the flap before spoken of was trimmed off, and if there was any appearance of blood, the chiropodist applied small pieces of charpie, dipped in a yellow-brown astringent, and every toe operated upon was bound neatly up and secured with adhesive plaister.

The corns, or the spicula designated by the imposters as parings, are horny, bristly, or bony substances, which may be manufactured either of the parings of horses' hoofs, or the bones of fish; but I have greater reason to believe that they were manufactured from the parings of horses' hoofs. In length they are about one quarter of an inch, some jagged, some smooth, and others curved, and in size they do not exceed that of a small pin.

This imposition appears to have been carried nearly through the length and breadth not only of our island, but into Ireland, to say nothing of the continent. In Ireland, I have evidence of the extraction of £8 from the purse of a lady, and in my own immediate neighbourhood of £6 for 25 spicula. From London, I have received various communications; and amongst them, of the extraction of 15 guineas from two gentlemen residing in that fountain-head of medical and surgical knowledge, besides similar, and, indeed, greater impositions, practised elsewhere. The most gratifying communication has been from Cheltenham, where it appears that the impostor for his mal-practices on the feet of his patients, was sent to exercise his own feet on the treadmill.—*Medical Gazette.*

HORNY GROWTH FROM THE HEAD IN THE HUMAN SUBJECT.

One of those curious examples of the development of a horny growth from the head in the human subject, has recently fallen under the notice of Dr. Blasbery. The individual in whom this occurred was an old man, 84 years of age. The horn sprang from the right temple close to the outer angle of the orbit; it was about three inches in length, stood straight out from the head, and gradually tapered to a point from the base to the extremity. The diameter at the base was an inch and a half; the point was slightly crooked. It was said to have originated in a kind of warty growth, and to have occupied about a year and a half in attaining its full size. It afforded him no pain or uneasiness. An ignorant quack having persuaded the man that he could remove it without pain, proceeded to apply some corrosive material to the base of the horn, by which its removal was indeed shortly effected, but in its place there was left a painful and extensive ulcerated surface, of a malignant aspect, which continued to spread, and in four months caused the old man's death.—*Casper's Wochenschrift.*

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INSTANCES OF APPARENT DEATH.

One of the most singular cases on record of apparent death, occurred but a few years since; and the fact that it was reported in Hufeland's Journal of Practical Medicine, appears to be a sufficient guarantee of its authenticity.

A young man died at the hospital of Paderborn in Prussia, who could not be buried until three weeks after he had breathed —at least, to all appearance—his last breath. It was not until the *twentieth* day that the characteristic phenomena became manifest. The circumstances of the case were these. This young man had been a short time previously cured of a tertian ague, when he re-entered the hospital with some symptoms resembling consumption, but by no means of a well-marked nature. In other respects there was no disturbance of his health. On the day he died, his eyes were suddenly opened, and for some minutes the attendants observed what they thought was an irregular beating of his pulse.

Several small wounds, resulting from cauterizations, which had been made for the purpose of arousing him, suppurated the second, third, and fourth days. On the fifth his right hand turned back and closed; from the fifth to the ninth day there exhaled from the body an abundant perspiration. Towards the end of the ninth day, there appeared over a considerable part of the back serous blebs similar to those of pemphigus. The limbs remained perfectly pliant and flexible, although cold, and there was no appearance of respiration or circulation. On the eighteenth day the lips still retained their natural vermilion colour. For nine days the forehead continued furrowed with vertical wrinkles; and all this time the countenance preserved an expression never presented in a dead body. The body was kept for nineteen days in a warm room: it exhaled not the least fœtid odour, and there was observed on no part of its surface cadaverous ecchymosis. The emaciation was not very considerable. It was not until the twentieth day that signs of putrefaction manifested themselves.

This case shows that there may be conditions in which difficulties will arise in forming an opinion. The course of the phenomena were not those of death as usually observed; and no doubt can be entertained of the propriety of preserving a subject under such circumstances, until indisputable evidence is obtained from the access of putrefaction. Had this case fallen under ignorant nurses or attendants, instead of scientific and professional men, it is more than probable that the body would have been very speedily consigned to the grave. How many of such cases may have occurred it is impossible to say: but there are few who now die in a civilized country, that are not seen by medical practitioners; and the signs of death are commonly so well understood, as wherever any deviation from their ordinary course is observed, to lead to all proper caution in the disposal of the body.

Most of these doubtful cases of death are to be ascribed to the very slow access of putrefaction in certain subjects. A case occurred at Deptford in February 1844, in which it was supposed that a youth who had died suddenly had fallen into a trance. This was the view taken by the relatives, but most medical men who saw the body agreed that it was a case of real death, notwithstanding the occurrence of some unusual circumstances connected with it. The most remarkable feature in the case was the very slow access of putrefaction. A few days after death the features appeared to acquire a natural character, which is, however, by no means unusual. The friends preserved the body twenty-eight days, in the expectation that the deceased might return to life; but several medical men who saw it at this period agreed that decomposition had begun. It was not until thirty-five days after death that an inspection was made, and it was then found that the deceased had died from congestive apoplexy. It was, however, remarked, that decomposition had not much advanced.

APPEARANCES AFTER DEATH FROM LIGHTNING.

The following account of the post-mortem appearances found in the body of a healthy middle-aged labourer, who was killed by a stroke of lightning, is furnished by Dr. Schaffer. The man was working in the fields with several other labourers, just after a thunder-storm had passed over, and apparently subsided. He was endeavouring to kindle a light with a flint and steel, when the lightning struck him. For a moment after the shock he stood still, and then fell heavily to the ground. The electric fluid entered at the upper part of his forehead, perforating and tearing his hat at that part: it seemed then to have divided into two currents, which passed down the sides of the trunk, then along the lower extremities, and out at the feet. On the upper part of the forehead was found a soft swelling, of a dark blue colour, and about the size of the palm of a hand; the hair which covered it was uninjured. From this spot proceeded in different directions two dark red streaks. One passed to the left, running over the temple in front of the left ear, down the neck to the surface of the chest, over which it passed between the left nipple and the arm pit, and so made its way down the trunk to the left groin, where it formed a large irregular, scorched-looking (brandige) patch on the skin. From this point the dark-red streak again continued its downward course, passing over the great trochanter of the thigh bone, then along the outer surface of the left lower extremity to the back of the foot, where it terminated in several small dark-blue spots. The other streak, which proceeded from the ecchymosed swelling on the forehead, passed directly to the right ear, which was considerably swollen, and of a dark-blue colour. From the ear it ran downwards and backwards along the neck, crossed the right border of the blade bone, and eventually reached the right groin, where was found a scorched patch of skin similar to that in the right groin. From this part the discoloured streak was continued down the outer side of the leg to its termination on the back of the foot, just as on the left side. It is remarkable, that although the hair on the forehead was not burnt, nor that which occurred in any part of the track taken by the electric current down to the groin, yet at the groin itself, and at every part hence to the foot over which the electric stream passed, the hairs were completely burnt. The cause of the skin in the groins being burnt may probably be ascribed to the buckles of a belt which the man was wearing round his abdomen at the time of the accident, and which was completely destroyed. Nothing further worthy of notice was observed on the exterior of the body, with the exception of the face being very red. The swelling of the head was found to be due to the presence of a large quantity of extravasated blood. The bone beneath was not injured. Blood was extravasated also at other parts of the scalp, corresponding to the swollen discoloured places outside; about four ounces altogether was poured out. The vessels of the cerebral membranes were much congested; and the brain itself contained a large quantity of blood, especially the choroid plexuses. A large quantity of reddish mucus was found in the larynx, trachea, and bronchi. The lungs were loaded with dark blood; there was a great deficiency of blood in the cavities of the heart and in the large vessels. The blood-vessels of the stomach and intestines were more than usually congested. The right lobe of the liver was of a dark red colour, and loaded with blood, especially at the part which corresponded to the burnt patch of integument at the lower part of the abdomen. The spleen also was large, and loaded with blood. Much blood was found accumulated in the substance of the muscular walls of the abdomen at those parts which lay beneath the burnt-surfaces outside.

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HINTS FOR HEALTH.

FERRI CYANURETUM IN THE TREATMENT OF ASCARIDES (THREAD WORMS) OF THE RECTUM.

A correspondent to the American Journal of Medical Sciences, who does not give his name; as he is not now engaged in the practice of medicine, invites the attention of the medical profession "to the use of the Ferri Cyanuretum or Prussian Blue of Commerce, in the Treatment of Ascarides in the Rectum."

"From present observations," he writes, "I am disposed to believe that upon a fair trial it will be found more effective in the treatment of the *inveterate* cases of the disease, than all other remedies.

"Commence with five grains of the prussiate rubbed up in two ounces of rain water or mucilage of gum arabic (the pure water is preferable except in cases where much irritation of the mucous membrane exists); throw this into the rectum, and retain it until the next regular defecation. Repeat this daily, gradually increasing the quantity of the prussiate until perfect and permanent relief is afforded. I believe the greatest relief will be experienced after using it even once or twice."

VIRTUE—THE PASSIONS—HEALTH.

"He," says an old medical writer, "who resolves to preserve his health, must previously learn to conquer his passions." This close connexion between a virtuous regulation of the moral feelings and the health of the body, did not escape the observation of Dr. Franklin's sagacious intellect. "Virtue," says this sententious writer, "is the best preservation of health, as it prescribes temperance, and such a regulation of our passions as is most conducive to the well-being of the animal economy; so that it is, at the same time, the only true happiness of the mind, and the best means of preserving the health of the body.

THE COLOUR OF SPECTACLE GLASSES.

Blue or green glasses, for the purpose of screening the eyes, have a tendency to blunt the sensibility of the retina. It is on this account that the neutral tint glasses are to be preferred: from being, as the name implies, of no definite colour, they screen the eyes from all colours alike, and produce, in sunshine, the effect of a cloudy day, which is exceedingly grateful to weak and irritable eyes.

DOMESTIC MEDICINE.

The advocacy of domestic medicine is now but little needed, as the diffusion of the PEOPLE'S MEDICAL JOURNAL proves. It may be doubted whether medical science is at all a gainer by those mysteries with which it is the object of many to surround it. The patient, it is alleged, would lose faith if he were made acquainted with what is prescribed for him; but to that absurd argument the reply is self-evident; if made aware of it, his faith might even be increased—faith in the efficacy of the medicine might be added to that of the skill of his medical attendant. Owing to the increased knowledge of medicine, on the part of the public, many supposed remedial agents are superseded. Toads, excrements of dogs, bones torn from sepulchres, are no longer found in our materia medica: nor would any faith be placed in the long and elaborate prescriptions, of which several examples may be seen in the medical works of even the last century. But though glaring instances of misplaced confidence in empirics may still be adduced, it will be found principally confined to those cases where, unhappily, we can merely palliate the symptoms. It is true that their efforts hurry the progress of disease, while their confident assertions of a speedy cure and their injudicious treatment have aggravated the sufferings of the patient.

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THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

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THE PEOPLE'S MEDICAL DICTIONARY.—The demand for this work has been so much greater than we anticipated or were prepared for, that our publisher has been unable to supply many of his country correspondents. Several hundred copies were disposed of on the day of publication. After this date all our provincial agents will keep a supply "on hand."

NOTICE.—The first two Volumes of the People's Medical Journal and Family Physician, 52 numbers, with copious Index (432 quarto pages), stitched in a strong Wrapper, price 4s. 6d., are now ready for delivery. As many of the back numbers are nearly out of print, it will be impossible to complete more than a hundred perfect sets; it is therefore requested that orders may be given to the different agents with as little delay as possible.

ABEL C. (Loughborough Road.)—You cannot do better than make your morning or evening meal a bason of porridge—never mind the word, you know what we mean—of Nevill's patent Flour of Lentils.

POST-OFFICE ORDERS.—We have had frequent occasion to complain of the indifferent manner in which this lucrative department of the Revenue is conducted. Within the last week the old woman who is post-mistress at Putney, has made no less than two several errors in her letters of advice to the post-master at the Gray's Inn Road Office. It is possible if post-masters were not allowed to receive letters for "Hair Dyers," and "Whisker Procurers," and "Clairvoyants," and "Marriage made Easy" adventurers, they would be better able to attend to their legitimate duties.

ALEXANDER X.—Such disorders never have and never will obtain the gratuitous consideration of the Editor. We are surprised at the cool manner in which you claim or demand our services.

D. D. (Anglesey).—The leaves and stalk that you forwarded to us are those of the common *leontodon taraxacum*, dandelion or lion's tooth, an indigenous plant of the order compositæ. The milky juice of the stalks yields a crystallizable substance called *taraxacine*. Taraxacum is useful in jaundice, in chronic inflammation of the liver, hypochondriasis, and dropsy.

CLAUDINE.—The first thing to be done to cure a *brandy nose*, is to remove the cause of it. Remember, gin is as likely to produce *grog blossoms* as is brandy. "Methinks the lady doth protest too much."

P. Q. M.—"Zygomatic Diseases" mean *epidemic diseases*. See the PEOPLE'S MEDICAL DICTIONARY.

CAUTION TO MOTHERS AND NURSES.—A child, aged three years, the daughter of a labourer residing in Crown Square, Camberwell, died last week of mortification of the bowels, caused by the action of metallic poison, resulting from swallowing a farthing accidentally.

JUVENIS (Bath).—You will find all the information you ask for in the DISEASES OF ERROR.

A DUPE TO QUACKERY.—If you will refer to the fourth article on PHARMACOLOGY, No. 13, page 100, Vol. I, you will find a paper "*on the Action of Mercury on the Human System*," which is worthy of perusal.

J. A. K. B. (Bath).—Of course you must wear a truss.

MARY ANNE (Philpot Street, Commercial Road).—Use an embrocation, night and morning, composed of soap liniment, two ounces; extract of belladonna, ten grains. Be careful that your apothecary marks the label—"for outward application only."

AN INTENDING EMIGRANT.—You will perceive by a notice above, that you can now obtain the PEOPLE'S MEDICAL JOURNAL, for 1850, for four shillings and sixpence.

WILLIAM JEKYL.—The continuance of the boils, "first in one part of your body, then in another," depends on general derangement of the health, with, perhaps, some atmospheric influence. During the last three months we have seen more cases of painful and troublesome boils, than we have done in the three preceding years. Local treatment, except to assuage the pain, is nearly useless. Call in Lloyd Square.

SAMUEL TRELEAREN (Wells, Somerset).—For yourself, take the cough mixture prescribed in No. 3, page 21, Vol. 1. Your history of your wife's case is imperfect.

ROBERT JONES (Putney).—Send your address.

O. P. (Armitage Bridge, Huddersfield).—Bronchocele or *goitre* will be considered in the articles on SCROFULA. The three persons you mention are the most notorious, and despicable, and extorting, and ignorant quacks, that infest the metropolis.

D. (Mare Street, Hackney).—You will obtain a properly-adjusted truss, at a reasonable price, of Mr. Smith, High Holborn.

F. C. (Brierly Hill, near Birmingham).—You will find all the information you ask for in the article on the TREATMENT OF INDIGESTION, in No. 42, page 121, Vol. 2.

P. (Eastgate, Pickering).—The name of the "successful practitioner" does not appear in the Medical Directory; hence he is without qualification.

ONE OF THE PEOPLE (Sunderland).—See the articles on PILES, in Nos. 10 and 43.

HILDA (Whitby).—We decline publishing your letter criticising the *parsons* "medical blusterer." We believe your remarks, although not *clerkly*, are correct. Of all "squabbles," *professional squabbles* are the worst.

THOMAS MILNER (Reading).—The case is sufficiently urgent to obtain immediate admittance into any of the Metropolitan Hospitals. If when in London you will call upon the Editor, he will, with great willingness, direct you how to proceed.

ALEXANDER B.—The man is a quack, and you have paid your money to a swindler. You may sigh, and he will chuckle.

ANOTHER LIVERPOOL MERCHANT.—At your suggestion we obtained the pamphlet. It is the most barefaced *puff* of dangerous quackery that was ever printed. Since the disreputable *Tuscan* brochure, nothing so degraded has issued from the press. It does not require a man to drop from a *cloud* to tell us whose *mac* it is,—as the Scotch say.

L. F. G. (Bedford Place, Russell Square).—We are glad to learn that some amendment has taken place in the management of the Orthopædic Hospital.

O. P. Q. (Trinity Square).—A *lestle* too *exigeant*.—There can be but little doubt that the prescription in the first, or in the second instances, was improperly prepared.

A. Z.—There is nothing unusual in your proposal;—we cheerfully accede to all the items.

RICHARD KING (Wolverhampton).—Take one of the following powders every day at about 11 o'clock. Take powdered rhubarb, a drachm; carbonate of soda, and powdered calumba root, of each a drachm and a half. Mix, and divide into twelve doses.

A MATRON.—The liver is frequently a cause of dropsy. Diseases of the liver, by impeding the circulation of the blood through that organ, must of necessity occasion a congestion of blood in the vessels of the mesentery, stomach, spleen, and neighbouring parts; and for the relief of this congestion, nature is under the necessity of effusing or throwing out, from the filled vessels, the serum or fluid which constitutes dropsy.

AZAEL THE PRODIGAL.—Remorse will do but little; resolution, much; faith and hope, more. Say where a private letter will reach you.

MRS. B—— (President Terrace, Camden Town).—We are gratified by your confidence, pleased by the flattering terms in which it is expressed,—but cannot, nevertheless, make you an exception to our general rule.

RUDOLPH (Nelson Square, Blackfriars).—The deception and the quackery of *patent medicines*, was admirably denounced in a letter by Dr. CONQUEST, published in the first number of the PEOPLE'S MEDICAL JOURNAL.

HENRY LAWSON (Sunderland).—Mr. Huntley, High Street, is our agent in your town.

GALATEA (Bridgwater).—Blood that is *coughed up* generally proceeds from the lungs. Blood that is *vomited* proceeds from the stomach.

E. E. R. (Cotton Street, Poplar).—It is a false and dangerous delicacy. Submit your case candidly and without disguise to your medical attendant. The celebrated Queen Caroline, wife of George II, lost her life from concealing a similar complaint from her physician.

S. C. (Shaftesbury Cottages, Brixton).—We may notice your communication in our next. It was received too late for this number.

PHLOS.—Take Lamplough's *Pyretic Salts*. See a notice of their efficacy in No. 70.

ATER (Sheerness).—Every day until one o'clock; at other hours by special appointment.

HEALTH OF LONDON DURING THE WEEK.—A thousand deaths were registered in the metropolitan districts in the week ending last Saturday, being a mortality of almost the same amount as was recorded in the previous week. Consumption, bronchitis, and inflammation on the lungs, numbered respectively 148, 71, and 80. Of persons whose age was 60 or upwards, and whose deaths are attributed to old age or natural decay, the fatal disease not being more accurately described, 42 are recorded. 15 deaths of young persons from small pox, and of 3 persons above 20, were registered. Measles was fatal in 42 cases, scarlatina in 17, hooping cough in 59, diarrhœa in 12, influenza in 9, and typhus in 18. The births of 748 boys, and 686 girls, in all 1434 children, were registered.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 76.—Vol. III.] SATURDAY, JUNE 14, 1851. [PRICE ONE PENNY.

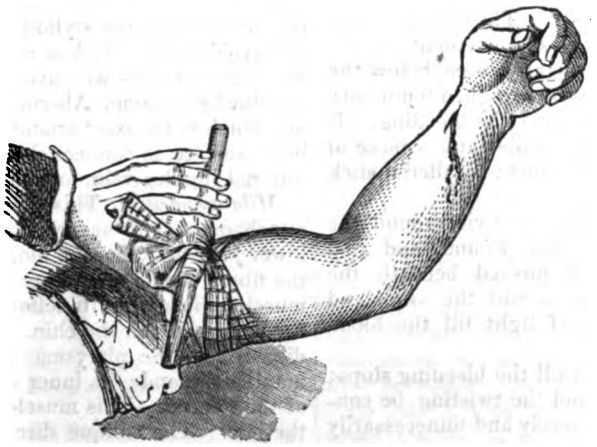
THE TREATMENT OF WOUNDS.

(*Continued from page* 180.)

HÆMORRHAGE—BLEEDING WOUNDS.

Hæmorrhage may occur both from arteries and veins; when from the former, the blood is of a bright scarlet colour, and gushes from the wounded vessel in jerks; sometimes it is pumped out with some force. If the bleeding proceeds from a vein, it escapes in an even unbroken stream, and is of a dark purple colour.

It is of great practical use to remember these distinguishing differences between arterial and venous hæmorrhage, because, although in both cases the oozing of blood may be equal in quantity, yet, in the latter instance, the surgeon is often justified in bringing the sides of a wound together, without taking further measures to suppress the bleeding, while it would not be proper to adopt the same course where there are equal discharges of arterial blood.



The Stick Tourniquet.

Many opinions have, from time to time, been advanced to explain the means by which nature stops arterial hæmorrhage. Dr. Jones attributes the cessation of the bleeding to the effusion of blood in the surrounding cellular membrane, and between the artery and its sheath; but, in particular, to the diminished force of the circulation, from loss of blood and the speedy coagulation, under such circumstances, of this fluid, by which a *clot* is formed at the wounded part, which acts as a plug to prevent its continued flow.

The suppression of bleeding by the natural means, is sometimes more easily accomplished when an artery is completely divided, than when merely punctured, or partially divided. Therefore, it is a common practice when bleeding from a small artery, as the temporal, proves troublesome, to divide it entirely.

It must be plain to every one, who understands the course of the circulation of the blood,* that pressure made on that portion of a wounded artery nearest the heart, must check the effusion of blood. The current of blood in the veins running in the opposite direction, requires the pressure to be applied to that side of the wound which is most remote from the heart. As pressure is the most rational means of arresting hæmorrhage, so it is the most effectual; and almost all the plans employed for this purpose are only modifications of it. The tourniquet, the ligature, the application of a roller and compresses, only become useful in suppressing bleeding on the principle of pressure. The cautery, caustics, and styptics, are exceptions.

Bleeding from a wound may in general be for a time, or even completely, stopped if the injured part be over a bone, as for instance, on the skull, or on parts of the face, where the bleeding vessel or vessels can be firmly pressed against the bone by the finger, or by a piece of cork, or other resisting yet not too hard substance.

Surgeons used formerly to fill the cavities of the wounds with lint, and then make pressure on the bleeding vessels, by applying compresses and a tight roller over the part. The practitioners of the present day are, however, too well acquainted with the advantages of not allowing any extraneous substance to intervene between the opposite surfaces of a recent wound, to persist in this plan. They know that the sides of the wound may be brought into contact, and that compression may yet be adopted, so as to restrain the hæmorrhage and promote the union of the wound. When the blood does not issue from any particular vessel, but from numerous small ones, compression is preferable to the ligature. The employment of the latter would render it necessary to tie the whole surface of the wound. In employing compresses, which are pieces of old linen, or lint, carefully and evenly folded so as to form a pad—sometimes a piece of cork may be advantageously enclosed in the folds—the sides of the wound are to be brought accurately together, and the compresses placed carefully and firmly over the part; a roller is then to be applied with sufficient tightness to make effectual pressure, but not so forcibly as to stop completely the circulation in the limb. The following instructions are so clear, correct, and concise, that we feel we cannot do better than present them, *verbatim*, from that clever and useful book by Mr. South, entitled "Household Surgery," a work we cordially recommend to the notice of our readers.

When wounds happen in the limbs, and are followed by much and continued bleeding, it cannot usually be stopped by pressure on or near the wound, but requires the whole current of blood to be prevented passing through the limb. This is very easily

* See No. 58.

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done, and an unprofessional person can be taught with little difficulty to do it.

If the bleeding be from a wound in the arm, more especially if near the arm pit, in which case nothing more can for the moment be done, a bystander should press his thumb firmly into the neck, behind the middle of the collar bone, which will stop the flow of blood through the great artery of the arm, as it is first coming out of the chest. As, however, the pressure thus made soon tires the thumb, the handle of a door key, wrapped in three or four folds of linen, may be pressed behind the middle of the collar-bone, and held without fatigue for almost any length of time, till proper assistance can be obtained.

If there be very severe bleeding from a wound in the leg or thigh, especially if high up in the latter, the great artery which supplies blood to the limb may be pressed so as to prevent the flow of blood through it—by pressing with the thumb immediately above the crease of the groin. This pressure is made with less difficulty than in pressing behind the collar-bone, because the patient lying on his back, the pressure is made directly upon the groin, at right angle with the body. The door-key may be here also used, but the thumb is the most convenient.

When, however, the bleeding wound is anywhere below the middle of the arm, or below the middle of the thigh, a temporary contrivance may be used which will command the bleeding. It consists merely of a stout pocket handkerchief and a piece of tough stick, which from its mode of employment is called a stick tourniquet.

The handkerchief is to be passed once or twice round the limb, some distance, if possible, above the wound, and tied tightly and firmly. The stick is then pushed beneath the circular bandage thus formed, between it and the skin, and twisted so that it screws the handkerchief tight till the blood ceases to flow.

The screwing should only be continued till the bleeding stops; for if the bandage and stick be strong, and the twisting be continued, the soft parts beneath may be severely and unnecessarily bruised.

The manner of employing the stick tourniquet is correctly shown in our engraving.

(To be continued.)

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XXIII.—THE DEEP-SEATED MUSCLES OF THE HEAD, FACE, AND NECK.

Pterygoideus Externus. This muscle is situated in the zygomatic fossa (beneath *c* in fig. xxv.); it is attached to the pterygoid fossa of the sphenoid bone, passes downwards and outwards, and is inserted into the inner side of the angle of the lower jaw. The outer surface is in contact with the temporal muscle, and frequently with the artery supplying the lower jaw. Its action is to raise the jaw, and draw it obliquely towards the opposite side.

The Pterygoideus Internus is placed at the inner and back part of the ascending branch of the lower jaw. It is attached, like the former muscle, by tendinous and fleshy fibres, to the inner plate of the pterygoid process of the sphenoid bone and to the palate bone, filling all the space between the two plates; at the lower part it is attached to the inside of the angle of the lower jaw. When the pair of muscles act together, they bring the jaw horizontally forwards; when they act singly, the jaw is moved obliquely to the opposite side. The pterygoid muscles move the jaw from side to side, and perform the motion of grinding with the teeth.

We defer the description of the muscles of THE TONGUE, which, along with the muscles of the globe of THE EYE, will be considered separately when we come to speak of the special anatomy and physiology of these organs of sense.

The muscles situated between the lower jaw and the os-hyoides of the larynx, are—

The Digastricus, so called from having two *bellies*, one of which is attached to the mastoid groove of the temporal bone, and becomes tendinous in the middle, where it perforates the stylo-hyoid muscle; the other is inserted into the inner part of the chin. When the mouth is shut, the action of this muscle raises the hyoid bone and the pharynx at the time of swallowing: when these parts are fixed, it opens the mouth. When the lower jaw is fixed, the digastricus can extend the head, and thereby open the mouth by elevating the upper jaw. This action may be observed in a child sucking.

Stylo-hyoideus. The form of this muscle is long and slender; it is attached to the styloid process of the temporal bone, and to the hyoid bone. It has a perforation to admit the tendon of the digastricus as we have just mentioned. Its action is to elevate the hyoid bone. Abernethy calls it "a poor trumpery muscle," nevertheless its exact anatomy should be known, inasmuch as its inner surface is connected with the external carotid artery, the internal jugular vein, and the hypo-glossal nerve.

Milo-hyoideus. This is a broad, thin, triangular muscle, attached above to nearly the whole extent of the inside of the lower jaw, between the molar teeth and the chin; and below, the fibres converge and are inserted into the hyoid bone. This muscle unites with its fellow in a middle line, and extends from the os-hyoides to the chin. The outer surface is covered by the digastricus, the platysma myoides (A, fig. xl.), and the submaxillary gland; its inner surface is in contact with the muscles of the tongue. This muscle raises the hyoid bone, or depresses the jaw. The oblique direction of this muscle is the cause of the unequal depths of the mouth; the mouth is very shallow in the front, but it deepens behind; and it is the mylo-hyoid muscle, covered of course with mucous membrane, that we touch with the tongue in the base of the mouth.

Genio-hyoideus is placed above the last muscle; its action is similar. In lecturing on these muscles, Abernethy remarked, "I know it must be said that the larynx, the organ of the voice in the windpipe, should have such multitudinous powers to raise it up. Does it facilitate respiration? Does it affect the tones of the voice? No, I don't think it does. It affects the note of the voice, as you will afterwards learn. Unquestionably, the note depends upon the situation of the larynx, but the tone is totally a different thing. But was it for this, that we might vary the note of our voices? O, no. Then why had we those powers? Because the bag which receives the food when we swallow, the bag of the pharynx or gullet, is attached to the back part of the larynx; so that the larynx is lifted up, that the bag should be lifted up to receive the food. Why does it (the larynx) go down? O, that is to be answered in this way, because it is necessary for respiring. We are breathing at all times, and swallowing occasionally, and it is necessary for respiration that the bag of the pharynx should be brought down."

The muscles that depress or pull down the larynx are the

Omo-hyoideus, situated at the side of the neck; it is very long, thin, and narrow. Above it is attached to the hyoid bone; it descends obliquely across the neck, and forms a tendon in the centre, where it passes behind the sterno-cleido-mastoideus muscle, beneath the collar bone, and, becoming fleshy again, is inserted into the root of the coracoid process of the scapula.

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Sterno-hyoideus is a long thin muscle attached to the body of the hyoid bone, and to the upper part of the breast bone, the collar bone, and sometimes to the first rib. This muscle not only assists to depress the larynx, but also furnishes a fixed point for the depression of the jaw.

Sterno-thyreideus is placed behind the former muscle, and its form is like it; superiorly it is attached to the thyroid cartilage; inferiorly to the upper and back part of the breast bone, opposite the cartilage of the first rib. The front surface is covered by the sterno-hyoideus, sterno-cleido-mastoideus, and omo-hyoideus muscles. The posterior surface covers the subclavian and internal jugular veins, the common carotid artery, the trachea, and the thyroid gland. The remaining muscle that depresses the larynx is the

Thyro-hyoideus. A small oblong muscle, attached above to the hyoid bone, and below to the thyroid cartilage.

(*To be continued.*)

THE PRESERVATION OF LIFE—LIFE BOATS.

The Duke of Northumberland, with most laudable humanity, having offered a premium of one hundred guineas for the most approved Model of a Life Boat, our ingenious friends, Messrs. I. and R. Gale, of Whitby, entered into the competition, and in February last entrusted to the Editor's care, for transmission to the Admiralty, a most beautiful model; "the novelty and use of which consists," we quote from the Great Exhibition Catalogue, "in its great safety and the facility of emptying itself, when full of water, in the short space of *four seconds*, by means of two apertures in the bottom, large enough to admit the crew to escape to the outside in case of upsetting. It also contains a tank in the centre, capable of taking in twelve hundredweight of water ballast at pleasure, by turning a screw valve. It is fitted up with twenty-six air-tight compartments, securing a greater amount of buoyancy."

So greatly delighted were we with our friends' invention, that we thought, perfect as it was, its utility might be increased. The result of our endeavour to preserve life will be told by the following appendix which we made to Messrs. Gale's specification.

"It will frequently happen that a life boat cannot approach so immediately to a wreck—or as might occur, a rock—as to receive directly on board the shipwrecked persons; or it might happen that unshipping the oars to allow the boat so to approach, would endanger the safety of all. A few feet of extent of beam might be of immense value. With this view it is suggested to employ a net, which shall be extended from the boat only at the moment it may be required.

For this purpose two iron stancheons should project from the sides, at stem and stern, in the manner shown in the model; they are held firmly in position by socket and slide, and each can be adapted by one man in a few seconds, and removed in the same time—they cannot recede, they cannot fly out; in fact they are as firm as a timber of the boat. When fixed, the net is to be hauled up to the end of each, and will thus afford an extended surface of safety, and will save the life of a man who could not jump as far as the boat, but might jump as far as the net. At the same time he can grasp the netting, and prevent his being washed off until secured in the boat. The stancheons are made so as to fit either side of the boat; and it is suggested that two men should be especially appointed in each boat's crew to attend to the netting.

Each boat should also carry 14 or 16 Cartes' Life Belts—which ought to be held in its position by a spring shackle between each seat, so that a man might release it in a moment; and the knowledge that he had this additional aid at hand would give him increased confidence. They would also be ready to be thrown overboard to a man to support him till hauled into the boat.

It is respectfully requested that if the idea of the netting be deemed an acquisition, any merit belonging to it may be considered in connexion with Messrs. Gale's Boat; if, on the contrary, it does not meet with approval, it is earnestly hoped that it will not detract from the Messrs. Gale's Model.—T. H. Y."

A short time since Messrs. Gale had the gratification to learn from Captain Washington, R.N., that their boat was one of the few of "what may be considered the best Models of Life Boats;" and we have much confidence in the hope that ere long they will receive the gratifying intelligence that their humanity, ingenuity, and practical knowledge, has procured for them the enviable position of having sent in the best of the best models.

"The model, with the netting affixed, is, in the Crystal Palace, conspicuously placed on the counter for "Life Boat Models," in the West Gallery, 249, Class 8.

VARICOCELE TREATED BY NEEDLES & TWISTED SUTURE.

[In the following paper there are many technical terms which we do not care to reduce to popular phraseology. To those who unfortunately may have a special interest in the information which it contains, the Glossary or the People's Medical Dictionary will render the perusal easy and intelligible.]

It seems pretty well agreed among surgeons that *all* cases of varicocele do not require operative interference, and that proper and well-regulated support, where the affection is not of a severe description, will generally afford sufficient relief. But the distended veins of the cord may cause such painful dragging and disturbance of the general health, that it becomes a surgeon's duty to propose remedial means to his patient. We shall refrain from passing in review the various kinds of operations which have been resorted to in order to obliterate the varicose spermatic veins; these methods are sufficiently well known; we would, however, just refer to one lately advocated by M. Boyer. This gentleman, in the new edition of the work of his father (Baron Boyer), which he has just completed, advises in varicocele to make an incision over the external ring, to lay open the fibrous sheath of the spermatic cord, and to tie everything contained in it except the vas deferens and the artery. This method must certainly be very hazardous; and though the author cannot bring any number of facts to bare out his idea, he prefers his plan to the ligature advised by M. Ricord, cauterization, or the rolling up of the varicose plexus, according to M. Vidal's method.

W. J——, aged twenty-eight, admitted March 13, 1851, into King's College Hospital, under the care of Mr. Fergusson, with varicocele of the left side. He has had an aching pain in the scrotum for the last eight or nine years. The veins of the left side are much enlarged and turgid, particularly after a long day's work; there is dragging pain at the cord, and severe aching in the back and loins. The patient has been wearing a suspensory bandage for the last two years; at present, the skin on the left side of the scrotum is very lax, the veins long and full, the left testis much smaller than the right, and there are also varicose veins on the left leg. The man suffers a good deal of pain in the varicocele while standing, but when he lies down, the swelling and uneasy sensation in the veins disappears. General health good.

On the 15th of March, Mr. Fergusson passed three needles under the scrotal veins, and twisted strong silk around them, as in the hare-lip operation. Two days afterwards the inflammation was rather severe in the scrotum, but the patient only complained of heat in the part, and of a little cough. On the

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eighth day, the needles ulcerated out, and no pain or tenderness of the cord was complained of. On the seventeenth day, Mr. Fergusson removed the needles, which were very nearly out. On the twenty-second day, the sores left by the needles were rapidly healing, and the patient was soon discharged, free from the very inconvenient affection for which he had been operated on.

The mode of operating illustrated by this case combines many advantages, and does not seem, while it effectually obliterates the veins, to inflict such violence upon the vessels as is done by a method newly introduced at Paris by M. Vidal, Surgeon to the Hôpital du Midi.

This latter method consists in passing a silver wire, held by a needle, behind the veins of the cord, these vessels and the vas deferens having first been separated. Another silver wire is then introduced in front of the vessels, this second wire running through the same apertures as the first. The veins are thus situated between the wires, the ends of which are loose on either side, and the latter are now twisted upon themselves. This tortion acts at first only upon the wires, the latter forming a loop which becomes gradually diminished in size, and contains the veins. The first twisting movement tends to reduce the veins to a mere cord, and the wires to a metallic string offering a certain amount of resistance. This metallic string, in turning upon its own axis, must evidently carry with it the parts contained within the two wires of which it is composed, and the veins are thus rolled upon this double metallic cord as the rope turns on the winch.

The vas deferens is not included in these displacements; it remains untouched behind the wires, and the testicle is carried upwards towards the abdomen, where the veins have a fixed point; and the more turns are made the higher the testicle is drawn. A small roller is then placed on the skin which separates the apertures of entrance and exit of the wires; the latter are twisted upon the roller, and a probe being passed under it, the parts are still more compressed by means of this kind of packing-stick. The author states that this operative proceeding is divided into three parts: 1, rolling of the veins on the wires; 2, compression of those vessels which are both between and before the threads; 3, section of the veins at various points of their length; in fact, in as many points as turns have been made.—*The Lancet.*

PRESCRIPTIONS OF A COURT SURGEON IN THE SIXTEENTH CENTURY.

The following elegant prescriptions appear, among many others of a similar kind, in a work entitled, "The Englishman's Treasure," by that excellent Chyrurgion, Mr. Thomas Vicary, Esquire, Sergeant-Chyrurgion to King Henry the VIII.; to King Edward the VI.; Queene Mary, and Queene Elizabeth, and also Chiefe Chyrurgion to St. Bartholomewes Hospitall.

An excellent Medicine for the Jaundise.—Take sixe earthworms, slit them, and scoure them from their filth and slimy matter, cut them in pieces, or chop them, make pottage of them with water and oatmeale; eat the same for 12 days together, and it will perfectly cure the Jaundise.

An excellent cure for the Crampe.—Make a Ring of an oxes horne, or of a cowes, or of a Sea horse tooth, or of the pistle of a Sea horse, and weare it.

An excellent Medicine for the Falling Sicknesse.—Take three Nayles m[illegible]de in the Vigile of St. John the Baptist, commonly called Midsomer [illegible]ve, drive them into the ground so deepe, that they be not seene in the [illegible]lace where the sicke party fell, naming the parties' name while it is [illegible]n doing, it will drive away the disease, which Misaldus credibly reporteth.

FOREIGN BODY LODGED IN THE CHEEK FOR TEN MONTHS.

I have very recently operated on a case in which a piece of tobacco-pipe, an inch and a half long, had been lodged in the cheek for ten months, without the patient being aware of it. He had fallen with his pipe in hand, and wounded the outside of his cheek; much swelling ensued, and after a few weeks the wound healed, but he could not open his mouth completely nor without pain. Twice during the following twelvemonth the swelling, which still remained, became very painful, increased and suppurated. The last time he came to me, and the piece of pipe was readily discovered running from half an inch behind the angle of the mouth horizontally back towards the angle of the jaw. I cut upon the scar, which was very apparent, but had some little difficulty in detaching the end of the pipe, as the scar had probably sunk into its hollow; this done, however, it was easily drawn out with dressing forceps, like a dirk from its scabbard, and was evidently smeared with a mucoid secretion from the sides of the cavity which it had made for itself. In a few days the effects of the operation ceased: he opened his mouth freely and without pain, and the sinus filled up.—*Mr. South.*

SWINDLING ADVERTISERS.

Mr. Editor,—Allow me, through the medium of your columns, to direct the attention of newspaper proprietors to a crew of vagabonds who are at the present time preying upon them, and through them, on the public. The fellows alluded to form a numerous gang, and they have "establishments" in various parts of the metropolis, as well as several of the large manufacturing towns. The gang are known to the London Trade Protection Societies as "the Whorists"—a pun on their assumed designation of aurists, and which has its origin in the fact of one of the gang having been a trafficker in houses of ill-fame. In London the gang has five or six establishments, and go by as many names; in fact, the old original name is only kept up at one original establishment, situate on the south side of the Thames. There can be no mistake about the "aurists" and "epilepsy curers;" but that the saddle may not be placed on the wrong horse, I may as well state that they also direct their "skill and attention" to a "peculiar" class of diseases; on remittance of sums named in the advertisements, medicines are sent to any part of the kingdom "carefully packed and free from observation." Within the last few days I have had applications from several newspaper proprietors who have been swindled by "the gang," and several instances are known to me where money has been remitted and (of course) no medicine has been sent in return. In fact, "the gang" are playing a safe game, for who would like to appear before a magistrate and confess that he had remitted money for the cure of leprosy, scrofula, or even worse diseases?

Trusting that the above exposure will be sufficient to put the public on their guard, I am, Sir, your's, &c.,

H. DIXON, Manager.

Metropolitan Institute for the Protection of Trade,
4, Old Jewry, London, May 28.

HYDROPHOBIA.

I saw a young girl who, while standing at a hall door, had her apron torn by a mad dog that made a snap at it in passing. She got a needle and thread, and sewed up the rent; and not having a pair of scissors by her, she cut off the thread with her teeth; and she got hydrophobia and died of it.—*Professor Colles's Lectures.*

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THE GULLS OF THE GLOBULES.

Mr. Punch begs to acknowledge the receipt from a clergyman, of a polite note, a little book, a large piece of sticking-plaster, and a programme of the Fancy Bazaar to be holden on the 12th and 13th inst. at the Hanover Square Rooms, for the benefit of the Hahnemann Hospital. The epistle is intended to correct, by means of the book, a mistake under which *Mr. Punch* is supposed, by his reverend correspondent, to labour, concerning the mode of treating fractures and other injuries practised at the establishment in question. *Mr. Punch* presumes that the sticking-plaster—which is labelled "Arnica Plaster"—has been sent to him, in order to enable him to satisfy himself, experimentally, of the truth of homœopathy.

Now, *Mr. Punch* is blessed with so sound a constitution, that whenever he has the misfortune to cut his finger, he has only to bring together the edges of the wound, which invariably heals by what his medical attendant calls the "first intention," or as quickly as the necessary process of "adhesive inflammation," as it is termed by the same respectable practitioner, can be naturally accomplished. Since common court-plaster answers this purpose as well as possible, neither Arnica plaster nor any other could possibly answer it better. To test the efficacy of Arnica plaster upon others, *Mr. Punch* would have to try several hundreds of comparative experiments, on as many subjects, with Arnica plaster on the one hand, and ordinary plaster on the other, under similar conditions, carefully ascertained, of general health, diet, regimen, and all other circumstances that could expedite or retard the healing process. This is rather too much trouble for *Mr. Punch* to take; and it seems to have been too much for homœopathists to take themselves. Yet this, he imagines, is the way in which investigations are managed in Inductive philosophy,—which is the philosophy of Lord Bacon and *Mr. Punch*, and all who pretend to be scientific men as homœopathists do, whatever may be thought of the pretence. That "one trial will prove the fact," is the axiom of others than *Punch* and Bacon.

The little book which accompanies the sticking-plaster is a treatise on "Arnica and Rhus, with directions for their Use, in Mechanical Injuries, and in other affections." It simply proves that homœopathists do not profess to reduce dislocations and fractures by means of homœopathic globules. *Punch* does not say they do. All he does say is, that homœopathic globules will as much set a broken bone, re-adjust a displaced one, or re-produce an amputated limb, as remove any disease whatever. Success, no doubt, in many instances, will attend the treatment, thus, in this same little book, is recommended for

"DISLOCATIONS.

"Of course the surgeon must reduce the dislocated limb; but Arnica taken internally, and applied as a lotion afterwards, and Rhus after two or three days, a dose internally, and applied as a lotion, greatly facilitate the cure, and prevent the injurious consequences of such an injury."

Of course the surgeon must reduce the dislocation. Yes. A rather important element this in the treatment of dislocations! An equally judicious surgery is recommended by this clever little book in

"FRACTURES.

"In this case the surgeon must set the limb, but Arnica used internally and applied as a lotion," &c., &c., &c.

Cold water—*per se*—is no bad lotion for a limb swollen and inflamed by reasons of a fracture: and no evidence has been submitted to *Mr. Punch* at all proving that an infinitesimal quantity of Arnica would render it in any but an infinitesimal degree more efficacious. Infinitesimal globules are much too big for *Mr. Punch* to swallow, or for anybody else endowed with more than an infinitesimal quantity of common sense: however well they may be adapted to the œsophagus of his Excellency Chevalier Bunsen, his Grace the Duke of Hamilton, K.G., F.R.S., F.S.A., the Right Hon. the Earl of Shrewsbury, (who swallowed the "Estatica,") the Right Hon. the Lord Robert Grosvenor, M.P., Mrs. Epps, and all the ladies of quality, from the Duchess of Kent downwards, whose names figure in the list of patrons and patronesses of the Hahnemann Hospital Fancy Bazaar: a suitable device for raising the wind in behalf of an institution the utility of which is "all fancy."

PLATO'S MEDICAL APHORISMS.

It is not perhaps generally known that this celebrated philosopher seems to have paid no small attention to medicine and physiology, and to have attained very accurate practical notions on these subjects. The following views and aphorisms on health and disease will be found interesting. In some points he seems to have anticipated modern discovery.

1. The principal cause of disease consists in an "assymetry," *i. e.* redundance or deficience, or in chemical alterations of the principles of the blood.
2. An error in the first concoction (first process of digestion) is never cured in the second.
3. Plethora, even without morbid change in the quality of the blood, is dangerous, because nature *cannot wield it;* [an extremely expressive phrase.]
4. Diet should be simple.
5. Many diseases, provoked by medicines, are cured by a diet regulated in quantity and quality.
6. The more medicines are connatural, that is, the more in their nature and action they resemble physiological action, the better.
7. The best laxative is gymnastic exercise.
8. Diseases long contracted are better kept than cured.
9. Whoever endeavours to hasten the cure of disease before it has run its appointed course, produces great out of small, and many out of few, diseases.
10. Simple medicines, such as we call kitchen physic, are best.
11. Physicians ought not to use unknown remedies when known ones are at hand.
12. As even diseases, in their constitution, have something of nature, we ought not to use medicines unless necessary, lest we exasperate disease.
13. Physicians ought not to cure one disease by a greater.

Some of these axioms, if they may be so named, are perhaps vague and general; still they embody the chief principles both of Hygiene and of Therapeutics.

CROSS-EXAMINATION OF MEDICAL WITNESSES.

I have heard a very eminent lawyer, after putting a peremptory interrogation to a witness, add, with no small energy, "Now, sir, that is my question, and I will have an answer, yea or nay." It is not likely that such an overbearing manner will be often observed towards us; but something allied to it might be shown by an advocate who, having formed a question to suit a particular purpose, might not be inclined to trust the discretion of the witness, or disposed to risk any other answer than he has baited his question for. Our business must be to inform the court and jury of the *truth* of the matter, and to disregard the *tenour* of the question, when it is apparent that it is not intended to elicit the truth; still more so, if its obvious bent be to disguise it. It is to be confessed that some self-possession may be necessary on the part of the witness in *discharging his conscience* in this way. —*Smith's Analysis of Medical Evidence.*

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ON POISONING BY ARSENIC—THE QUANTITY REQUIRED TO DESTROY LIFE.

The difficulty of determining the question above set forth is well known, as of course no direct experiments on the subject can be performed; and therefore it is only from rare and accidental circumstances that any approximation to the truth can be made. The suicide or murderer commonly makes use of a vast excess of the poison, while on the other hand it is medicinally administered, cautiously, and in minute doses; and, furthermore, a vast number of circumstances are capable of modifying the action of the substance on the system. Nevertheless, as Mr. Taylor remarks, judicial authorities are apt to imagine that every medical practitioner should accurately know the smallest quantity of arsenic capable of proving fatal.

It would appear, however, that there is a greater diversity of opinion on the subject than its difficulty warrants; as while Hahnemann considers that 2 grains might destroy life in a few days, Mr. Taylor mentions the case of a medical witness who, at a trial in York, in 1816, stated that *sixty* grains of arsenic would produce violent vomiting; that *two drachms*, in his opinion, would suffice to destroy life, although it would require *at least an ounce and a half* of that which is commonly sold in the shops. This is but another case in proof of what we have been long persuaded of, that few cases have operated more effectually to bring the medical profession into contempt than the gross ignorance and incompetence of many men who have the hardihood to appear in courts of justice as medical witnesses.

Mr. Taylor passes in review the various circumstances capable of modifying the action of arsenic on the system, as age, constitution, state of health, fulness or emptiness of the stomach, &c., on which, however, we must not dwell. He next adverts to the cases recorded by Dr. Lachese of Angers (Ann. d'Hygiene, 1837, 1. 350), who, from these cases, considers it as probable that from one to two grains of arsenic may cause death, though the actual quantity swallowed by each individual is in the highest degree problematical.

The most interesting part of Mr. Taylor's paper is the account of a very important case calculated to throw some light on this important subject. In October, 1839, three of a family having taken some glasses of port wine after dinner, were seized with symptoms of vomiting. The wine being analysed, was found to contain 28.8 gr. of arsenic in solution, in 24 ounces of wine. One of the persons, a child aged 16 months, had taken about two fluid drachms of wine, containing about one third of a grain of arsenic: the child was affected with severe vomiting for about three hours, and then recovered. A lady aged 52 had taken a wineglassful, less by the quantity given to the child: she had consequently swallowed *not less than one grain and a half of arsenic*. About twenty minutes after taking the wine she became unwell, suffered no pain, but vomited violently for four hours, and then recovered.

A gentleman, aged 40, swallowed a glass and a half of the wine, *containing, at least, two and a half grains of arsenic*. In about twenty minutes he complained of being unwell, vomited during three hours, but did not recover completely for several days.

Mr. Taylor properly dwells on the fact that the poison, in these instances, was swallowed after a meal, which probably had a considerable influence in modifying its effects. The cases, nevertheless, show that two and a half grains of arsenic may be swallowed by an adult, not only without destroying life, but without even exciting very formidable symptoms. Mr. Taylor further insists on the great necessity that exists for caution on the part of the profession as to deciding what quantity of arsenic should be pronounced a fatal dose; and considers that, in the present state of our knowledge, we have no warrant for pronouncing that even five or ten grains of arsenic would be necessarily fatal.

In the case just alluded to, in addition to the arsenic, in solution in the wine, about sixty grains remained as a sediment at the bottom of the bottle, and it is very possible that a portion of the poison, in addition to that in solution, may have been suspended in the freshly-decanted fluid.

The origin of the arsenic in this case, Mr. Taylor attributes to the habit of purchasing bottles from hawkers, some of which may have been used to contain arsenic, which would not be removed by the ordinary methods of cleansing bottles.

ON THE COMPOSITION OF AIR AT DIFFERENT HEIGHTS IN CLOSE APARTMENTS.

M. Lassaigne has drawn the following conclusions from a series of experiments on this subject:—

1. In rooms where the air is confined, and has been respired for some time without renewal, the carbonic acid expired is not found exclusively, as some have asserted, in the lower strata.

2. In accordance with the laws of physics, confirmed by experiments, the carbonic acid is nearly equally diffused throughout the whole volume of confined air which has been respired by a certain number of persons.

3. The slight differences observed would lead to the inference, that the proportion of carbonic acid was, under these circumstances, greater in the upper strata, were it not that the differences may depend upon errors in the quantitative estimation of the gaseous components of the air.

4. These facts show the erroneous principles upon which some modern theories of ventilation are based: for it is clear that the *whole* mass of air which has been respired by many persons requires renewal, so that the vitiated air may be entirely expelled.

5. The uneasiness experienced from respiring heated air in the upper part of crowded and badly-ventilated theatres, is due rather to its rarefaction than to its chemical composition; for the latter is almost identical in the upper and lower strata. The acts of respiration are more (!) full and frequent when rarefied air is breathed; hence certain physiological effects are induced which are not observed in the respiration of air at the common temperature.

THE ACTUAL CONDITION OF METROPOLITAN BURIAL-PLACES.

In this country, distinguished above all others for a tenacious adherence to old customs, no matter how absurd, injurious, or reprehensible such customs may be, the progress of reform has always been slow. Yet, if ever there was a subject calculated to excite public attention, to arouse the indignation of the good, and ensure the aid of every philanthropist, it is that of abolishing intramural interments.

Let any one look with an unprejudiced eye at the actual state of the metropolitan burying-places, densely surrounded, as they too generally are, with a swarming living population. Let him examine the vaults crowded with dead, over which, frequently divided by a thin covering, he must sit during divine service. Let him reflect, that in the body and aisles of many churches and chapels, graves and vaults are employed for the interment of the previous living worshippers, and that the occasional opening of such vaults, charged with deadly effluvia, has produced serious and even fatal disease. Let him further reflect, that the entire practice is left to the "management" of the lowest class of the community, whose brutal fool-hardiness is stimulated by drink, and by the consciousness that their lives are worth little to themselves, and less to society.—*Mr. G. A. Walker's Second Lecture on the Metropolitan Grave-yards.*

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HINTS FOR HEALTH.

ARROW ROOT AN IMPROPER FOOD FOR CHILDREN.

Arrow root may be considered as flour deprived as much as possible of its nutritive matter. When we administer arrow root to a child, it is equivalent to washing all the nutritive matter out of bread, flour, or oatmeal, and supplying it [the child] with the starch; or it is the same thing approximately as if we gave it starch; and this is, in fact, what is done when children are fed upon what is sold in the shop under the title of farinaceous food, empirical preparations of which no one can comprehend the preparation without analysis. Of the bad effects produced in children by the use of these most exceptionable mixtures, I have had ample opportunities of forming an opinion, and I am inclined to infer that many irregularities of the bowels, the production of wind, &c., in children, are often attributable to the use of such unnatural species of food. It should be remembered that all starchy food deprived of nutritive matter is of artificial production, and scarcely, if ever, exists in nature in any isolated form. The administration of the arrow root class is therefore only admissible when a sufficient amount of nutritive matter has been introduced into the digestive organs, or when it is inadvisable to supply nutrition to the system, as in cases of inflammatory action. In such the animal heat must be kept up, and for this purpose calorifiant food alone is necessary.—*Dr. R. D. Thompson.*

EMPLOYMENT OF ARSENITE OF COPPER BY PORK-BUTCHERS.

About a month since a well-known Parisian lawyer gave a breakfast to his friends at the christening of his child. Among the dishes on the table was a boar's head, ornamented in the most artistic fashion with small lumps of red and green fat. One of the guests, who was acquainted with chemistry, was particularly struck with the rich green colour of the ornamental fat, and reserved a portion of it for analysis. He found, on digesting it in anhydrous ether, that a heavy green powder subsided, which, on further examination, turned out to be Scheele's green. Inquiry was made, and it was ascertained that the poison had been procured by the pork-butcher's boy at a neighbouring colour-shop for the purpose of decorating the boar's head, and rendering it more attractive to the guests.—*Journal de Chimie.*

BRONZING OF CONFECTIONERY.

According to the police regulations of Paris, confectioners are allowed to use only gold and silver as metallic ornaments to confectionery. Copper, bronze, and all the alloys of copper and zinc, are prohibited. Some confectioners have, however, employed sham gold, an alloy formed of zinc and copper. A large quantity of confectionery thus ornamented has been recently seized at Bordeaux, and an action has been commenced against the confectioner who supplied the articles. He produced some of the powder, which he said he procured of a druggist who sold it to him as a mixture of talc and oxide of gold. The application of nitric acid and ammonia, however, soon proved that the gold was a copper alloy.—*Ibid.*

EMPLOYMENT OF TANNATE OF IRON (INK) IN THE TREATMENT OF CHLOROSIS.

M. Benedetti considers that the tannate of iron (ink) is one of the best remedies in the treatment of chlorosis. The dose may be from about eight to thirty grains daily; and the patient commonly recovers in from twelve to twenty-five days.

The tannate of iron employed by him is prepared by dissolving iron filings in dilute sulphuric acid, precipitating by carbonate of soda, so as to obtain a pure carbonate of iron. Forty-four parts of this carbonate, in a state of dry powder, are to be added to nine parts of pure tannic acid, dissolved in boiling water. The mixture is stirred and evaporated until the tannate is obtained as a dark, insipid, uncrystalline compound. It may be given suspended in syrup, or in the form of pills.—*Gaz. Méd.*

ADVERTISEMENTS.

LAMPLOUGH'S PYRETIC SALINE. Her Majesty's Commissioners have directed that the Pyretic Saline should occupy the first position in Class 2 at the Crystal Palace.

Dr. Lyon Playfair engaged Mr. Lamplough to put in the Saline Salts of the Flesh, which the effervescing Pyretic Saline resembles in a most remarkable manner, and it was ascertained beyond all doubt, during the experiment, that life depends entirely on the air we breathe acting on the Salts of the Blood, in its passage through the lungs, thus giving it vitality. The Salts of the Flesh are the means nature uses to hold in solution the lime that goes to constitute the bone; hence they are of essential service during hot weather for invalids suffering from Liver Disease, Gout, or Gall Stones; are a positive preventive of Fever and Cholera, and form the most delightful summer beverage, by the simple addition of water.

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"These little Manuals contain the best and most common-sense account of the Diseases of the Chest that has ever been published."—*The Sun, April 2nd, 1849.*

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"An excellent little work upon those disorders so incidental and so common to us, that nothing but want of knowledge, which is here amply conveyed, can perpetuate—we could have said, tolerate them. A book like this, clearly written, is worth the prescriptions of twenty physicians; and as such we wish it a world-wide reading."—*Weekly Dispatch, March 31st, 1850.*

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"The author of the above little work has given the causes of Headaches and their means of cure so plainly, that 'he who runs may read.' The advice offered can be easily followed, and the list of prescriptions in *English*—a most important innovation upon the old mysterious medical Latin—will be found useful. The style of writing is familiar, and the advice given in the most popular form: it justifies the title, 'People's Edition.'"—*Portsmouth Guardian.*

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London: Published by GEORGE VICKERS, 26 & 29, Holywell Street, Strand; and sold by all Booksellers and Newsvendors:—by post direct from the Author.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

VOLS. I. and II. of the PEOPLE'S MEDICAL JOURNAL are now ready, price 4s. each, bound in strong and elegant cloth, gilt lettered.

CASES for binding Vols. I. and II. may be obtained of all news-agents, price 1s. 3d. each, in strong and elegant cloth, gilt lettered.

NOTICE.—The first two Volumes of the People's Medical Journal and Family Physician, 52 numbers, with copious Index (432 quarto pages), stitched in a strong Wrapper, price 4s. 6d., are now ready for delivery. As many of the back numbers are nearly out of print, it will be impossible to complete more than a hundred perfect sets; it is therefore requested that orders may be given to the different agents with as little delay as possible.

TO NEWS AGENTS.—If we have omitted the names of any of our provincial friends in the list published last week, we shall be glad to make the correction when we again insert the list.

B. HAWKINS (Skinner Street, Somers Town).—See answer to A POOR CLERK (Horsleydown) in No. 71.

P. O. L. C. (St. Martin's-le-Grand).—Call in Lloyd Square. We are compelled to receive patients on Sunday mornings.

MATTHEW (Gray Street, Manchester Square).—Baths, at a reasonable charge, are now to be obtained in every quarter of the metropolis. Those which we can call to mind are the "Public Baths and Washhouses," behind the National Gallery, Trafalgar Square; the charge, 6*d.* and 4*d.*:—the "Public Baths," in the New Road, Paddington, on the site of the "Yorkshire Stingo," at the same charge:—in George Street, Euston Square, first class, 1*s.*; second class, 6*d.*:—the "Public Baths" in Goulston Square, Whitechapel, charge unknown. There are also large Swimming Baths in Holborn; in the Westminster Road; the Metropolitan Baths, Shepherdess Walk, City Road; and elsewhere.

JOHN HOLMES (Chorlton-upon-Medlock).—You will obtain all the information you ask for, in YEOMAN on ASTHMA. We have already answered the same question many times in the Journal.

J. G. (Chesterfield).—If you wish us "to study our opinion on the case, and send you our best receipt in the next Journal," you must *request* our consideration, not *demand* it.

A CASUAL READER.—It is perfectly immaterial to us whether you like our answer or dislike it. Our answers to correspondents are dictated by the same feeling that actuates us in writing a prescription—we do not consider what the patient will like, but what will do him good. We hope to be able to sustain with composure the threatened withdrawal of your subscription. We may say without arrogance, that your loss will be greater than ours.

A CANADIAN (Finsbury Circus).—The person you are advised to consult is an irregular practitioner. As you have travelled so far, do let us earnestly beseech you to obtain the best advice England can afford—consult Sir Benjamin Brodie, 14, Savile Row.

A. B. C. (Wandsworth Road).—We do not approve of Mr. ————'s cutting, and probing, and injecting treatment of deafness. Of course this is only our own opinion, but it is based on a firm foundation.

DOUBTFUL, DOLEFUL, DAVID (Pickering).—Get married, man! In the *Hitapadsea of Vishnusannan*, we find the following aphorism: "As a charmer draweth a serpent from his hole, so a good wife, taking her husband from a place of torture, enjoyeth happiness with him."

FRED. BARLOW (Toxteth Park).—Long hair requires more nutriment than scanty locks, and in many cases it causes or increases debility.

AN OLD MAN.—We are grateful for your very kind letter. Commendation from such a source is worth receiving, and is an effective antidote to many cares and annoyances. Our practice has ever been based on the principle that *regimen is better than physic*. Nearly the first sentence we published on Popular Medicine was—"Make food your medicine, not medicine your food."

DECIUS.—There is no person of the name of MOUNSEY practising medicine in England. There was a Dr. Mounsy, "a fellow who swore and talked bawdy" (*vide* Boswell's Life of Johnson), who flourished nearly a century ago. He died at his apartments in Chelsea College, on the 26th of December, 1788.

FANNY (Winchester).—Read "YEOMAN on HEADACHES."

AN ASSISTANT (Lamb's Conduit Street).—The *compound decoction of aloes* will seldom keep perfectly bright, certainly *never* so bright as a tincture. Much, however, depends upon the purity of the extract of liquorice. The best refined juice should be employed.

A GARDENER (Dartford).—British rhubarb possesses similar purgative properties to that of Turkey or the East Indies, but in a less degree.

X. Y. Z.—Such cases are never noticed in the Journal. They do not merit gratuitous consideration.

D. G. (Huddersfield).—You are a fierce critic, a careless reader, and an ignorant man. For the definition of *effervescing*, see THE PEOPLE'S MEDICAL DICTIONARY.—You will find an answer to your second question in Mr. Lamplough's advertisement in this number.

THOMAS LOYD (Wolverhampton).—You will find the only reply we can give you, in the answer to BLUE JACKET, R.N., in No. 69.

DEAFNESS.—We beg to direct the attention of persons afflicted with deafness, to the letter from Mr. H. DIXON, headed "Swindling Advertisers," that appears in to-day's Journal.

A YOUNG PRACTITIONER.—The answer in question referred to a pamphlet, or circular, that was sent, in thousands, by post, to every person whose name was to be found in the *Clergy List*, the *Army and Navy List*, the *Law List*, and to the majority of establishments in London and the provinces employing many young men: it was laudatory of the practice of a certain medical man, residing in the borough of *Finsbury*, and professed to emanate from a Mr. *Teevan*. The name is a singular one, and those who legitimately bear it—some of the most honourable and respectable men in the profession—publicly disclaimed all knowledge of the writer, who evidently was a myth.

RICHD. EVANS (Amlwch).—We admire your candour, but scorn your meanness. What claim can a casual reader of the Journal "which my friend promised to lend me," have upon the consideration of the Editor?

H. P. (Bagnigge Wells Road).—We cannot recommend the dentist in question. We have, unfortunately, an opportunity daily of observing his unskilfulness.

ERRATUM.—In the answer to P. Q. M., in last number, *for* zygomatic diseases, *read* zymotic diseases.

A STUDENT.—Refer to the article on the TEETH, in No. 67. A very clever work on the TEETH has lately been written by Mr. Canton.

L. L. D.—We do not comprehend your question. We do not know any application that is "applied externally to the skin for recovery from weakness."

ELIZA T. (Strand).—The "offensive smell" is caused in all probability by a portion of diseased bone. Take the child to King's College Hospital.

J. B. H. (Southwark).—There can be no question about the decayed teeth aggravating, if they have not caused, the ulcerated tongue. Get them extracted immediately.—We have a perfect recollection of that to which you allude.

A WAREHOUSEMAN (Milk Street).—The advertising firm in question are quacks, and must not be trusted.

HENRY SMITH (Reading).—It is the correct practice, and we are happy in saying it is now the general practice, for the Assurance Office to fee the medical man for his certificate, *not* for the intending assurer to do so. There are some offices that still hold out, but the decrease in their policies will soon teach them to act equitably.

ZENO (Bury St. Edmund's).—Send your address.

EUSEBIUS.—The glycerine may be used as you describe with safety, and probably with advantage.

EDWIN THOMPSON (Bristol).—WANDERER, C. S.—Not gratuitous cases.

JAMES BRADFORD.—See answer to ROBERT HAWSON, in No. 7.

R. R. (Briggate, Leeds).—The symptoms are those of gonorrhœal rheumatism. See answer to X. Y. Z., in this number.

ROBERT M. (St. Mary-at-Hill, City).—There is a great share of quackery in the *advice gratis* system. How is it possible a medical man who is worth consulting, can devote sufficient time to each case? The surgeon you mention is a most able man; but not being a conjuror, he cannot diagnose, advise, and prescribe for thirty patients in the one hour he receives the mob.

ALFRED HUNTER (Merrion Square, Dublin).—The chief constituent, next to water, is *uric acid*.

HEALTH OF LONDON DURING THE WEEK.—The mortality of London has been greater than usual during the four weeks of May. Small-pox had a fatal termination in 23 persons, six of whom were twenty years of age and upwards; measles carried off 39 children; scarlatina, 10; hooping-cough, 64; and croup, 5. Of these complaints, almost exclusively confined to young persons, hooping-cough much exceeds the usual contingent, and scarlatina falls still more below it. To diarrhœa, 16 deaths are ascribed; to dysentery, 6; to erysipelas, 11; and under typhus, which shows about the usual amount of fatality for the present time, 32 are enumerated. The births of 764 boys and 769 girls, in all 1533 children, were registered last week.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 77.—Vol. III.] SATURDAY, JUNE 21, 1851. [PRICE ONE PENNY.

THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XXIV.—THE DEEP-SEATED MUSCLES OF THE NECK—THE SUPERFICIAL MUSCLES OF THE UPPER PART OF THE TRUNK—ON THE RIGHT SIDE ARE DISPLAYED THE FIRST LAYER OF MUSCLES; ON THE LEFT THIS LAYER IS REMOVED.

Rectus capitis Anticus Major. This muscle is placed on the anterior and lateral part of the spinal column: above it is attached to the basilar process of the occipital bone; below by small tendons to the anterior tubercle of the transverse process of the third, fourth, fifth, and sixth cervical vertebræ. The anterior surface corresponds to the carotid artery, the internal jugular vein, and the pneumo-gastric nerve. If this muscle acts in conjunction with that of the opposite side, it bends the head forward; and if one muscle alone acts, it will draw the head to one side.

Rectus Capitis Anticus Minor. This is a small and thin muscle, situated close to the first vertebra of the neck; it is tendinous at its commencement, and fleshy in the greater part of its course from the occiput to the spine. Its office is to assist the preceding muscle in supporting or bending the head.

Longus Colli. This muscle lies behind the œsophagus or gullet, and the great vessels and nerves of the neck. Superiorly it is attached to the tubercle on the anterior arch of the atlas, or first bone of the spine; inferiorly to the anterior surface of the bodies of the three first dorsal, and four last cervical vertebræ, and to the anterior border of the transverse processes of the third, fourth, and fifth vertebræ of the neck. The anterior surface is covered by the rectus capitis anticus major muscle, the gullet, the carotid artery, the pneumo-gastric, and the great sympathetic nerves. The posterior surface covers the vertebræ and their cartilages. The action of this muscle is to support the neck, and to bend it forwards and to one side.

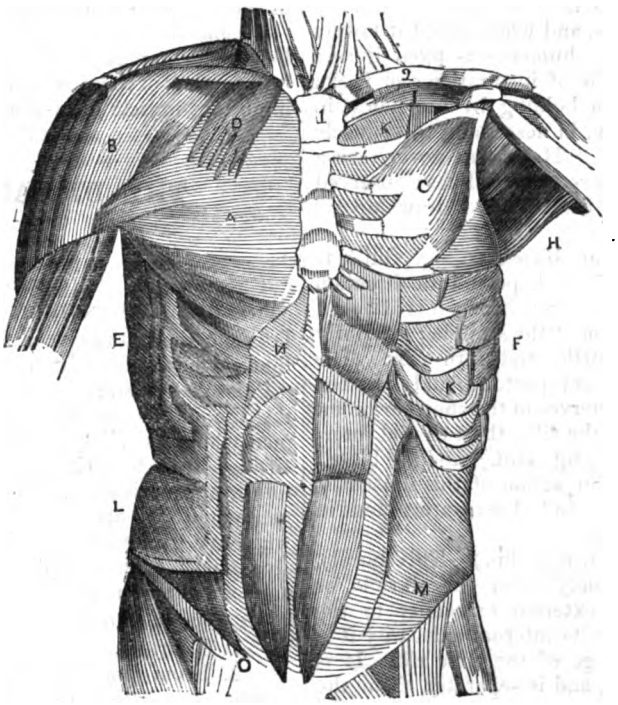

Figure XLIII.—Superficial Muscles of the Chest and Abdomen.

A. The great pectoral muscle.
B. The deltoid.
C. The small pectoral muscle.
D. The under end of the platysma.
E. The edge of the latissimus dorsi.
F. The serratus magnus.
H. The subscapular.
I. The subclavian.
K. The intercostal muscles.
L. The descending oblique muscle.
M. The rectus abdominus.
N. Poupart's ligament.
1. The breast bone.
2. The clavicle, or collar bone.

Muscles at the Side of the Neck.

Scalenus Anticus. This muscle is situated at the lower part of the side of the neck. It is elongated and divided above into several portions, which proceed from the transverse processes of the vertebræ of the neck to the upper margin of the first rib. Its action is to bend the head and neck laterally, and to raise the first rib. The correct knowledge of this muscle is of great importance in the surgical anatomy of the neck; its posterior surface forms with the *scalenus posticus*, a triangular space, in which are lodged the subclavian artery, and those of the cervical nerves which form the brachial plexus.

Scalenus Posticus. This muscle is placed behind the preceding. Above it is attached by six small tendons to the transverse processes of the last six vertebræ. These tendons unite and are inserted into the first rib, and to the superior border of the second rib. The anterior and posterior scaleni muscles bend the neck to one side, but when the muscles of both sides act, they incline the neck forwards; or when the neck is fixed, they have the power of raising the ribs and expanding the chest.

Scalenus Medius. This small muscle is attached to the upper surface of the first rib, and to the transverse processes of all the vertebræ of the neck, with the exception of the first. Its office is to assist in moving the neck to one side, and in elevating the first rib.

Rectus Capitis Lateralis is a short, flat, and thin muscle, extending from the occipital bone to the transverse processes of the first vertebra. It is connected anteriorly with the jugular

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vein; posteriorly with the vertebral artery. Its action is to bend the head sideways.

Muscles of the Anterior part of the Chest.

Pectoralis Major, the *Great Pectoral Muscle* (A, fig. xliii.). This muscle is very large; its triangular form and the direction of its fibres are marked in the engraving. It is attached to the inner half of the clavicle or collar bone (2, fig. xliii.), to the middle part of the whole length of the sternum, or breast bone (1, fig. xliii.), and to the cartilages of the true ribs, excepting the first. These fleshy fibres run obliquely across the breast, and converging form a strong tendon which is fixed to the outer border of the bicipital groove in the humerus, or bone of the arm (*b*, fig. xxxvi.). The anterior surface of the great pectoral muscle is covered by the platysma myoides (D, fig. xliii.), by the mammary gland—that is, the "breast"—and common integuments. The under surface is situated on the breast bone, the cartilages of the ribs, a part of their bony portions, the blood vessels and nerves of the neck, the muscles of the clavicle, and those between the ribs and the smaller pectoral muscle. The large pectoral is a most powerful muscle in raising the arm; it carries the arm inwards and forwards, and when raised it lowers it, as in striking a blow. When the humerus is fixed it acts upon the chest, and becomes a muscle of inspiration; or it can raise the trunk upon the limbs, when holding by the hands in climbing a tree, &c. Mr. Abernethy, in describing this muscle to his class, said in his quaint style, "Have you never seen a little boy climb up a tree? If you have, you will have observed that he catches hold of a bough with his arm, and draws up his body, which is done by this muscle."

Pectoralis Minor, or *Small Pectoral Muscle* (C, fig. xliii.), is situated behind the one just described; its shape and the direction of its fibres are obvious in the drawing. Superiorly it is attached by a strong flat tendon to the acromion of the scapula; inferiorly by three divisions to the third, fourth, and fifth ribs. The anterior surface is covered by the great pectoral, and between them several of the blood-vessels and nerves of the chest meander. The under surface is connected with the ribs, the external intercostal muscles, the serratus magnus (F, fig. xliii.), and the blood-vessels and nerves of the arm pit. The action of this muscle is to draw the shoulder-bone forwards and downwards, and in laborious respiration it raises the ribs.

Subclavius, the *Subclavian Muscle* (I, fig. xliii.). This muscle, as its name denotes, is placed obliquely under the clavicle, or collar-bone. It is attached by its external extremity to the inferior surface of the collar bone; by its internal extremity it is fixed by a flat tendon to the cartilage of the first rib. It is covered by the large pectoral muscle, and is separated from the first ribs by the blood-vessels and nerves going to the arm pit. The action of the subclavian muscle is to pull the collar bone, and with it the blade bone, downwards and forwards.

Serratus Magnus (F, fig. xliii.) is situated on the side of the chest; it is attached anteriorly to eight or nine of the first ribs, by as many fleshy digitations, and posteriorly to the whole base of the blade-bone. The use of this muscle is to move the scapula, or blade-bone, forwards or downwards, according to the direction of its different digitations; and when the scapula is forcibly raised, as in difficult inspiration, it assists to expand the chest, by elevating the ribs; or if the blade-bone be much depressed, the serratus may then become a muscle of respiration.

Muscles situated between the Ribs, and within the Chest.

Intercostalis Externi, or *The External Intercostal* muscles (K, fig. xliii.), are the external layers of fleshy fibres which fill up the space between the ribs. They are attached on one part to the inferior border of the rib; on the other, to the upper border of the rib beneath; the fibres are oblique from above downwards, and from behind forwards. The upper surface is covered by the muscles of the chest we have already described, and the under surface is in contact in some parts with the pleura, and in others with the internal intercostals.

Intercostalis Interni, or *The Internal Intercostals.* The attachments of these muscles are the same as the former: they begin at the breast bone and run downwards and backwards, crossing the external intercostals like the strokes of the letter X. The action of both sets of muscles is to enlarge the cavity of the chest, by elevating the ribs in the time of inspiration; and the obliquity of the one set balancing that of the other, allows the ribs to be raised more directly upwards.

Levatores Costarum. These muscles, twelve in number, as their name denotes, assist to raise the ribs and in supporting the spinal column. Each muscle is attached above to the transverse process of the last vertebra of the neck and the eleven uppermost vertebræ of the back, and below to the upper part of the border of the rib, placed next beneath each vertebra.

Triangularis Sterni. This muscle is placed within the chest, behind the cartilages of the ribs. It depresses the cartilages and lowers the extremities of the ribs, and is consequently an important muscle in respiration.

(To be continued.)

THE DISEASES OF ARTISANS.

BY THE EDITOR.

No. XI.

(*Continued from page* 132.)

THE DISEASES INCIDENTAL TO LETTER-PRESS PRINTERS.

During the last twelve or fifteen years a day has scarcely elapsed that we have not written "copy" or "corrected proof" for the "Press:" therefore we lay claim to some trifling knowledge of the life, habits, health, and diseases of the intelligent class of men whose peculiar maladies we are about to notice. Before sitting down to write this paper, however, we addressed the following queries to two most respectable and highly-educated gentlemen who are well conversed with the habits of printers, who have worked at case themselves, and who now have extensive offices. Their replies perfectly corroborate each other and our own experience.

At what age do boys go to case?

1. Fourteen.
2. From fourteen to sixteen.

What is the age of the oldest printer you know?

1. Ninety.
2. I do not at present recollect ever knowing a compositor older than 70.

What is the average age of compositors coming under your own knowledge?

1. Forty-five, certainly not more.
2. They often die young, and most of them in my experience die before fifty years of age.

To what diseases—other than consumption, asthma, and indigestion—are they most prone?

1. Croup, which is frequently caused by the compositor placing his types in front of the fire, and using them before they get cold.
2. Consumption is their principal disease, aggravated by leaning over the stone to correct; indeed, some of my men would rather do anything than lean over a stone.

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Do you know of any cases of paralysis, or lead colic, resulting from the types?

1. Many cases of paralysis, which is more prevalent than other diseases, consumption excepted.
2. The types are wetted, to bind them together, before distribution, or else they would too readily run into "pye;" but it is unpleasant to compose before they are dry. Hence compositors will sometimes dry their cases at the fire—a practice well-known to engender paralysis of the fingers and wrist, from the antimony (and lead) contained in the metal, being slightly volatilized by the heat.

The effects of composing on the eye-sight?

1. Injurious, decidedly; but my opinion is, that their eye-sight is much affected by over-indulgence in malt liquor.
2. The effects are not worse than might be naturally expected.

Are pressmen healthier than compositors?

1. Decidedly.
2. Decidedly. Nothing but intemperance shortens a pressman's life. They mostly live to a good old age.

The temperance of printers?

1. Intemperance is not indulged in half so much as it was twenty years since.
2. Intemperance and idleness are the ruin of London printers. As in all bodies of men, there are two classes, the good and the bad, I trust and believe the rising generation will number fewer of the latter.

Are the majority of journeymen married?

1. Yes.
2. They are like the rest of mankind in this respect, but unfortunately they often sow wild oats first, and reap bitter fruit in themselves and offspring.

The effects of night-work on compositors engaged on newspapers?

1. Hurtful; but the extent to which intemperance is carried on by some of the morning paper men, greatly aggravates the injury.
2. A continued need of stimulants, leading to intemperance and an early grave.

From the foregoing remarks it will be seen that letter-press printers are unhealthy and short-lived; and it is with much pain we are compelled to add, that these sad results, in too many instances, proceed from causes over which they themselves have direct control, and that by the practice of caution and temperance, which they sadly neglect, disease might be warded off and life prolonged.

We are certain that the amount of common sense—that best of all senses—possessed by the compositors of this kingdom, is beyond the average allotted to other workmen in the same grade of life:—to that common sense we now appeal with the earnestness of one who would do much to serve them, for a careful consideration of the following hints for the removal of noxious influences.

A confined and vitiated atmosphere is the hot-house of all disease; therefore it is of the greatest importance that the offices should be thoroughly ventilated. To effect this, there are now many admirable and economical contrivances, especially that of Dr. Arnott. When such are not employed, the windows should be opened at the top, and only those which will secure a direct current of air to pass through the room, so that all "draughts" may be avoided.

Cleanliness is of vital importance. By cleanliness we do not mean merely a newly-mown chin, and a face and hands free from soil, but the perfect purification of the entire surface of the body. A plentiful supply, and the frequent use of soap and water, will give tone and vigour to the frame, and enable a man to undergo his daily labour with an immense diminution of fatigue. Baths—hot, tepid, and cold—are now to be obtained at the just charge of a necessary of life, not at the extravagant cost of a luxury, as they were a few years ago.

Next to ablution comes friction, or simply rubbing the body with the hand, a flesh brush, horse-hair glove or belt, or coarse towel. If we consider the various duties of the skin, its connexion with various internal organs, the necessity of maintaining an equilibrium among those, and of relieving their tendency to engorgement by cutaneous perspiration, we shall, in part, comprehend the importance of maintaining that surface in a clean, active, and transpirable state.

The body linen should be changed frequently, and that worn in the day should never be slept in. There is more wholesome nourishment in a clean shirt than in a quart of beer.

The injurious effect of the types in producing paralysis and colic, similar to that common to painters, is only excited when the types are heated, by which process they emit the fumes of the antimony and lead, of which type metal is chiefly composed. These vapours not only affect the respiration, producing cough and irritation in the windpipe, the precursors of confirmed asthma, and the exciting causes of consumption and other chest diseases, but the clothing becomes saturated with deleterious particles, which are readily absorbed by the skin. Therefore type should never be touched until quite cold, and the formes should always be exposed to the open air to dry. However urgent the necessity may appear to be, a compositor who values his health should never take his meals in his office; and never eat until he has thoroughly washed his hands. It is surprising what an amount of poison may in twelve months be rescued from entering the system by carefully attending to this simple hint.

We fear we can advise but little in mitigation of the evils consequent on the long-continued standing posture which so materially tends to injure the digestive organs. This position is compulsory, and so long as composing is performed as it now is, must be endured. Exercise in the open air, away from the confined localities in which too many printing offices are situated, is the best antidote to this evil. It is with much pleasure that we notice the increased love of good old English sports displayed by the London compositors—and the recent matches at "trap ball" between the compositors of two of our oldest weekly journals, and the cricket match in aid of the Printers' Almshouse Endowment Fund, are healthy indications of the tone and feeling of the rising generation.

What can we say against intemperance? Is it not the curse of man's life here, and the ruin of his soul hereafter? Does it not make the youth a decrepit man ere he crosses the threshold of man's estate? Does it not destroy that truly English resting-place—HOME? Does it not corrode the heart's best affections, and reduce humanity to the level of the grovelling brute? Does it not fill our hospitals, and prematurely crowd our burial places? Then if the answer be in the affirmative, as it must be, let the *common sense* of compositors, of which we have just boasted, banish this foe to their health, their comfort, and their peace.

(*To be continued.*)

KNOCKERS.

Knockers are a horrid invention of the enemy of all peace. Strange to say, medical men are often miserably incautious in this respect. They rat, tat, tat, like cabmen, and their knocks are frequently in the last degree distressing to their patients.

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ANIMAL CHEMISTRY IN THE CRYSTAL PALACE.

THE SALTS CONTAINED IN MUSCLE.

[We have been favoured by a scientific friend with the following account of Dr. Stevens's discovery, and Mr. Lamplough's correct and elegant experiments and preparations in support thereof.]

It is but a few transient years since Dr. Stevens, formerly of Santa Cruz, discovered the mysterious influence of the Saline Salts of the Blood in Fever and Cholera, from noticing the fact that the wild buffalo, whilst labouring under disease, travelled from the interior of that country to certain Saline Springs, or as they are there popularly known by the name of Salt Licks, of which, after partaking freely of the vivyfying waters, they returned to their native wilds with renewed health.

This, to an inquiring person, naturally led to an investigation, the result of which satisfied Dr. Stevens's mind that the Saline Salts of these springs had the power not only of allaying thirst, but also of curing fever and preventing disease. The success of a practice based upon these observations, and the benefit thereby conferred upon the British Army, secured not only the approbation of the Commander in Chief, but his Grace the Duke of Wellington conferred on Dr. Stevens the degree of D. C. L., Oxford. The illustrious discoverer published a work that engaged the attention of all physiologists of Europe and America, characterized by the great Dr. Prout as containing germs of immense importance to mankind.

When the invitation was made to the world to send the fruits of their industry to the Great Exhibition, Mr. Lamplough, of Snow Hill, offered to send the Saline Salts of the Blood, to which he had paid special attention from reading the work in question. On presenting the results of his investigations to the Royal Commissioners, it was suggested that the Salts of the Flesh should also be placed in glass shades near the former. Whilst conducting this analysis, a most important discovery was made,—namely, that the Salts of the Flesh are the means Nature uses to hold in solution the lime the stomach separates from the food to give strength to the bones of the body; by this means therefore the most remote bone of the system is daily and hourly supplied from the moment of birth with a transparent fluid containing within it that peculiar material necessary for its support and nourishment. Hence it is inferred that Nature requires a supply of the Saline Salts, to effect and fully carry out these important purposes. Should she fail in obtaining the needful supply, gravel, liver disease, and other chalky disorders, sooner or later, affect the health, and prove the predisposing cause of serious indisposition. This truth has been indisputably proved, and the exhibits are shown in Class 2, No. 113, South Gallery, a point to which great numbers of professional persons are attracted as well as the public, from the notice that has been taken of them by the public papers. To many readers who, lacking the opportunity, or who from multitudinous attractions have lost sight of these less obtrusive ones, it may be necessary to relate the manner how the analysis was conducted. Twenty-four ounces of flesh were burnt in a crucible for three hours; the remains were then washed with distilled water; the solution on filtering was perfectly clear; on evaporating the water and taking away the salts, the lime that had previously been held in a perfectly transparent solution, fell to the bottom in a white powder. Although the salts obtained were extremely small in quantity, the experiment proves how highly necessary they are in the animal economy. The lime in this instance was in great abundance, but this has been accounted for from a subsequent knowledge of the person's death, who it appears died from jaundice, brought on by gall stones.

The sixth of Plato's aphorisms, quoted in the PEOPLE'S MEDICAL JOURNAL, last week, was never more amply verified than in this case. The more medicines resemble Nature in their action the better. Had animal chemistry been more studied by our ancestors, the world would have been earlier supplied with those simples for which Nature craves when labouring under disease.

Never was a happier form of exhibiting to the system those essentials to its welfare and health, than the Effervescing Pyretic Saline, now becoming the common beverage of the public. The fact of its combining in a cheap and agreeable form what is necessary to the health of the blood, is no inconsiderable proof that a reading public appreciates the aid of science in bringing to light truths hidden from mere cursory observation, embodying in reality that celebrated philosopher's views, and proving beyond all doubt that the principle cause of disease is owing to some chymical alteration of the principles of the blood upon which its healthy action depends. How wise then to anticipate our wants, and supply Nature with those means science points out as the most simple and effective, knowing as we do from the Infallible Record, that the life of the body is in the blood.

IRREGULARITY IN THE FRONT TEETH.

It can scarcely happen that we have irregularity in the teeth of one jaw without a corresponding irregularity in the teeth of the other jaw; the one following as a consequence of the other.

The most common abnormal position occurs in those cases where the upper teeth on closing the mouth pass behind those of the under jaw. This condition, when once established, is permanently maintained by the teeth of the under jaw, for where there is any force tending to press the upper teeth outwards into their proper position, the act of closing the mouth, and the consequent pressure of the under teeth upon the anterior surface of the upper teeth, would press them inwards, and thus overcome the force employed by nature to remedy the defect.

This form of malposition of the teeth may arise from several causes. Thus the under jaw and teeth may be developed more rapidly than the upper. The incisors of the under jaw usually appear before those of the upper jaw, and take their position internal to the temporary teeth, which at the time are usually loose and quickly fall out, and then the succeeding teeth come forward and occupy their places. But while this is going on, the upper incisors usually appear through the gum, coming through internal to the temporary teeth. Supposing, however, that the temporary are not loose, but retain their places, the permanent teeth are then forced still more internally, and if the front teeth of the under jaw have progressed in their development, they will close between the temporary and permanent teeth of the upper jaw. The teeth having once assumed this position necessarily retain it, unless mechanical means are resorted to for remedying the defect.*

A third cause of the posterior position of the front teeth of the upper jaw, may arise in the permanent teeth of the under jaw coming through anteriorly to the temporary teeth, so that the upper teeth closing behind them, tend to force them still further outwards.

Treatment.—The causes of the reversal of the relative position of the front teeth of the two jaws is purely mechanical, and the defect is maintained by a mechanical cause. The treatment must therefore be mechanical also. The first thing we have to do is to prevent the front teeth from closing, thus disabling them from

* For the Anatomy, Structure, and Situation of the different Teeth, see No. 67.

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exercising any influence upon each other. This is effected by placing caps of metal or ivory upon the masticating surface of the molars of the upper jaw, and of such a thickness that when the mouth is closed the front teeth no longer meet. Having attained this point, a steady uniform pressure must be directed against the posterior surface of the misplaced teeth, and continued till, on removing the caps upon the molars, the upper teeth are found to close in their natural position: the position having been once gained, is retained by the action of the under teeth upon the inclined posterior surface.

There are three methods of applying the pressure to force the teeth outwards. In one a fixed point is gained by fitting a piece of ivory to the hard palate and the surfaces of the necks of the teeth, to which it is tied so as to prevent the possibility of motion: pieces of dry compressed wood are then interposed between the ivory and the necks of the teeth you wish to be moved outwards. The wood on absorbing moisture swells, and as the fitted ivory cannot be moved backwards the teeth are necessarily moved forwards. After the wood has remained about eight-and-forty hours it should be removed, and a fresh piece of dry wood put in its place, which on swelling force the teeth still further outwards. The renewal of the wood is repeated till the teeth have assumed the required position; the ivory is then removed from the palate and the caps from the teeth, and the process is allowed to be completed by the action of the upper and under teeth upon each other; the under forcing the upper outwards, and the upper pressing the under inwards, till the molar teeth come in contact, when the front teeth assume their permanent place.

In the second method the fixed point is made anterior to the teeth, and accomplished in the following manner:—Caps, as in the former case, are fixed upon the molar teeth, from thence a strong piece of flattened gold or silver wire is made to pass in front of the teeth. Opposite each tooth the wire is perforated with one or two holes, through which a ligature of silk is passed round the neck of the tooth; the silk is then tied tightly to the wire. The teeth by the action of the silk are dragged outwards. The ligature requires to be tightened or removed from time to time till the teeth have assumed the required position, when the apparatus is removed. Instead of silk the vulcanized Indian-rubber is frequently used. The third method of treatment consists in fitting metal to the surface of the front teeth of the lower jaw. The plate is continued upwards above the edge of the teeth, but instead of proceeding in the same line, is turned inwards, so that on an attempt to close the mouth the piece of metal passes behind the teeth of the upper jaw, and presenting an inclined plane, forces them outwards. The success of the method of treatment will be greatly enhanced by capping the molar teeth.

Of the three forms of treatment I have described I must prefer the first, being more easy of application, more rapid in its effects, and less troublesome to the patient than the two succeeding methods.

A second form of complete irregularity of front teeth is when the upper and lower close upon each other. In this case the cutting edges are quickly worn down, and the teeth look short and stunted, or, losing the molars, the front teeth then become worn down to the level of the gums, and the pulp cavity filled by vascular dentine, rendering the remaining portion of the tooth solid.

This condition differs only in degree from that which I have described, and though, as far as personal appearance is concerned, it is less objectionable than that, yet in its effects it is more injurious. Where the upper teeth close behind the under, the teeth themselves are not injured, but where they close upon each other the thin edges are soon worn, and the teeth cease to be strictly incisors, but are capable only of crushing.

In these cases, if attention is directed to the subject early, the simple pressure by the thumbs on the upper teeth outwards will, in many cases, with a little care and perseverance, place the teeth in their proper relative position; especially if frequent attempts be made to place the under teeth by drawing back the teeth of the under jaw behind those of the upper jaw.

As a further means of restoration the teeth may be closed upon some substance, a piece of wood, or the handle of a tea-spoon, and the spoon pressed downwards; by the motion the upper teeth will be pressed outwards by that portion of the spoon within the mouth, while the under teeth acting as a fulcrum will be pressed inwards. This simple operation will, if frequently repeated, tend to reduce the teeth to their proper situation.

A third malposition of the front teeth occurs in an excessive prominence of the upper set. The front teeth press into the lips, are constantly exposed, and when the mouth is closed rest upon the under lip. This form of irregularity is more or less connected with the defective development of the upper jaw. The alveolar processes are developed at a considerable angle with the general surface of the face, and the edges embracing the necks of the teeth are therefore very prominent. This prominence might arise from several causes. Thus the permanent teeth might come down in front instead of behind the temporary teeth and their alveoli, and supposing the milk teeth to be present a little beyond the usual period, would at once tend to the deformity in question.

Again, if the incisors are long, and the molar teeth short, the under incisors, on the mouth being closed, will, instead of resting upon the basal ridge of the upper teeth, press down the inclination of the ridge, and finally get fairly behind the teeth, and with their edges against the surface of the gums. We often see this state produced when, from age or some other cause, the molars and bicuspids are lost.

The first thing to be done towards remedying this evil is, to remove one or two bicuspid teeth, so that space may be gained for bringing the teeth inwards, which may then be effected by pressure inwards, the fixed point being either external to the teeth in the form of a band of metal; or internal to the teeth in the form of a piece of ivory fitted to the palate.—*Mr. Tomes.*

THE HUMAN BODY.

The number of bones in the framework of a human body is 260, of which 108 are in the feet and hands, there being in each 27. The quantity of blood in adults is, on an average, about 30 lbs., which passes through the heart once in four minutes. Only one-tenth of the human body is solid matter. A dead body, weighing 120 lbs., was dried in an oven until the moisture was expelled, and its weight was reduced to 12 lbs. Egyptian mummies usually weigh about 7 lbs. The lungs of an adult ordinarily inhale 40 cubic inches, or 48,000 inches in an hour, and 1,152,000 inches in a day, which is equal to 86 hogsheads.

LOSS OF BLOOD IN OPERATIONS.

Especially you should take care that there is as little hæmorrhage as possible at the time of the operation. Never believe those who, standing by at an operation, say, "The patient has lost no more than will do him good." Hæmorrhage, during any operation, is a great evil; and it is one of the chief causes of failure. It is not that the patient dies directly of hæmorrhage, but that he may do so indirectly. It lays the foundation of erysipelas, and of venous inflammation, and other mischief, sometime afterwards.—*Sir B. Brodie's Lectures.*

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REMARKS ON A PECULIAR FORM OF ADIPOSE, OR FATTY TUMOUR.

There is another kind of fatty tumour which occurs occasionally, but which has not been, as far as I know, described by surgical writers. In the cases to which I allude the tumour is not well defined; in fact, there is no distinct boundary to it, and you cannot say where the natural adipose structure ends, and the morbid growth begins. I will relate the history of one of several cases of this kind that I have met with, and this will explain as much as I know of the matter. A man came to this hospital several years ago, having a very grotesque appearance; there being an enormous double chin (as it is called) hanging nearly down to the sternum, and an immense swelling also on the back of his neck formed by two large masses, one behind each ear, as large as an orange, and connected with a smaller mass between them. He said that the enlargement had begun to show itself three or four years before, and had been increasing ever since. They gave him no pain; nevertheless they made him miserable, and in fact had ruined him. The poor fellow was by occupation a gentleman's servant, and having so strange an appearance no one would take him into his service. I gave him half a drachm of the *liquor potassæ* three times daily, and gradually increased the dose to a drachm dissolved in small beer. When he had taken the medicine for about a month, the tumours were sensibly diminished in size. He went on taking the alkali, and the tumours continued to decrease. It was just then that iodine began to have a reputation—much indeed beyond experience has proved it to deserve—for the cure of morbid growths, and I left off the *liquor potassæ*, and prescribed the tincture of iodine instead. The effect of this change of treatment was remarkable. The patient lost flesh, while the tumours increased in size. Of course I omitted the iodine, and prescribed the *liquor potassæ* a second time. Altogether he took a very large quantity of the latter medicine, and left the hospital very much improved, with directions that he should continue to take it with occasional intermissions. I had lost sight of him for some time, when it happened that I was requested to visit a patient in Mortimer Street. I did not observe the person who opened the door, but, as I was leaving the house, he stopped me, saying he wished to thank me for what I had done for him. It was this very patient. He was so much improved in appearance that he was enabled to procure a situation as a footman. There were still some remains of the tumours, but nothing that was very remarkable. I have seen some other cases of the same kind, in which the exhibition of very large doses of the *liquor potassæ* appeared to be of great service. But I have not had the opportunity of trying it, or of knowing the results in every case; and I am informed that, in some cases, it has been given to a considerable extent without manifest advantage.—*Sir Benjamin Brodie.*

THE PRESS AND THE QUACKS.

It is generally considered in this country that the advertising quacks exercise great influence over a portion of the periodical press, by their constant advertising; there can be no doubt but that the editors who admit these polluting announcements into their journals, become accomplices with the quacks in their barefaced pretensions. But the French charlatans, as we learn by the "Presse Médicale de Bruxelles," distance the English completely respecting the hold they have taken upon the periodical press. This will become apparent when we state, that the Parisian quack who sells an antisyphilitic medicine, which is very appropriately called "*Rob*," is co-proprietor of such papers as *Le Siècle, Le Constitutionel, Le Corsaire*, and even *L'Abeille Médicale.*

A FEMALE CASPAR HAUSER.

A French newspaper *(Le Journal de Vouzier)*, mentions that a young girl has been found in the neighbourhood of Troyes, ranging in the woods in a completely wild state. She was to be sent to the Zoological Gardens of Paris (to be put in a cage?). No clue could be obtained from her, as she does not speak one word. The end of the story will no doubt be less miraculous than the beginning.

DEATH FROM HÆMORRHAGE FROM EXTENSION OF A VENEREAL ULCER OF THE PHARYNX TO THE LINGUAL ARTERY.

At a recent meeting of the Surgical Society of Ireland, Dr. Geoghegan related the following case, which he had witnessed a short time previously. The patient, a young man, was attacked with frequent vomiting of blood, and, upon careful examination, no disease of the liver, stomach, or lungs could be detected; neither did there appear to be anything wrong in the throat. After a variety of measures had been resorted to ineffectually, the person died, and the autopsy revealed accumulation of blood in the stomach, alimentary canal, and lungs, but no disease; just, however, as the body was about to be stitched up, it occurred to the gentlemen making the examination to look to the throat. In the pharynx, just below the root of the tongue, a venereal ulcer was found which had caused caries of the cornea of the os hyoides, and ulceration of the lingual artery, thus accounting for the fatal hæmorrhage.—*Dublin Medical Press.*

ON THE PROPORTIONS OF THE HUMAN SKELETON.

Mr. Carus, of Dresden, has been endeavouring to discover the standard measure upon which the human frame is constructed, and considers that he has found it in the vertebral column. He states that the spine in a new-born child is just one-third of what it becomes in the adult; and he therefore takes the third part of the vertebral column as the above-mentioned standard. The head, for instance, its length and breadth taken together (without the lower jaw, which is a sort of extremity of head), is just the size of the standard measure; on the trunk each clavicle, with the acromion, the sternum, and each scapula, may be measured upon the same suit. Such is likewise the case with the pelvis. The normal length of the arm is three measures, the hand one, the foot one, the tibia two, the femur two and a half, &c. The whole length of the body comprises in the normal state nine and a half of the standard measure. Mr. Carus has had a small figure constructed upon which these various proportions are accurately marked.

MORE WONDERS IN MEDICINE.

A very short time since, the French medical papers were very busy discussing a new method of curing sciatica, which consisted in cauterizing the lobe of the ear. Very respectable names, and numerous cases, supported this extraordinary procedure. We have now another startling manner of dispelling both neuralgia in the face and toothache; it consists in merely touching with a blunt probe the membrana tympani. The author of this method is M. Desterne, who has published in *L'Union Médicale*, the rise and progress of his discovery, accompanied with numerous cases, which are surprising. The most intense toothache connected with decayed teeth is relieved in a moment by the magic touch of the membrana tympani; agonizing neuralgia of the face, one of six months, the other of two years and a half standing, were cured in an instant by the same means; hemicrania vanishes, and quinine is left far in the background. These sudden effects are supposed to be obtained by the agency of the corda tympani nerve.

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HINTS FOR HEALTH.

ADMINISTERING MEDICINE.

Do not teaze your patient by talking about the medicine before the time arrives for taking it. Never ask her if it is time. It is your business to see to that, and to bring it, without saying a word, at the proper moment. Let the tray on which you keep it be covered with a napkin, and put in a cool place, out of sight of the patient. Put something to prevent any drops falling on the bed, bring the medicine to her ready to be taken, and a glass of water for rinsing her mouth. Take care that it is not taken just before or just after a meal. It should be received on an empty stomach, which should not be replenished for some time afterwards. Should it be likely to produce sickness, be prepared with basin, &c., but keep your preparations out of sight.

INFLUENCE OF SEA-AIR ON SCROFULA.

I do not regard the sea as exercising a special curative influence over scrofula; I do not assert that a change to the sea-coast is without beneficial influence, but I conceive that such change exercises no greater influence over the disease than would be afforded by a change to any inland situation where the air is pure and dry.—*Mr. Phillips.*

MEANS OF COUNTERACTING THE ACTION OF CAUSTICS.

When you use a caustic, it is almost always prudent to have some counter-agent at hand to stop its action if it reaches a sound part. If you use nitric acid, you should have at hand a solution of the bicarbonate of potash; caustic potash may be neutralized by vinegar, or by a solution of the diacetate of lead. If you are afraid of nitrate of silver burning the neighbouring parts, its action may be neutralized by common olive oil. A solution of bicarbonate of potash will decompose chloride of zinc, and so on with other caustics.

WELL-WATER POISONED BY ARSENIC.

It cannot be too extensively known, that the water of wells in the neighbourhood of chemical works is often impregnated with poison. Persons who unsuspectingly use this water may be in consequence attacked with alarming symptoms, and even die from the effects. We find from the return of the Registrar of West Derby, that a fatal accident of this kind has lately occurred in the rural part of this district: a whole family, with the exception of one member, has been entirely cut off, owing to their having drunk water impregnated with arsenic, which was drawn from a well contiguous to certain chemical works attached to the premises where the family resided.

THE TAPE WORM.

The tape worm *(tænia solium)* inhabits the small intestines of the human subject, but only in certain districts; it occurs ordinarily—indeed, almost exclusively—in Germany, England, Holland, Egypt, and the Levant. Commonly, there is found but one worm in the intestinal canal; sometimes, however, several are simultaneously present. It is pretty well ascertained that the innumerable ova which a single individual of this class may produce in a short time, cannot develop themselves in the intestinal canal of the patient, but must quit him in order to experience unknown changes out of his body. The manner in which this worm finds its way into the intestinal canal cannot yet be pointed out, but numerous reasons entitle us resolutely to reject the opinion that it may have spontaneously originated; we must therefore assume a transference from without. Its length may exceed twenty feet.—*Vogel.*

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"There was a want of such a publication, conducted by a sound practitioner; the desideratum is now supplied."—*Cambridge Advertiser.*

"Dr. Yeoman is doing good service in exposing those pernicious quack systems, which, ostentatiously paraded before the general eye, have allured and deceived too many of the children of suffering humanity."—*Waterford Mail.*

"Dr. Yeoman's large practical experience renders him eminently capable of conducting a journal of this nature. We most heartily recommend this work, as its price places it within the reach of all, while the matter of which it is constituted, touching on organic and other diseases incidental to humanity, is of the most invaluable kind."—*Weekly Dispatch.*

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

THE PEOPLE'S MEDICAL JOURNAL AND FAMILY PHYSICIAN, Vol. III., elegantly and strongly bound, gilt lettered, uniform with Vols. I. and II., will be ready for delivery July 1, price (with Glossary) 4*s*. 3*d*. Volumes I. and II. are on sale, price 4*s*.

F. HARLOW (Whittlesea).—We believe the *chloride of zinc* is the best anti-putrefactive agent we possess, especially for the preservation of animal substances for anatomical purposes; it does not injure the instruments, and is free from all unpleasant odour.

H. T. F. (Cambridge).—If you refer to the papers on PURGATIVES in PHARMACOLOGY, Vol. I. of this Journal, you will find between twenty and thirty prescriptions for "Opening Medicine," in the form of pills, mixtures, powders, and draughts.

P. E. (Dovecote).—The symptoms you now complain of are, in all probability, the result of the imprudent use of mercury, not of the disease for which the mercury was taken. You must send your address.

THOMAS F. KIDD.—The practice of physicians deriving profit from the sale of the medicines they prescribe, cannot be too much reprobated. It is admitted that whilst "a general practitioner" (as apothecaries are strangely called) may supply medicine to his patients, he should derive his reward or payment solely from the medical advice which he gives, not from the sale of his phials, corks, labels, and coloured water. A medical man should not be considered a tradesman. Physicians and surgeons who "give advice gratis," and send their prescriptions to some favoured druggist—sharing with the druggist the proceeds for dispensing them—obtain credit for being charitable, whilst in fact they are mercenary.

FÆDORA may be certain that we approve of "Lamplough's Pyretic Salts," otherwise we should not permit the advertisement to appear in our columns. See an able article on their merits in this number.

MRS. DODD.—You will find an article on the treatment of CRAMP, in No. 41, page 116, Vol. II.

A DYSPEPTIC (Blandford Square).—Read the paper on FOOD in No. 23, page 177, Vol. I.

FRANCIS H. (Digberth, Birmingham).—Our exposure of the vile "Advertising Consulting Surgeons," appeared in Nos. 2, 7, 24, 33.

A POOR WEAVER.—Read carefully the article on PROLAPSUS ANI, in No. 65.

A. H. (Southampton).—We are obliged by your inquiry and condolence, and regret to say we have not yet recovered the missing articles.

THE EDINBURGH COLLEGE OF PHYSICIANS has lately announced that "No fellow of this College, or any other physician, can by any possibility, without derogating from his own honour, and from the honour of the profession, meet practitioners of homœopathy in consultation, or co-operate with them in the other common duties of professional life." This is as it should be, and we hope the Corporate Medical Bodies throughout the kingdom will adopt a like resolution.

JOHN BURKITT (Hampton Street, Walworth) asks for advice in an unpaid letter!

ALFRED B. (Northampton).—The only distinction between the person you mention and the Jew quacks, is, that he possesses some diploma, and was educated as a medical man. The others were originally orange boys in the purlieus of Spitalfields and Drury Lane.

MISERY.—Send your address.

A CRIPPLE.—The new Orthopœdic Hospital will soon be opened. The medical staff will consist of some of the first surgeons in the kingdom. We have heard many murmurs against the direction of the other institution, and have more than once noticed them in our Journal.

MARIANNE (Douglas, Isle of Man).—Take sulphate of iron, sulphate of quinine, of each half a drachm; powdered gum myrrh, one scruple; extract of gentian, a drachm. Mix, and divide into thirty pills, of which take one twice a day. For Diet and General Management, see the fourth article ON THE DISEASES OF WOMEN AND CHILDREN, in No. 34, page 56, Vol. II.

AN ASTHMATIC (Nelson Square).—You will find the conium and nitric acid prescription, in YEOMAN ON ASTHMA, of some benefit to you. The efficacy of all remedies become diminished by *constant* use.

AN ANXIOUS FATHER.—Under the circumstances you name, your son is totally unfit for his duties as an infantry soldier. His age and strength considered, it is impossible he can carry the arms, clothing, and necessaries, which amount to about 60lbs. weight, without much injury. If you can raise the money, buy him out.

ROBERT SMALL (Hitchin).—You will find our opinion of cod-liver oil in the answer to D. R. J. (Park Square, Regent's Park), in No. 33.

W. A. NEVITT (10, Trafalgar Street, Walworth).—Not without seeing the patient.

CHARLOTTE H——T (Ryde).—Few dentrifices are more efficacious, and none more agreeable, than ripe strawberries. Rub the teeth and gums with them daily whilst they are in season, and you will thank us for the hint.

H. MOORHOUSE (Austin Friars).—A note shall be left for you as requested.—"Man's life is a journey, and the domestic charities are the only true anti-attrition."—*Goëthe.*

RICHARD HOLT (Newgate Market).—We agree with you as to healthiness of butchers, but disagree with you as to the wholesomeness of Smithfield. We believe we are correct in saying not a single instance is on record of a butcher having been admitted into the Fever Hospital.

ABSOLON (Teignmouth).—You will find all the information you ask for, which is designedly omitted in the Journal, in the DISEASES OF ERROR, published by Mr. Vickers, and sold "Everywhere." The price is 4*d*., by post 6*d*.

A COUNTRY SUBSCRIBER (?)—Your sister's case can only be advised on at a personal consultation.

B. H. (Skinner's Street, Somers Town).—We can only repeat our former answer. If you value "time" and £. *s. d.* more than you value health, the prudence or the imprudence of so doing will affect you, not us.

J. K. (Ipswich).—We could "suggest something" to remove "those unsightly eruptions," but are not disposed to do so in your case, for a reason with which, if you are a reader of this Journal, you must be perfectly familiar.

ONE WHO HAS BEEN ROBBED.—We have before cautioned our readers against the "small bill" dentists. You have no redress; you have paid the money, and must keep the teeth as an emblem of your folly in trusting in the faith of Jewish empirics.

R. R. (Sloane Street, Chelsea).—Apply to Mr. Smith, truss-maker, in High Holborn.

PRECEPTOR.—We are obliged by your compliment; we always endeavour to make our "answers to correspondents" as intelligible as possible, and especially avoid every thing that can detract from the position of our Journal as a *Family Journal.* The "answers" in two or three of our contemporaries, devoted to general literature, have not escaped our notice; we deplore the bad taste that dictates them, and the morbid taste of the readers who delight in them.

M. (Bermondsey Road).—There was a person named *Turnbull*, a tanner (!), residing in that locality, who three or four years since appeared in the Gazette as a bankrupt—we believe he is the same person.

BRISTOL.—Mr. Reed, 67, West Parade, desires us to add his name to our list of Country Agents.

D. RAE (Stracy Street, Commercial Road).—"Metallic Salts" are oxides combined with the acids; they are of a saline nature, generally soluble in water, and crystallizable. They are named from the acid, and the metal with the oxide of which it is combined, as *sulphate of iron, nitrate of silver*, &c., meaning *sulphate of the oxide of iron*, &c.

THOMAS B. (Castle Street, Liverpool).—Abstinence from fluids must be injurious. Drink is as essential as food itself; pure water is refreshing, cooling, and dilutes the blood; which without some diluent would become too thick to move readily along its containing vessels.

ADAM ADAMS (Southsea Terrace).—As a general rule, farinaceous food, especially when cooked with milk, distends the stomach with flatulence.

L. W. (Stanley Street, Brompton).—Your's is the old tale; we therefore give you the old answers—We do not advise in such cases without seeing the patient when his residence is so near to our own as is your's; we never notice such cases in the Journal; and all such cases are fee cases.

TO DISTRICT LETTER CARRIERS.—We are anxious to obtain the address of — Fraser, who, in 1849, was a letter carrier, Hammersmith District, and resided, at that date, at No. 7, Munden Street, Hammersmith Road.

EDWIN THOMPSON (Bristol).—The sample of "food" you enclosed is stale and sour, and quite unfit for *food.* Nevill's Arabica Food is sold at 1*s*. per pound, not 1*s*. 8*d*., as you say you paid for the compound now before us. We do not know the name of Messrs. Nevill's agent in your city. Write to them.

HEALTH OF LONDON DURING THE WEEK.—During the last week 961 deaths were registered. Hooping-cough carried off 47 children; measles 39; scarlet fever 15; and typhus 46. These epidemics show rather more than the usual amount of fatality, with the exception of scarlatina, which does not seem to have been prevailing much of late. 146 persons died of consumption, 64 of bronchitis; 71 of inflammation of the lungs; 6 of pleurisy; and 9 of asthma. The births registered amounted to 1446 children; 735 boys, 711 girls.

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THE

PEOPLE'S MEDICAL JOURNAL,

AND

FAMILY PHYSICIAN.

EDITED BY THOMAS HARRISON YEOMAN, M.D.

No. 78.—Vol. III.] SATURDAY, JUNE 28, 1851. [WITH A SUPPLEMENT. PRICE TWOPENCE.

FRACTURES—BROKEN BONES.

BY THE EDITOR.

Fracture is a term used by surgeons to express the division of a bone into one or more pieces, produced in general by external force, but, occasionally, by the powerful action of muscles, as is often exemplified in broken patella (the knee-pan).

The long bones, as the bones of the thigh, leg, arm, and fore-arm, are particularly subject to be broken, and mostly at their middle part. They may, however, be fractured near their extremities.

Fractures are either *simple* or *compound*, according as they are accompanied with an external wound, communicating with the ends of the bones or otherwise.

If the bone is broken in two or more pieces, and there is not an external wound, communicating with the fractured edges of the bone, the fracture is still called *simple:* and on the other hand, if the bone is broken in but one place, and there is an outward wound, the accident is termed a *compound* fracture. Large wounds may occur at the same time with fractures, but unless these communicate with the bone, they are not called compound fractures.

A Fractured Collar-bone placed in Position.

Fractures are said to be *complicated* when they are attended with diseases, or accidents, which render the indications of treatment more numerous, and require the employment of different remedies, or the practice of sundry operations, for the accomplishment of the cure. Thus fractures may be complicated with severe bruises and contusions, wounds of the soft parts around the broken bone, injury of large blood-vessels, a dislocation, or diseases, and particular states of the constitution, as the scurvy, rickets, syphilis, pregnancy, &c., which retard the formation of new bone, and render the union of the fracture more difficult.

Some of the symptoms of fractures are very equivocal. The pain and inability to move the limb may arise from a mere bruise, a dislocation, or other cause. The crepitus, that is, the crackling, or grating sensation, or noise occasioned by pressing the finger upon the parts over the broken ends of a bone, the change in the form of the limb, and the shortening of it, are the most decided signs; the crepitus, in particular, is the principal symptom to be depended upon. The signs of fractures, however, are so exceedingly various, according to the bones which are the subject of the injury, that it cannot be said there is any one which is invariably attendant on such cases, and characteristically confined to them. The writers of systems of surgery have usually noticed loss of motion in the injured limb, deformity, swelling, tension, pain, &c., as forming the general diagnosis of fractures. Nevertheless it is perfectly possible that fractures may not prevent the motion of the part, nor occasion outward deformity; and although there may be, at first, pain in the situation of a fracture, yet no swelling or tension may ensue for some time afterwards.

When, therefore, a limb is broken, and the accident is not manifest from the distortion of the part, it is proper to trace, with the fingers, the outlines of the suspected bone: if it be the tibia, or shin-bone, we should examine with the fingers whether there is any inequality along the anterior surface, and along the sharp front edge of that bone. If it be the clavicle, or collar-bone, we must trace the superficial course of the bone in the same manner. Wherever any unusual pain occurs, or any unnatural irregularity appears, it is probable we shall discover a grating, or crepitus, on endeavouring to make one end of the fractured bone rub or move against the other. When the arm or the thigh is broken, a crepitus is felt almost as soon as the limb is touched, and, in the case of a broken thigh, there is a considerable shortening of the extremity, unless, as sometimes happens, the bone is fractured transversely. But when there are two bones, as in the leg and the fore-arm, and only one is broken, the other continues to prevent the limb from being shortened and thrown out of its natural shape, so that a crepitus can only be felt by a very careful examination with the fingers.

In some kinds of fractures the broken bone is so surrounded with thick fleshy parts, that it is very difficult to feel a crepitus, or ascertain the existence of the injury. Some fractures of the neck of the thigh-bone, unattended with much retraction of the limb, are circumstances illustrative of this observation.

In reference to the examination of fractured parts, the late Mr. Samuel Cooper makes the following humane remarks:—He

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says, "I am aware that considerable harm, and great unnecessary pain, have been occasioned in the practice of surgery, by an over-officious care to feel the grating of fractured bones, and, whenever the case is sufficiently evident to the eyes, I cannot refrain from censuring those practitioners who indulge their own ill-judged habits at the expense of torture to the unfortunate patient. A fracture is an injury that is necessarily attended with a great deal of pain, and followed by more or less swelling and inflammation; and to increase these evils by roughly or unnecessarily handling the part, is both ignorantly cruel and, if I may use the expression, unsurgical."

The prognosis,—that is, predicting what will be the termination of the accident, whether the bones will unite kindly or not,—varies according to the bone injured, what part of it is broken, the direction of the fracture, and what other mischief is complicated with the case. Fractures of bones which have many strong muscles inserted into them, are more difficult of cure than those of other bones which have not so many powers attached to them capable of disturbing the fractured ends.

The fracture of the middle part of a long bone is less dangerous than a similar injury near a joint with which the bone is articulated, for the reasons we have already mentioned. Oblique fractures are more troublesome and difficult of cure than transverse ones, because an oblique surface does not resist the retraction of the lower portion of the broken bone, and, consequently, it is very difficult to keep the ends of the fractured bone applied to each other. Fractures complicated with a violent contusion of the soft parts, or with a wound, rendering them compound ones, are much more dangerous than others free from such additional accident. Fractures of the leg are generally more serious than similar injuries of the upper extremity.

In a debilitated old man a fracture is less likely to end well than in a healthy child or strong young subject. A scrofulous constitution will always delay the union. There are certain indescribable constitutions in which bones, more particularly those of the upper arm, will not unite after being broken. Many circumstances having direct reference to the general state of the health, bear a direct influence on the bony union of fractured bones. Sir Benjamin Brodie says—"In most instances I cannot doubt that the want of union is to be traced to a peculiar state of the constitution. A gentleman was growing fat, and not liking to do so, he placed himself on a very spare diet, though accustomed to good living previously. After six months of starvation, he broke his arm, and the bone would not unite. I saw him many months afterwards, and there was scarcely any union, even by soft substance. Another patient about whom I was consulted, a lady, also was growing corpulent, and she also thought that she might prevent it by pursuing a similar system of diet. Some months afterwards she broke her forearm, and union did not take place. A young man had been for many months living very low on account of a complaint under which he laboured, and under these circumstances broke both bones of his forearm. At the end of several months there was no union. Cases of disunited fracture are not very common, yet here are three among those which have fallen under my observation, in which the want of union seems clearly to be traced to the bad state of the constitution, produced by abstinence from food. A man broke his thigh; his bowels were costive, and his surgeon allowed him to remain without an evacuation for ten days after the accident, and in him the broken bones did not unite. We cannot be certain that it was this long-continued costiveness which prevented the union of the fracture, but it seems probable that it was so."

The process by which broken bones grow together again, is nearly of the same nature as that by which the soft parts are united in wounds. The only difference is, that in uniting a fracture, the vessels, after a time, deposit the phosphate of lime, which, as we have already described, is the chief constituent of bone.* The minute vessels ramifying on the ends of the fracture, first effuse coagulating lymph; this gradually becomes vascular, and in proportion as the vessels acquire the power of secreting earthy matter, it is by degrees converted into new bone, termed *callus*, which, from being at first soft and flexible, at length becomes firm and unyielding, like the original bone, and fit for constituting the future bond of union between the two extremities of the fracture. In order that the first connecting substance may speedily become organized, and fitted for the formation of callus, nothing is so essential as perfect quietude. Hence the chief surgical indication in the treatment of fractures, after the bones are replaced, is to keep them perfectly motionless: nature will complete the rest.

The general treatment of fractures embraces three principal indications. The first is to reduce the pieces of bone into their natural situation. The second is to secure and keep them in this state. And the third is to prevent any adverse symptoms likely to arise,—and to relieve them when they have come on.

We now proceed to notice the fractures of individual bones, and as it is of very frequent occurrence, the first we shall describe is

Broken Collar-bone: Fractured Clavicle.

This bone being long and slender, unsupported at its middle, and protected externally only by the integuments, is very often broken. There is little difficulty in detecting this accident; the shoulder is usually drawn forward, and that portion of the bone which is attached to the breast-bone projects over the other fractured extremity, and the bump or ridge thus occasioned may be distinctly felt by tracing the finger along the course of the bone.

Generally speaking, the fracture of the collar-bone is single, that is, it consists of one fracture only, and that is more frequently in its middle; but in the case of a violent blow, the bone may be broken at more than one place, and there may be also great injury done to the surrounding parts.

It is very easy to reduce or "set" a fractured clavicle; but the difficulty rests in retaining the fractured ends in exact apposition, so as to produce an union without deformity. To effect this, we must proceed as follows:—The arms and shoulders of the patient are to be firmly drawn backwards by an assistant, when the fractured extremities of the bone immediately come in apposition. A pad or cushion, stuffed with horse-hair or flock, five or six inches long and about three and a half thick, must be placed high up the hollow of the arm-pit, and retained in this situation by two tapes attached to the corners of the base, which cross the back and breast, and are tied on the shoulder of the other arm. A bandage, or roller, is next to be turned two or three times round the arm immediately above the elbow, and the ends carried round the chest and there firmly tied, so as to keep the elbow close to the side. Some surgeons prefer the *stellate*, or figure of 8 bandage, but this is more complicated, more heating, and does not always keep the arm in exact quietude. The elbow and forearm are now to be put in a short sling, so as well to support the arm and prevent its dragging; the sling must be tied on the opposite shoulder, and the bone is set. The bandages thus applied should not be removed for three weeks or a month.

(To be continued.)

* Pages 1, 97, Vol. iii.

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THE ANATOMY AND PHYSIOLOGY OF THE HUMAN BODY.

BY THE EDITOR.

No. XXV.—THE DIAPHRAGM, OR MIDRIFF

The Diaphragm (B, fig. iii.) is a broad, thin muscle, forming a vaulted partition between the chest and the abdomen. Its form is nearly circular, it is fleshy at its circumference, tendinous or aponeurotic in the middle. In front it is attached to the ensiform, or sword-like cartilage at the extremity of the breast-bone; at the sides to the internal surface of the last six ribs; behind to the transverse processes of the first lumbar vertebra; by its left pillar to the bodies of the first three vertebræ of the back, and by its right pillar to the bodies of the first four.

The *upper surface* of the diaphragm is connected with the pericardium, or bag containing the heart, the mediastinum, and the pleura; it supports the heart and the base of the lungs. The *lower surface*, at the back, is in contact with the kidneys, the sub-renal capsules, the pancreas, or sweet-bread, and the duodenum or first portion of the small intestines: on the right side it forms a "roof" for the liver; on the left side it is in contact with the spleen and stomach; in its whole extent it is covered by the peritoneum. The form of the diaphragm, its situation, and the relative position of the organs just named, are well shown in the engraving to which we have referred, in No. 55.

The partition formed by the diaphragm between the thorax and the abdomen, though complete, is moveable; for as the diaphragm descends in inspiration and ascends in expiration, it proportionately enlarges or diminishes the cavities between which it is placed; consequently, the actual magnitude of these cavities varies every moment, and the size of the one is always in the inverse ratio to the other.

It will be seen that this singular muscle passes like an arch over the contents of the abdomen, descending, however, much further behind than before. Its convexity is directed upwards into the chest, so that its contraction, tending to draw it downwards and more nearly to a plane surface, must evidently enlarge the capacity of the chest, and diminish that of the abdomen.

Any person may obtain a good idea of this muscle, by picturing to himself a vaulted partition stretching completely across his body, attached in front where he can feel the termination of his breast bone, thence along the sides to the margin of the ribs, and behind to the spine as low down as the top of the loins.

Those of our readers who have followed us through our preceding articles on ANATOMY, will comprehend that this muscular partition must have some openings in it for the transmission of parts that run from the chest to the abdomen, and pass up from the abdomen to the chest. The gullet or œsophagus runs from the mouth along the back part of the chest to the stomach which is in the abdomen; it therefore penetrates the diaphragm, and a distinct hole is left for its passage. A separate aperture is formed to afford an exit from the chest for the aorta, the common source of the arteries carrying blood to the abdomen and lower extremities—and of this opening the thoracic duct takes advantage to pass up, conveying the chyle to the vein which is to pour it into the heart. A third aperture is also necessary, for the vena cava must bring back to the heart the blood which the aorta took out. This third aperture accordingly exists:—"reason never evinces a want for which examination does not produce a corresponding structure; and this it is, that makes the argument taken from the evidences of Design so perfect and irresistible."

The diaphragm performs a most important office in the phenomena of respiration; every time we draw in our breath, it contracts, and by its contraction the vaulted form is changed to that of a plane, and thus enlarges the capacity of the chest so as to admit of the dilitation of the lungs which are immediately filled by a rush of fresh air. It may therefore be called the principle muscle of inspiration. On the other hand, when it relaxes, the abdominal muscles press their viscera upwards, and the diaphragm ascends in the chest and compresses the lungs, and thus contributes to expiration. It also acts in coughing, vomiting, laughing, and speaking, and assists in various other functions, as in the expulsion of the contents of the uterus, bladder, and intestines.

The motion of the diaphragm is moreover subservient to snuffing odours, to sighing, yawning, coughing, sneezing, hiccup, and all those actions connected with inspiration and expiration.

In our next we shall describe and illustrate the muscles of the back.

FEVERS.

BY THE EDITOR.

No. V.

(*Continued from page* 124.)

CONTINUED MIXED FEVER.

MIXED FEVER is a compound of the ordinary inflammatory fever of our climate and typhus.

The general symptoms of mixed fever are nearly the same as those constitutional symptoms which usually attend intense local inflammation. There is at first quickness of pulse, increased heat of the body, diminution of the secretions, and, from the latter circumstance, thirst, dryness of the skin, scanty and high-coloured urine, and costiveness: the patient is restless and watchful. In some cases there is at the commencement of the attack, as also happens at the onset of inflammation and of intermittent fever, instead of heat of the body, a general feeling of chilliness, amounting even to rigors, with paleness of the countenance and surface, and a small, irritable pulse. Should these symptoms take place, they continue but for a short time, and soon give way to symptoms of excitement, which may last throughout the disease, or as we frequently observe, they become blended with signs of great debility; great prostration of strength then comes on, and the attack assumes the form of typhus.

In an attack of mixed fever there is from the commencement more pain and disorder in the head, than when constitutional symptoms occur in simple fever. There is generally more or less confusion, with giddiness and drowsiness, or even stupor. From the first there is pain in the loins, complete loss of appetite, and lassitude: the countenance is usually expressive of heaviness, anxiety, and uneasiness; sometimes the patient is pale in the face, at others the face is flushed, and the eyes appear red. Frequently there is great heat in the head, the arteries are felt to throb, and greatly increase the distress of the invalid; there is usually pain in the forehead; the tongue becomes yellow, then brown and dry, and is invariably tremulous.

When these symptoms occur quickly and acutely, they denote the existence of continued fever of a grave type; and if there be a strong tendency to inflammation in any part or organ previously to the attack, such part will be likely to be attacked with inflammation during the disease.

Climate has a material influence in determining the seat of accidental complications of fever. In hot climates, where a strong disposition exists to abdominal disease, inflammation of the stomach or intestinal canal is a very frequent companion of this degree of fever; giving rise to the enormous vomitings, often

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of grumous matters, which obtains the name of *Black Vomit*, and to dysenteric purgings, that so often appear as the attendants of fever in those climates. The liver is another part so disposed, and consequently this organ is frequently attacked by inflammation during the continuance of fever; and the bile, in some of these cases, being obstructed in its passage into the duodenum (the first portion of the small intestines), and subsequently absorbed into the blood vessels, occasions the yellowness that has given origin to the term *Yellow Fever*, a confliction that is altogether accidental. Even in temperate climates, the abdominal viscera do not always escape. Indeed, in a large proportion of cases of protracted fever in this country, inflammation arises either in the peritorial coat of the intestines, or in the mucous membrane, the latter frequently resulting from the improper use of violent purging medicines. Towards the end of long and hot summers, such combinations of fever with abdominal inflammation are extremely frequent, and the liver partaking in the disease, its secretion is disturbed, and often greatly increased, so as to occasion vomiting or purging, or both. Such are usually termed *Bilious Fevers*. Cholera morbus itself is most frequently a combination of fever, with inflammation of the mucous membrane of the whole alimentary canal. In winter and spring, on the other hand, fever is found combined with the prevailing disease of those seasons, such as catarrh, inflammation of the lungs, pleurisy, or rheumatism.

The treatment of this type of fever has been already described in the previous articles on FEVERS: nevertheless we will recapitulate the leading points to be observed. In the commencement it will be necessary cautiously to lower the powers of the patient in the manner laid down for the treatment of inflammatory fever *. The bowels should be freely moved by a mercurial purge, followed by some saline aperient, as the common seidlitz powder, or Lamplough's Pyretic Saline; saline antimonial medicine should be administered, and the patient kept as tranquil and as cool as possible. The utmost caution, however, must be employed in the use of those means which depress the tone of the system; and bleeding, or even the application of leeches, should never be ordered without the necessity for depletion appears to be imperative, for we may, by too heroic or too rash treatment, so reduce the strength of the patient, that he will not have left sufficient power to combat the succeeding stage of the attack, which requires the treatment advised to be pursued in typhus †.

The complications of fever, as inflammation of the brain, the lungs, the stomach, &c., demand the peculiar treatment adapted for each. An octogenarian physician of the present day says, "Fever is sometimes rendered more dangerous by such combinations, sometimes the contrary; the secondary affection, as it would seem, counteracting in some degree the disease in the brain, so as to reduce its violence. Thus, if inflammation arises in the stomach, or general structure of the intestines, or the peritoneum, in the course of fever, the danger is greatly enhanced; and to this cause apparently is chiefly owing the extreme fatality of the fevers of hot climates. Even with us, the occurrence of peritonitis during fever, is a very unfavourable circumstance, and adds much to the danger of the disease; whereas slight diarrhœa, or catarrh, or rheumatism, exerts rather a favourable influence over the disease. In treating such cases we are to consider whether the complication, or secondary disease, be favourable or unfavourable. If this should occur in a safe part, it should rather be encouraged, or at all events not hastily suppressed; thus a gentle diarrhœa tends powerfully to mitigate the brain affection, whilst the hasty suppression of it, by opium more especially, would be productive of the worst effects. The great authority we have just referred to, says, "I have more than once had occasion to regret this, in my own practice; but where inflammation arises in the stomach or intestines, or even their peritoneal covering, in the course of fever, it requires the greatest attention to be paid to it."

(To be continued.)

* No. 55, Vol. 3, page 18. † No. 57, Vol. 3, page 35.

M. ORFILA ON NICOTINE.

At the last sitting at the Academy of Medicine at Paris, M. Orfila's report on nicotine was read.

According to this document, nicotine was discovered in 1809 by Vauquelin, and it is to be found in different kinds of nicotiana, in various proportions. Havannah tobacco contains 2 per cent., that of the Nord 6, Virginia nearly 7, and that of Lot 8. Smokers, by inhaling the fumes of tobacco, introduce into their system a certain quantity (though small) of poisonous matter. Pure nicotine has the appearance of an oily transparent liquid, of a pale yellow colour, which after exposure, turns to brown. It is very hot to the taste, and its acrid smell slightly resembles that of tobacco; but when volatilized by heat it throws out characteristic vapours, which are so oppressive that breathing becomes difficult in a room where a drop of the liquid has been spilt. As a poisonous substance nicotine possesses excessive power. In experiments made about 10 years ago, in 10 minutes M. Orfila killed many dogs, on the tongues of which he had applied five drops of this alkali; with 12 drops death ensued in two minutes. But this powerful poison cannot escape the investigation of men of art. Pure nicotine (according to the conclusions of Messrs. Orfila and Stas) has certain characters by which it is detected as easily as a mineral poison. It can be discovered in the digestive channel, and its existence therein proved, though that channel contain but a few drops. And even when the poisonous substance has been absorbed, when it has passed into the other organs, it can still be discovered in those organs, and especially in the liver.

M. Stas, by making use of a third method on the body of Gustave Fougnies, extracted nicotine from the tongue, the stomach, and liquid contained therein; he also found some in the liver and lungs. He moreover obtained it from the wood flooring of the dining-room in which Gustave died, although that flooring had been washed with soap, oil, and warm water: and in his learned investigation the Belgian toxicologist had received no indication from the Judge d'Instruction. Before he was informed that Bocarmé had been making experiments relative to tobacco and nicotine, he had already found that the poison introduced into the body of the victim was neither sulphuric acid (as had been supposed) nor acetic acid, but either conicine or nicotine.

The progress which medical jurisconsults have made recently is so great, that poisoning by morphine, strychnine, prussic acid, and other vegetable substances, hitherto regarded as inaccessible to our means of investigation, may now be detected and recognized in the most incontestable manner.

M. Orfila, in closing his notice, might well say,—"After these results of judicial medical investigation, the public need be under no apprehension. No doubt intelligent and clever criminals, with the view to thwart the surgeons, will sometimes have recourse to very active poisons little known by the mass and difficult of detection, but science is on the alert, and soon overcomes all difficulty; penetrating into the utmost depths of our organs, it brings out the proof of the crime, and furnishes one of the greatest pieces of evidence against the guilty."—*Galignani's Messenger.*

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SMALL, BUT DANGEROUS QUACKS—CROCUSSES.

We extract the following from Mr. Mayhew's clever and truthful publication, *Labour and the Poor*:—

OF THE COUNTRY LODGING-HOUSES.

Concerning the lodging-houses, more especially in the country, I give the statement of a middle-aged man, familiar with them for twenty years. He was recommended to me as possessed of much humour and a great master of humorous slang:—

"I can tell you all about it, sir; but one lodging-house is so like another that I can't draw much distinction. In small country towns, especially agricultural towns, they are decent places enough, regular in their hours, and tidy enough. At these places they have what they call 'their own travellers,' persons that they know, and who are always accommodated in preference. As to the characters that frequent these places, let us begin with *the Crocusses*. They carry about a lot of worms in bottles, what they never took out of anybody, though they'll tell you different, or a long piece of tape in bottles, made to look like worms, and on that they'll *patter* in a market place as if on a real cure, and they've got the cheek to tell the people that that very worm was taken from Lady ——, near the town, and referring them to her to prove it. The one I knew best would commence with a piece of sponge in a bottle, which he styled the stomach wolf. That was his leading slum, and pretty well he sponged them too. When he'd pattered on about the wolf, he had another bottle with what he called a worm 200 inches long, he bounced it was, which the day before yesterday he had from Mrs. ——'s girl (some well-known person), and referred them to her. While he's going on, a brother Crocus will step up, a stranger to the people, and say, 'Ah, Doctor ——, you're right. I had the pleasure of dining with Mr. —— when the worm was extracted, and I never saw a child so altered in my life.' That's what the Crocus's call giving a jolly; and after that don't the first Crocus's old woman serve out the six-penny-worths? The stuff is to cure every mortal thing a man can ail—ay, or a woman either. They'd actually have the cheek to put a blister on a cork leg. Well, when they're done pattering on the worm racket, then comes the wonderful pills. Them are the things. These pills, from eight to a dozen in a box, are charged 4*d.* to 6*d.*, according to the flat's appearance—as the Crocus calls his customers. The pills meet with a ready sale, and they're like chip in porridge, neither good nor harm. It's chiefly the bounciful patter, the cheek they have, that gets them Crocusses on. It's amazing. They'll stare a fellow in the face, and make him believe he's ill whether he is or no. The man I speak of is a first-rate cove; he trains it and coaches it from market to market like any gentleman. He wears a stunning fawny (ring) on his finger, an out-and-out watch and guard, and not a duffer neither —no gammon; and a slap-up suit of black togs. I've seen the swell bosmen (Farmers) buy the pills to give the people standing about, just to hear the Crocus patter. Why they've got the cheek to pitch their stall with their worms opposite a regular medical man's shop, and say, 'Go over the way and see what he'll do—he'll drive up in a horse and gig to your door, and make you pay for it too; but I don't—I've walked here to do you good, and I *will* do you good before I leave you. One trial is all I ask' —and quite enough too (said my informant). I'll warrant they won't come a second time; if they do, it's with a stick in their hands. If he does much business in the worm-powder way (some have it in cakes for children), the Crocus never gives them a chance to catch him. But if it's only pills, he'll show next market day, or a month after, and won't he crack about it then? He says, 'One trial is all I ask,' and one of them got it and was transported. I knew one of these Crocusses who was once so hard up from lushing and boozing about, that he went into a field and collected sheep-dung and floured it over, and made his pills of it, and made the people swallow it at Lutterworth market, in Leicestershire; because there they'll swallow anything. If the Crocus I have mentioned see this in the paper—as he will, for he's a reading man—won't he come out bouncefull? He'll say, 'Why am I thus attacked—why don't the proprietor and the editor of this paper come forward—if he's among you? Who made this report? let him come forward, and I'll refute him face to face.' And no doubt (my informant remarked), he'd give him a tidy dose, too, the Crocus would. For myself, I'd far rather meet him face to face than his medicine, either his blue or his pink water. There's another sort who carry on the crocussing business, but on a small scale; they're on the penny and two-penny racket, and are called hedge Crocusses—men who sell corn salve, or 'four pills a penny,' to cure anything, and go from house to house in the country. But as the hedge Crocus is shickery togged, he makes poorly out. Respectable people won't listen to him, and it's generally the lower order that he gulls. These hedge fellows are slow and dull; they go mouching along as if they were croaking themselves. I've seen the head Crocus I've mentioned at four markets in one week, and a town on a Saturday night, clear from 5*l.* to 7*l.*—all clear profit, for his fakement costs him little or nothing. For such a man's pound, the hedge fellow may make 1*s.*"

THE INJURIOUS EFFECTS OF STAYS.

The prejudices of modern society have made young ladies the victims of an absurd practice, of which we cannot doubt that it contributes in a very great degree to the prevalence of spinal curvature, and which, on account of the evils which it produces, not only in this but in other ways, it is the duty of every medical practitioner, and of every physiologist, to expose.

There are tribes of Indians who flatten their infants' heads by compressing them between two pieces of board. I do not know whether this compression ever does any actual injury to the brain, but it is well known that it alters the shape of the head. The Indians alluded to believe the alteration to be an improvement on the natural figure; but we, and I suppose that all other nations under the sun, with the exception of the aforesaid Indians, regard it as a great deformity.

In China, a young lady, at a very early period after her birth, is placed in the hands of an artist who squeezes the great toe into the side of the foot, fixes it in this position by strong bandages, and then applies other bandages to the whole foot, pressing the different parts together, thus wholly altering its shape, and preventing its growth. The result is, that when arrived at a maturer age, the girl has such a foot as you have all seen in drawings and models—as unlike the human foot as a foot can be, and almost useless for the purposes for which a foot is designed. This small distorted and useless member is esteemed to be a beauty, and held in respect as distinguishing the individual who has it as belonging to a superior caste in society.

We may well say, "How monstrous, how absurd a custom!" But the Chinese may with perfect justice retort our censure, and say, "You have yourselves a custom not less absurd than this."

Here, in civilized Europe, and among ourselves, who claim to be at least as far advanced in civilization as any other nation in the world, it is thought that the beautiful human figure, that which we admire in the Venus de Medicis or the Venus of Canova, is not beautiful enough, and that it requires to be improved by art. Generally, when a young lady is only a few years old, she is made to wear stays with pieces of whale-bone in them; and as she grows older these are increased in number,

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and a long plate of steel, called a busk, is superadded to them in front. These pieces of whale-bone and this plate of steel acts as splints to the pelvis and trunk, in a great degree supporting the figure independently of muscular action; and of this the necessary result is, that the muscles become weak and reduced in size. Then it is by some thought necessary that the stays should be laced as tight as possible, especially at the lower part, so as to make the waist unnaturally slender. This interferes with the free action of the muscles of respiration; not only of those which produce the respiratory movements of the ribs, but of the diaphragm also. It compresses the thorax, and distorts the ribs. That any one should regard the figure thus artificially distorted as more beautiful than the female figure is in its natural state, is strange enough:—but that is not our concern at present. There can be no doubt that in all cases, by weakening the muscles of the spine, and, in some cases, indirectly by interfering with the freedom of respiration, and thus depressing the physical powers of the whole system, the effect of wearing stays, such as I have described, must be to produce or aggravate the tendency to spinal curvature. You should all of you, as you advance in reputation, use your influence in society to get rid of this absurd custom, and especially to prevent children, who have never yet worn stays, from undergoing this infliction. In the case of those young ladies who have for some time worn them, it may not be safe all at once to take away the whole support; but the number of pieces of whale-bone may be gradually reduced, until at last they are removed altogether.—*Sir B. Brodie.*

SCROFULA.

The following extracts from Mr. Phillips's book on Scrofula, merit grave attention:—

"The influence exercised by a scrofulous parent, whether father or mother, in transmitting to the child a predisposition to scrofula, is real, but of very limited extent; and it is not evident that the influence of a scrofulous parent is more efficient to produce scrofula in the child than the influence of equal constitutional debility in the parent originating in other causes than scrofula."

"The influence of immaturity or of great age in a parent upon a child, may be stated in the same terms, and with the same limitations."

"The child of such a parent is more susceptible to the agencies of disease than the child of healthy and vigorous parents, but he has not from that cause alone a tendency to any particular disease, whether scrofula or of some other kind."

"There is no proof that any form of contagion or inoculation exercises any influence in the production of scrofula."

"Neither the general mortality nor the deaths from scrofulous diseases bear any definite relation to the closeness with which the population is crowded together, whether the comparison is made between one town or district and another, or between portions of the same town or district."

"Particular occupations and social conditions exercise a greater influence on health and the duration of life than impure air, or insufficient ventilation, but they do not operate in the production of scrofula in the sense of a specific agent or direct cause."

"In the last result, then, it is to diseased nutrition, however brought about, that we refer the production of scrofula."

"The cause of diseased nutrition at that period of life when the seeds of scrofula are sown, is, in the vast majority of cases, insufficient food, or improper feeding; and even if the less direct agencies which we have been considering had occasioned scrofula much more frequently than we believe they do, the distinction is of great practical importance; viz. that they do not act in virtue of a specific influence suited by itself to produce scrofula, but as general morbific agencies which impair digestion, and thus indirectly contribute to the production of the disease."

SUMMARY PUNISHMENT OF QUACKS IN BRAZIL.

A quack, who passed himself off as a Dr. Douville, lived at Formigas, and gained much money by the practice of medicine. He said he had been sent to Brazil by the King of France, on a mission to investigate its natural productions and curiosities. He generally charged exorbitant sums of money to those whom he attended in his medical capacity, and it was owing to an instance of this kind that he met with his death. Somewhere near the Rio de San Francisco he was called upon to attend a Fazendeiro who was ill, and with whom he bargained to effect his cure for a sum equal to about twenty-five pounds sterling. In the end the patient died; notwithstanding which the doctor insisted on receiving the stipulated sum; and after some time the heirs of the deceased yielding to his importunities, gave it to him. They did not, however, intend that it should remain long in his hands; for when Dr. Douville embarked to go down the river, they sent a man after him who killed him one night as he was asleep in his canoe, and robbed him not only of his fees but of every thing he had in his possession: thus he fell at last a victim to his own gross impostures.—*Gardner's Travels in Brazil.*

MAKING THE BED.—A HINT FOR NURSES.

There is an art in making a bed well, simple as it seems, which is often not properly understood. Shake plenty of feathers up under the head and shoulders. Tuck the under sheet firmly in before the other is put on. Let the rest of the covering be sufficiently warm, but not heavy. Quilts and counterpanes are cumbersome and uncomfortable. Generally the blankets should be single on the shoulders and double on the feet, but in this you must consult the feelings of your patient. Unless the sheets are very long, a bolster case is more pleasant than the sheet turned over the bolster, since it is apt to drag out of its place. The head often becomes heated by lying long on a soft pillow; you may often relieve this, in some measure, by turning the corners of the pillow under, and so preventing them from rising up above the head. A different mode of placing the clothes will also sometimes relieve restlessness and weariness of bed.

If you can, have two sets of blankets, use them day about, and hang those not in use in the open air, or by a fire; not the chamber fire, if it can be avoided. Pillows and bolster the same, or at any rate pillow. Where coolness is required, blankets made of flannel will be found useful. In our changeable climate it is seldom safe to remove woollen coverings altogether.

If the patient is able to sit up while the bed is made, do it as quickly as possible. If there is no large screen in the room, draw the curtains down to the foot of the bed, and spread them out on the backs of chairs so as to form a screen, and keep the draughts of air from her. If your patient cannot rise for that purpose, when you have occasion to change the bed-linen, and this should be very frequent, roll the under sheet lengthwise, as you take it from the fire, thus keeping in the warmth; then, doubling it up, take it to the bed wrapt in your apron or a warm cloth or flannel. Should she be unable to raise herself enough to allow of your taking the under sheet away in the usual manner, roll it up on one side and replace it by the clean one, so that the two rolls may be close together, and as near to your patient as possible. Then gently raise her and slip the two rolls, at the same time, under her, taking away that which is done with, and spreading the clean one in its place. Pursue the same plan with the upper sheet. A little cool steady determination will soon make you expert in this operation.

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HINTS FOR HEALTH.

REMEMBER THIS.

The human frame was formed and intended for health; it is its proper condition. Yet, illness is the common lot of man, sent by our Heavenly Father as the corrective of our sins and follies, or as the trial of our faith and patience. Few families, and few individuals even, escape this infliction. To-day you may be well; but to-morrow, or another week, may find you on the bed of languishing, full of discomfort, and perhaps of pain. It may be the consequence of your indiscreet use of some of the various enjoyments of life, or the too ardent pursuit of some of its duties, or of your abandoning yourself too unreservedly to some of its strong emotions of joy or regret. As your frame has the power of renewing itself after the exhaustion of study, business, or exercise, and weariness and hunger are the indications of the necessity for such renewal; so, it has a large power of restoring itself to health when that has been deranged by any kind of excess or wrong treatment, and illness is the indication that such restoration is needed; it is a messenger of mercy to arrest you before your bodily functions become irreparably injured. Be patient, then, and do not interrupt the process which is going on. Let nature do her part, and do not check her by your imprudence, self-will, fretfulness and irritability; and let your medical attendant, unopposed, assist nature, by waiting upon her movements, or by the more prompt efforts of his skill.

A HINT FOR HOUSEKEEPERS.

A good housewife, says an excellent authority, suffers nothing to be lost or spoiled. Mere scraps, which a careless individual would perhaps throw away, are put to a proper use; and, by means of certain auxiliary *seasoning*, brought to table in a new and attractive guise. Even if little or nothing be absolutely saved by these economical arrangements, the dressing of food in a tasteful manner is a point of some importance. When a dish has a slovenly appearance, is smoked, underdone, or prepared with rancid or unclean seasoning, both the eye and the appetite are offended, which is a serious evil in itself, independently of the injury which may possibly be done to the stomach of the eater. In every respect, therefore, it is consistent with good judgment to prepare for the table in the most tasteful manner.

COOKERY—A WELL-BOILED POTATO.

Great would be the advantage to the community, if cookery were made a branch of female education. To the poor the gain would be incalculable. Amongst the prizes which Bountifuls of both sexes are fond of bestowing in the country, we should like to see some offered for the best-boiled potato, the best-grilled mutton-chop, the best-seasoned hotch-potch, soup, or broth. In writing of a well-boiled potato, we are aware that we shall incur the contempt of many, for attaching importance to a thing they suppose to be so common; but the fact is. that their contempt arises, as is often the origin of contempt, from their ignorance, there not being one person in ten thousand who has ever seen and tasted that great rarity—a well-boiled potato.—*Anon.*

POULTICES.

When poultices are required, take care that they are made sufficiently large. A spoonful will do no good. To prevent the poultice becoming stiff and hard, which is both hurtful and disagreeable, spread a little clarified fresh melted butter or sweet oil on the top of it.

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TO CORRESPONDENTS.

NOTICE.—All communications for the Editor must be addressed, pre-paid, to his house, No. 25, LLOYD SQUARE.

THE EDITOR is at home every day until One o'clock; and on the evenings of Monday, Wednesday, and Friday, from Seven till Nine.

Disorders and Derangements, and their Consequences.

HE DISEASES OF THE LIVER. In our next will be commenced a series of articles on the above complaints.

NOTICE.—The first Two Volumes of the People's Medical Journal and Family Physician, 52 numbers, with copious Index (432 quarto pages), stitched in a strong Wrapper, price 4s. 6d., are now ready for delivery. As many of the back numbers are nearly out of print, it will be impossible to complete more than a hundred perfect sets; it is therefore requested that orders may be given to the different agents with as little delay as possible.

CASES for binding Vols. I, II, III, are now ready: they are strong boards, covered with elegant brown cloth, gilt lettered: price 1*s.* 3*d.* each.

MATTHEW FEARON (Newry, Ireland).—The prescription alluded to is not that of the Editor. He never interferes with the formula of other physicians.

W. H. B.—We will not advise without seeing you.

LABOR OMNIA VINCIT (Great Yarmouth).—We can only refer you to the articles on CONSTIPATION in the first volume, or suggest to you to apply privately to the Editor.

JOHN CASSIE (Osborne Street, Hull).—Do not be alarmed; many children who are afterwards strong and healthy, cannot walk when "thirteen months old." If the infant is scrofulous and ricketty, seek proper medical advice without delay. Let the child be weaned, and give it a moderate quantity of animal food.

WILLIAM H. CLOVES (De Beauvoir Square).—The preparation of sarsaparilla, to which the announcement refers, is not so pure, although twice as dear as the decoction ordered in the London Pharmacopœia. Sarsaparilla is an expensive and useless medicine.

A RETIRED CAPTAIN (Whitby).—Idleness, and rum and water, will produce all the symptoms of which you complain. Remove the cause—you know the rest.

JAMES HARRISON (Half Moon Street, Piccadilly).—There is no inconsistency. Several valuable preparations are compelled to bear a Government stamp; Sir James Murray's fluid magnesia, for instance, and that certainly cannot be called a quack medicine. We consider the preparation about which you write, equally valuable and equally free from all quackery.

W. HARRIS (Holloway).—You live within the prescribed distance, therefore you must call.

PHILLIS.—Many "roots" are said to cure the toothache; we know of one that is infallible: hold the *root* of the offending tooth in your finger and thumb.

WILLIE THE WANDERER.—Remember the old proverb, "Go further and fare worse." If the humbug (the word is expressive, if not elegant) is sincere in his medical treatment, he should be so likewise in his dietetical management of your case. Imagine the plausible rogue directing your diet as follows:—A crumb of bread, to be boiled for an hour in a gallon of water; one drop for a meal. One grain of beef-steak, to be boiled for the same length of time, in four pints of water; one drop for dinner every second day.—Ask your homœopathic quack if he sips his wine in homœopathic quantities!

PHILLIP (Uxbridge).—The man now resides at Reading; he is a dreadful empiric. He can, fortunately, only extend his mischief to his own locality. The *Lancet* of this week devotes more space to the "showing up" of this *honourable* creature than we care to devote to him.

L. L. D.—A fee case.

N. A. F. (Burslem).—The price of kousso is considerably reduced. Any respectable chemist will procure it for you; we suspect few in the provinces keep it. Its efficacy in the removal of tape-worm cannot be doubted.

B. (Totness).—The following is a list of the Editor's publications—"Consumption of the Lungs, or Decline," price 2*s.*—"Asthma, and other Chest Diseases," price 2*s.*—"The People's Medical Dictionary," price 1*s.*—"Indigestion, Constipation, and Nervousness," price 4*d.*—"Headaches," price 4*d.*—"Diseases of Error," price 4*d.*—and Three Volumes, or 78 Numbers, of THE PEOPLE'S MEDICAL JOURNAL.

ALPHA—As he adds "a constant subscriber" to his signature, should know that we never advise *gratuitously* in cases originating in vice, folly, or indiscretion; and that all such infirmities are carefully excluded from our columns. THE DISEASES OF ERROR was published for the exclusive advantage of such correspondents as Alpha.

MRS. M——N (Ryde).—Read the Editor's small book on HEADACHES: you will therein obtain more information than we can afford space for in this column.

JOHN KENYON (Salford).—Happily our time is better engaged than in running after the missing parcel. Our present to the *Ashton-under-Lyne Mutual Improvement Society*, was sent 12 months ago, properly directed, and the "booking" paid, to the London agent mentioned in your letter. You must look after it—we cannot.

A. B. C. (Manchester)—Cannot be a reader of our Journal, otherwise he would know we only answer such questions privately.

J. G. (Ashton).—One guinea.—The prescription you have enclosed is harmless and useless.

J. DROOP.—Read carefully the articles on MELANCHOLY, in Nos. 27, 28, 29, and 30.

CHEMISTS AND DRUGGISTS.—We have much pleasure in announcing that a Bill has been introduced in the House of Commons to protect the public from incompetent persons dispensing drugs, &c. It is proposed that after one year no person shall dispense drugs, &c., unless he has a certificate of competency from the Pharmaceutical Society.

C. L. B. (Burnley).—Papers on SWOLLEN VEINS and VARICOCELE appeared in Nos. 16 and 76—PALPITATION of the HEART, in Nos. 2 and 18.

A YOUNG FEMALE (Hackney Road)—Resides within the prescribed distance; she must call for the advice she asks for.

JOHN.—To lessen the offensiveness of excessive perspiration in the feet, see No. 34, and the answer to L. H. (London Wall) in No. 26.

THOMAS W. (Market Place, Howden).—The depraved taste for eating slate-pencil may be the result of some peculiar disease in your daughter; or it may only be a childish habit. If it be the result of disease, obtain advice; if it be a girlish foible, a parent's admonition or correction will effect a cure.

J. A. D. (Southsea).—You will find long articles on BATHS, BATHING, and SEA BATHING in Nos. 11, 14, 16, 23 (all in Vol. I.)—27, 28, 33 (all in Vol. II.)

INQUIRER.—You will find some information on urinary complaints in Nos. 45, 46, 48, and in the DISEASES of ERROR. We think you tax our liberality a *leetle* too much in asking for advice for two cases in one letter, both of which should be fee cases.

ANDREW MARVEL (Hull)—Will be answered privately.

A YOUNG CHEMIST—If he be what he professes to be, need not apply to us for a solution of his query.

MARGARET M. (Bedford Place).—In all probability the Editor will publish the DISEASES of WOMEN and CHILDREN, separately, in a small volume.

RICHARD SMYTH (Whitstable).—The dose of the tincture of chiretta is about a teaspoonful. There are very few chemists who keep it pure and fresh.

J. E. (Walnut Street, Liverpool).—Your question will be answered in our next. In the meantime apply direct to the chemist in question.

J. G. (Collet Place, Commercial Road).—You have *not* been "imposed on." We are surprised that the highly-reputed, and really clever surgeon in question, should operate for so small a fee.

HENRY A. (Barnsbury Park).—Citric acid is far preferable to tartaric acid. Croxwell's is the best.

EDGAR HUNTLEY (Sheffield).—A "professional secret" should be held sacred; but there is no law to punish the rascal who divulges the confidence reposed in him. If he "threaten," then consult your solicitor.

MASTER W.—Paley's Natural Theology, Carpenter's Physiology, THE PEOPLE'S MEDICAL JOURNAL.

PAUL PRY.—You will find a prescription for "a soothing vegetable tonic" in No. 69, page 130, Vol. 3.

L. L. L.—We believe the gentleman you name to be one of the first surgeons in London; we know he receives patients gratuitously; we know he devotes—*he cannot devote more*—two minutes to each patient. If he can understand you, and you can understand him in that time, you are both conjurors.

HEALTH OF LONDON DURING THE WEEK.—Since the end of May, the mortality of London has slowly decreased, the number of deaths for the week ending last Saturday happily amounting to only 931. Consumption claimed 127 victims; bronchitis, 51; measles, 33; hooping-cough, 40; diarrhœa and dysentery, 16; typhus, 35; and scarlatina, which has become more fatal, 24. The births of 659 boys and 633 girls, in all 1292 children, were registered.

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